



# My FIRST HOLY COMMUNION

AUSTRALIA & NEW ZEALAND



# Just like my candle, I would like to:

**BRING**

LIGHT

where people have  
dark thoughts

**GIVE**

WARMTH

where people are cold and  
harsh to one another

**SPREAD**

JOY

where people are sad and  
and have forgotten how to smile

## **My friend and Lord Jesus Christ**

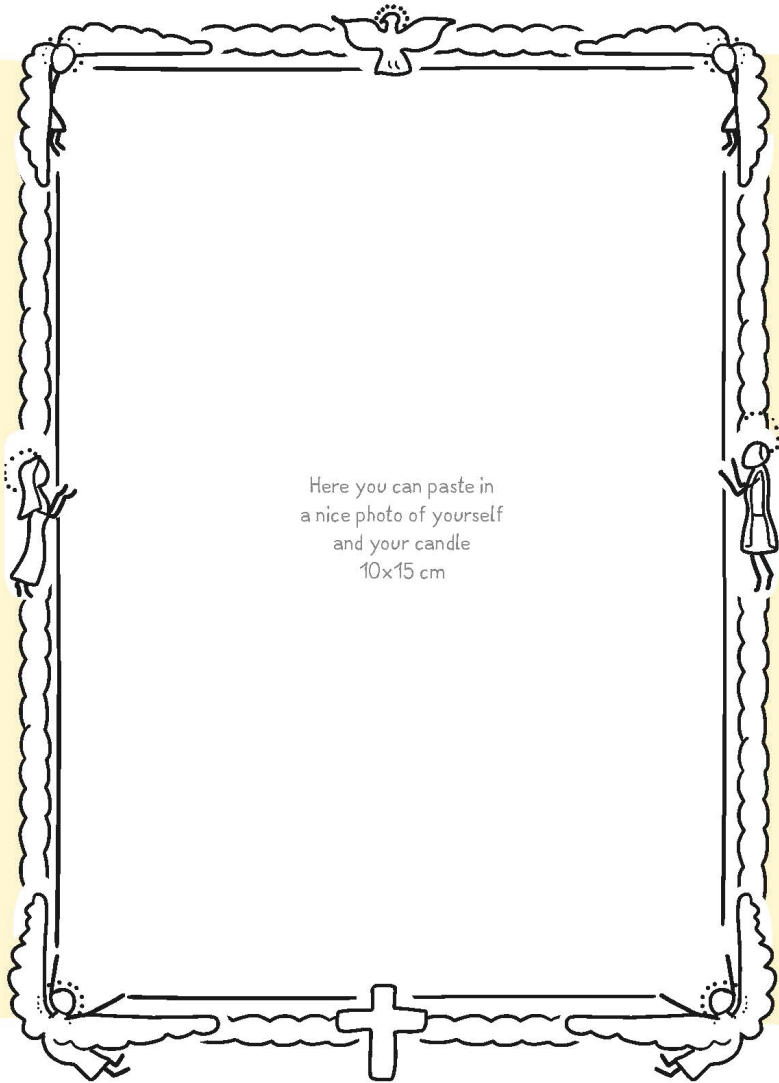
Give me strength for a life that shines  
because I am good to others and to animals.

Give me a life that spreads light  
because I am grateful for my parents,  
my home, my body and my abilities.

I believe in you and I know:  
you are the true life  
that dispels the darkness from the world  
and brings great joy. Amen!



I really want  
to be as big as  
my candle



Here you can paste in  
a nice photo of yourself  
and your candle  
10x15 cm



## Profile of **JESUS**

- Name:** Jesus of Nazareth
- Mother:** Mary
- Foster Father:** Joseph the carpenter
- Birthday:** Christmas. You celebrate my birthday on 25 December. That's okay. There are scholars who say I was born 7 years before that (7 BC). That's okay too. But what's really cool is that my birthday is the start of a new era. Did you know that?
- Birth place:** Bethlehem in Judea
- Occupation:** Carpenter
- Language:** Mother tongue Aramaic; first foreign language, Hebrew.
- Outdoor-Activity:** Hiking, sailing, mountaineering.
- Things I like:** Being with children, celebrating, but sometimes being alone; as well as healing the sick and forgiving sins, talking with my Father in heaven, talking to people about God.
- Things that annoy me:** When my people break off into groups like rich and poor, pious and less pious, and don't live the way God wants them to.
- My greatest experience:** Oh, there are a few ... Like when my mother made me turn water into wine at a wedding party so the celebration would not fall through ... but the biggest highlight was my resurrection. I am alive!
- My motto:** "Change your life now, because God is very near!"
- What I like about you** That we are getting to know each other better!



You can paste  
a photo of  
yourself here  
(2.3 x 3.0 cm)

My  
**PROFILE**

Name: \_\_\_\_\_

Mother: \_\_\_\_\_

Father: \_\_\_\_\_

Birthday: \_\_\_\_\_

Birth place: \_\_\_\_\_

When I grow up I want to be: \_\_\_\_\_

Languages I want to learn: \_\_\_\_\_

Outdoor activities: \_\_\_\_\_

Things I like: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Things that annoy me: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

My greatest experience: \_\_\_\_\_  
\_\_\_\_\_

My Motto: \_\_\_\_\_

What I like about Jesus: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



# It is good to have a friend

Some people have a 1000 friends.

Good ones and bad ones.

Others have none.

Perhaps because they are not big enough, strong enough,  
smart enough that everyone wants to be their friend.

God saw that.

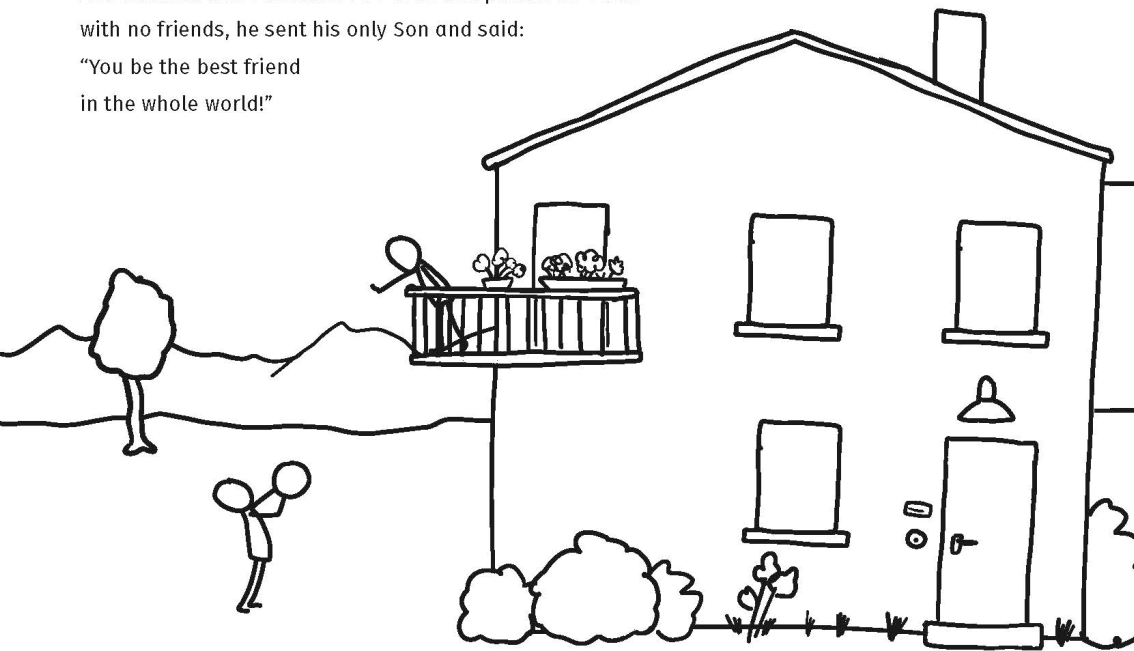
And because there shouldn't be even one person on earth  
with no friends, he sent his only Son and said:

"You be the best friend  
in the whole world!"

And if you see someone  
who is sad: be their friend!

If you see someone  
who is lonely: be their friend!

And if you see someone  
that nobody likes: love them!



Your pages  
to  
**COLOUR!**

Jesus did that.

He still does that.

And he asks you and me:

“Do you need a friend?”

Yes?

Then come! I’m here for you.”

