

St Laurence, Cambridge. *First Holy Communion 2025*

Homily by Fr. Robin Mampallithadathil CRM

Dear children, dear parents, family members, and parish community,

Today is a **joyful and sacred day**—especially for you, our dear children, who are receiving **Jesus in the Holy Eucharist for the first time**. But today is not just a day of joy. It is a day of **deep meaning**, a day that calls us all—especially you, dear parents—to reflect on the **great gift and responsibility** of the **Eucharist**.

The Eucharist: Jesus' Gift of Himself

In the first reading from **1 Corinthians**, St. Paul gives us the earliest account of what happened at the Last Supper. Jesus took bread and said, **"This is my body."** He took the cup and said, **"This is my blood."** And then He gave us this command: **"Do this in remembrance of me."**

This is not a symbol. This is not a memory game. This is **Jesus Himself**, giving His **Body and Blood** so that we may live in Him.

And in the Gospel of John, Jesus says something even more powerful:

"Unless you eat the flesh of the Son of Man and drink his blood, you have no life in you."

This is why we are here. Because **we need Jesus**. We need His love. We need His forgiveness. We need His strength.

We need our God—not as a distant judge, but as a **Saviour who comes to us**, who humbles Himself to become food for our journey.

The Banquet We Must Not Refuse

Jesus is not forcing Himself on us. He is **inviting** us. The Eucharist is a **heavenly banquet**, and He calls each of us to come.

But we must ask ourselves:

Do we **honour the invitation**, or do we take it lightly?

Do we come with **hearts prepared**, or do we come distracted and unworthy?

We must never forget: the Eucharist is a sacred mystery. As St. Paul reminds us, when we receive it **unworthily**, we **profane the Body and Blood of Christ**.

So let us approach this **heavenly banquet** with **reverence, repentance, and love**.

Parents: The Eucharist Begins at Home

Dear parents, I want to speak especially to you today.

Many people think First Communion day is mainly for the children—about white dresses, suits, family gatherings, photographs.

But let me tell you a truth that we must not forget:

First Holy Communion is more important for you than for your children.

Why? Because your children will learn to love the Eucharist **only if they see that you love the Eucharist.**

Do they see you come to Mass each Sunday with joy?

Do they see you go to Confession regularly?

Do they hear you speak of Jesus as someone real in your life?

If we, as adults, do not **prepare our souls**—if we think that outward celebration is more important than inward transformation—then we are missing the point.

This day is not about material preparation—shoes, cakes, decorations.

It is about **spiritual preparation**—prayer, Confession, and love for Jesus.

You are the **first catechists**, the first teachers of faith. And you teach not only with words, but with how you live.

Jesus Is the Centre of This Day—and Every Day

The **Eucharist is not an event**; it is a way of life.

It is the **heart of the Church**. It is the **living presence of Christ** in our midst.

Today is not a graduation. It is a beginning—a beginning of a deeper friendship with Jesus.

So let us not forget this truth:

Jesus did not come to **condemn**, but to **save**.

He is **present here**—in the Eucharist—because He wants to be close to us.

Conclusion: Make the Eucharist the Centre of Your Family

Dear families, if you want your home to be filled with peace, let the Eucharist be at the centre.

Come to Sunday Mass as a family. Go to Confession regularly. Teach your children that this is not just a ritual—**this is Jesus**.

And to you, dear children receiving Jesus for the first time today:

Never forget this day. You are receiving the **greatest treasure** you will ever receive in your life.

Jesus is coming into your heart to stay with you. Talk to Him, thank Him, love Him.

Let us all, children and adults alike, fall in love again with Jesus in the Eucharist. Because when we have Him, we have everything.

Amen.