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.

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