

# Step Up to Communion



Preparation for first communion for young people and their parents

## How do I get involved

If you would like register for our next *Step Up* program, please call 8263 5087 or return this form to the church office.

**Family Surname:**

-----

**Child's Given Name(s):**

-----

**Parent's/Caregiver's names:**

-----

**Contact Number:**

-----

**Email:**

-----

ACCEPTANCE  
LOVE  
HOPE  
SERVING  
GROWING



**Good Shepherd**  
Lutheran Church | Para Vista

388 Montague Road Para Vista SA 5093  
PO Box 306 Modbury North SA 5092  
Telephone 08 8263 5087  
churchenquiries@paravista.org.au  
[www.paravista.org.au](http://www.paravista.org.au)

# What is step up?

*Step Up* is a family experience and a part of a family's 'faith journey' rather than a 'course'. Together parents and children together discover what Holy Communion means for them. The *Step Up* program helps parents prepare their children to receive Holy Communion and to decide if and when they are ready to do so.

## Step Up Program

**STEP 1** — Sunday Family Lunch after worship in the Good Shepherd Lutheran Primary School.

This session is a shared meal. Please bring some main course food to share. Dessert and beverages will be provided. The whole family is welcome to attend.

**STEP 2 - STEP 5:** Friday night sessions held in the school. In recent years our church has moved towards a family approach to children's and youth ministry. The family approach advocates that parents are primary in the faith development of their children and the congregation is a supporting partner for parents. We therefore ask that at least one parent be present at all sessions.

*Step Up* is offered once a year for interested families. Please contact the church office to find out more about our next course.

# Who is step up for?

*Step Up* grew out of the Lutheran Church's recognition that the opportunity to receive Holy Communion should not be limited to people who have been through the Rite of Confirmation.

*Step Up* is aimed at the comprehension level of children around the age of 10 years. The decision to step up is left up to individual families in consultation with the pastor/minister.

Some families choose to *Step Up* when siblings can do it together. Others treasure the one-on-one time with an individual child that *Step Up* can provide.

It is essential that a parent (or in some cases a godparent, grandparent or another Christian carer) participates in the experience with the child. That adult is the primary coach, mentor or teacher throughout the experience — both during the formal sessions and in extended conversation and activities at home.

Generally we expect that the adults are believing Christians who, themselves, receive Holy Communion regularly.

Adults participate and learn along with their children, building on what they already know as well as reflecting on some things they may not have considered before.

# What material is covered?

*Step Up* sessions are based on the steps in the '*Step Up to Communion*' course.

1. CELEBRATE — The first session is a shared meal and lays the foundation for the concept that Holy Communion is a celebratory meal of the Christian family.
2. REMEMBER — looks at Holy Communion as a way of remembering what Jesus did for us.
3. EAT AND DRINK — looks at Holy Communion as eating and drinking in obedience to Jesus command.
4. BELIEVE — looks at Luther's understanding that a person is truly ready to receive Holy Communion when they believe Jesus' words "given and shed for you for the forgiveness of your sins".
5. PREPARE — looks at confession of sins as preparation to receive Holy Communion and at the logistics of preparing for first communion.

The weekly interval between sessions allows time for participants to process the material and their reactions to it and for parents and children to talk about the faith issues.