

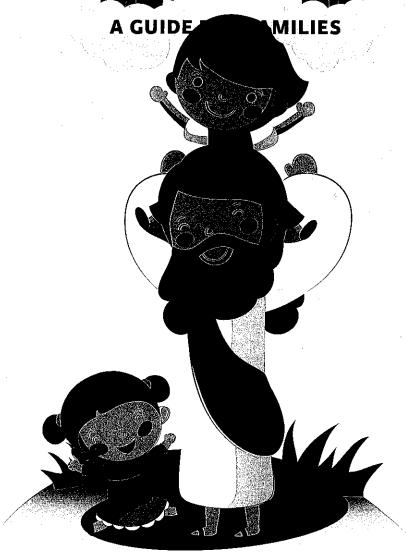
This book is the second in a two-part series designed to help parents and families prepare for the Sacraments of First Reconciliation and First Holy Communion with their children. It takes a step-by-step approach to the Sacrament of Communion using accessible, child-friendly language and illustrations, and emphasises the sacrament as a joyful moment of healing with God and with each other. The book is divided into eight parts, each ending with a 'PJ Prayer' to be said before bed.

Elaine Mahon is a primary school teacher who holds a Masters in Primary Religious Education. She has worked as a Diocesan Advisor for Primary Religious Education in the Dublin Archdiocese and as a lecturer in Religious Education at St Patrick's College, Drumcondra. Elaine is currently employed as a Catechetical Specialist for Veritas.





## First Holy Communion



**ELAINE MAHON**