

## **First Communion**

First Communion is considered one of the holiest and most important occasions in a Roman Catholic person's life. It is the first time that a person receives the Sacrament of the Holy Eucharist, which is the eating of consecrated bread and drinking of consecrated wine. Catholics believe these to be the body and blood of Jesus Christ. Most Catholic children receive their First Communion when they are 7 or 8 years old, because this is considered the age of reason. Other people can receive communion for the first time whenever they have met all of the Catholic Church's requirements.