**Some suggested Scripture Readings for First Communion**

***[if celebrated in your parish on Sundays, child friendly versions of the Scriptures of that day are used and not these below]. Do your best to include hymns from the latest Laudate Schools Music Programme.***

**1st Reading:**

**Old Testament  
A reading from the first book of Kings 19:7-8**The angel of the Lord came to Elijah in desert and woke him and said: “Get up and eat, or the journey will be too long for you.”   
So Elijah got up and ate and drank and strengthened by this food he walked forty days and nights until he reached the mountain of God.

**1 Leabhair na** **Ríthe 19:7-8**

Tháinig aingeal an Tiarna chuig Éilias, chorraigh é agus dúirt: “Éirigh agus ith nó beidh an t‑aistear ró-fhada duit.” D’éirigh Éilias mar sin, agus d’ith sé agus d’ól sé, agus neartaigh an bia chomh mór sin é gur shiúil sé nó gur shroich sé Horaeb, sliabh Dé.

**Or from the New Testament:**

**A reading from the Acts of the Apostles 2: 44-47a**

All those who believed in Jesus Christ lived together in community and they shared everything together. They sold their things and shared the money with everybody, depending on which each person needed.   
Every day they went as a group to the Temple.

They broke the bread in their homes, sharing food gladly and generously. They praised God and the people respected them.

**Gníomhartha 2:44-47a**Bhí na creidmhigh go léir in aon bhuíon le chéile agus bhí gach ní i bpáirt acu; dhíolaidís a gcuid sealúchais agus a gcuid maoine agus roinnidís a luach ar chách de réir mar a bhíodh aon duine acu ar an gcaolchuid. Thagaidís le chéile in aon bhuíon sa Teampall gach lá ach bhrisidís arán i dtithe a chéile agus chaithidís a gcuid le chéile le móráthas agus le sástacht chroí agus iad ag moladh Dé.

**Gospel:   
A reading from the holy Gospel   
according to Luke 22: 14-15a. 19-20**

When the hour came Jesus took his place at table, and the apostles with him. And he said to them, “I have longed to eat this passover with you.”

Then Jesus took some bread and when he had given thanks, broke it and gave it to them, saying, “This is my body which will be given for you; do this as a memorial of me.” He did the same with the cup after supper, and said, “This cup is the new covenant in my blood which will be poured out for you.”

The Gospel of the Lord.

**Lúcas 22:14-15a,**Nuair a tháinig an uair, lig Íosa faoi ag bord agus na haspail mar aon leis. Agus dúirt sé leo: “Ba mhór ba mhian liom an cháisc seo a ithe in éineacht libh.”  
Ansin, thóg sé arán, agus ar altú dó, bhris, agus thug dóibh é ag rá: “Is é seo mo chorp atá le tabhairt ar bhur son. Déanaigí é seo mar chuimhne orm.” Agus mar an gcéanna an cupa, tar éis na proinne, ag rá: “Is é an cupa seo an tiomna nua i m’fhuil atá le doirteadh ar bhur son.”

**OR:**  
  
**A reading from the Holy Gospel according to John  
6: 27, 32b-35.**

Jesus said to his disciples: “Work for the food that endures to eternal life, the kind of food the Son of Man is offering you, for on him the Father, God himself, has set his seal.”

“It is my Father who gives you the bread from heaven, the true bread; for the bread of God is that which comes down from heaven and gives life to the world.” “Sir,” they said, “give us that bread always.” Jesus answered: “I am the bread of life. Those who come to me will never be hungry; those who believe in me will never thirst.” The Gospel of the Lord.

**Eoin: 6: 27, 32b-35.**

Dhúirt Íosa: “Saothraigí an bia a mhaireann chun na beatha síoraí, é siúd a thabharfaidh Mac an Duine daoibh. Óir is air sin a chuir Dia an tAthair a shéala.”

“Is é m’Athair a thugann an t‑arán ó neamh daoibh,

an t‑arán fírinneach. Óir is é arán Dé an té a thagann anuas ó neamh agus a thugann beatha don domhan.”

“A dhuine uasail,” ar siad ansin leis, “tabhair dúinn an t‑arán sin i gcónaí.” Dúirt Íosa leo: “Mise arán na beatha, an té a thagann chugamsa ní bheidh ocras air choíche, agus an té a chreideann ionamsa ní bheidh tart air choíche.”