

## **To candidates for the Sacrament of First Holy Communion**

Dear boys and girls,

We have not yet met in your parish or school. I am very much looking forward to that opportunity. In the meantime, I wanted to write a few words of encouragement to you. You will have been preparing to celebrate your first Holy Communion this term. It is such wonderful moment for you and your family, and there is often a lovely party to celebrate this day when Jesus first comes to you as the Bread of Life. If we don't have food we become hungry! What we eat gives us energy for all the things we have to do in our day. When we receive Jesus in Holy Communion, he gives us the spiritual energy to live as his follower in our lives. I hope and pray that this day will come for you soon when we are allowed to celebrate with you in church. May Jesus, the Bread of Life, bless you always.

✠ David J Oakley  
Bishop of Northampton