

# THE SACRAMENTS OF RECONCILIATION AND THE EUCHARIST

ST. PATRICK'S/ST. JOSEPH'S-AMELIA  
PARENT  
INFORMATION  
PACKET

2020-2021



Parents/Guardians of First Communicant,

This packet is intended to assist you in knowing the responsibilities you have in preparing your child for the reception of First Reconciliation and First Holy Communion. In this packet you will find important dates which require your presence and participation. You will also find the parental consent form, some information on the Church's understanding of the responsibility of parents/guardians in being the first teachers of their children in the ways of faith, and other useful information you should be teaching your children as they prepare to receive these sacraments.

We, the parishes of St. Patrick's and St. Joseph's-Amelia, look forward to celebrating these wonderful accomplishments with your child and your family. May God bless them with the grace to persevere in their faith.

## **Important Dates for Second Grade Communicants and Their Parents/Guardians**

**First Reconciliation:** DATE & TIME TO BE DETERMINED

DRESS CODE: Casual – please no sweatpants or clothes with holes

**First Communion Pictures & Practice:** DATE & TIME TO BE DETERMINED

DRESS CODE: Outfit to be worn at First Communion Ceremony

Females: White dress (veils & gloves optional)

Males: Black dress pants & white dress shirt

**First Communion Ceremony:** DATE & TIME TO BE DETERMINED

DRESS CODE:

Females: White dress (veils & gloves optional)

Males: Black dress pants & white dress shirt (ties optional)

*Parental Consent form*  
*For*  
*First Reconciliation and First Communion*

I hereby give consent for my child to take part in preparation classes for First Reconciliation and First Holy Communion at St. Patrick's Church/St. Joseph's-Amelia Church.

**\*\*\*Please place a check mark next to the church you desire your child to receive First Communion at.\*\*\***

\_\_\_\_\_ St. Patrick's Church-O'Neill      \_\_\_\_\_ St. Joseph's-Amelia

My child has been baptized at \_\_\_\_\_

*Name of Church*

\_\_\_\_\_  
*City and State*

\_\_\_\_\_  
*Date of Baptism*

**\*\*\* Please send a copy of your child's Baptismal Certificate to St. Patrick's Church.\*\*\***

Child's Full Name \_\_\_\_\_

Child's Place and Date of Birth \_\_\_\_\_

Father's Name \_\_\_\_\_

Mother's Maiden Name \_\_\_\_\_

Signature of Parent \_\_\_\_\_ Date \_\_\_\_\_

The Catechism of the Catholic Church describes for us the role of the family in preparing their children to receive the sacraments. It also describes the nature of the sacraments and their effect in the lives of your children. As parents, it is your responsibility to nurture your child and teach them about their faith.

## **THE CHRISTIAN FAMILY**

“The Christian family constitutes a specific revelation and realization of ecclesial communion, and for this reason it can and should be called a *domestic church*.” It is a community of faith, hope, and charity; it assumes singular importance in the Church, as is evident in the New Testament.

The Christian family is a communion of persons, a sign and image of the communion of the Father and the Son in the Holy Spirit. In the procreation and education of children it reflects the Father’s work of creation. It is called to partake of the prayer and sacrifice of Christ. Daily prayer and the reading of the Word of God strengthen it in charity.

## **RECONCILIATION**

“On the evening of that day, the first day of the week,” Jesus showed himself to his apostles. “He breathed on them, and said to them: ‘Receive the Holy Spirit. If you forgive the sins of any, they are forgiven; if you retain the sins of any, they are retained’” (*Jn* 20:19, 22-23).

“You were washed, you were sanctified, you were justified in the name of the Lord Jesus Christ and in the Spirit of our God.” One must appreciate the magnitude of the gift God has given us in the sacraments of Christian initiation in order to grasp the degree to which sin is excluded for him who has “put on Christ.” But the apostle John also says: “If we say we have no sin, we deceive ourselves, and the truth is not in us.” And the Lord himself taught us to pray: “Forgive us our trespasses,” linking our forgiveness of one another’s offenses to the forgiveness of our sins that God will grant us.

## **THE EUCHARIST**

The Eucharist is “the source and summit of the Christian life.” “The other sacraments, and indeed all ecclesiastical ministries and works of the apostolate, are bound up with the Eucharist and are oriented toward it. For in the blessed Eucharist is contained the whole spiritual good of the Church, namely Christ himself.”

Jesus said: “I am the living bread that came down from heaven; if any one eats of this bread, he will live forever;...he who eats my flesh and drinks my blood has eternal life and...abides in me, and I in him” (*Jn*6:51, 54, 56).

Communion with the Body and Blood of Christ increases the communicant’s union with the Lord, forgives his venial sins, and preserves him from grave sins. Since receiving this sacrament strengthens the bonds of charity between the communicant and Christ, it also reinforces the unity of the Church as the Mystical Body of Christ.

## **Things parents/guardians can do to help their child grow in holiness....**

- PRAY daily with your children. Ex. meal prayers, bedtime, etc. Encourage them to practice the prayers learned in class (Our Father, Glory Be, etc.) A copy of prayers is attached. Highly encourage them to just have a conversation with Jesus; it is all about building a strong relationship with Him.
- Come to Mass EVERY Sunday. This is the law of the Church, and it is a sin to miss Mass unless you are sick, or for other serious (grave) reasons. Start this habit with your children, and when they grow up, they will continue the habit on their own.
- After First Reconciliation, bring your child to confession at least once every two or three months.
- Remember to teach your child to be grateful for all the good things they have, because they have been given to them by God.
- Teach your child to pray the rosary. The rosary is an especially powerful form of prayer. Our Lady will draw you closer to her and to Jesus.
- You can also teach them the 10 Commandments.
- Teach them how to be charitable. Charity means treating others as we want to be treated, and loving God and our neighbors. Show your child how to treat people with kindness rather than hatred. Ex. When you are mad at a driver in your car, don't show your anger. Instead, teach your child how to pray for them.

## Prayers of the Catholic Church

### **The Our Father**

Our Father, Who art in heaven,  
Hallowed be Thy Name.  
Thy Kingdom come.  
Thy Will be done, on earth as it is in Heaven. Give us this day our daily bread.  
And forgive us our trespasses,  
as we forgive those who trespass against us.  
And lead us not into temptation,  
but deliver us from evil. Amen.

### **The Hail Mary**

Hail Mary, Full of Grace, The Lord is with thee.  
Blessed art thou among women,  
and blessed is the fruit of thy womb, Jesus.  
Holy Mary, Mother of God,  
pray for us sinners now, and at the hour of death. Amen.

### **The Glory Be**

Glory be to the Father, and to the Son, and to the Holy Spirit.  
As it was in the beginning, is now, and ever shall be,  
world without end. Amen.

### **The Ten Commandments for Kids**

*(this is written in language a child should be able to understand)*

- We will worship God alone.
- We will use our words to praise and honor God. No bad words.
- We will save one day a week for rest and worship and we will go to church.
- We will listen to our moms and dads and obey them.
- We will not hate people or hurt others with our words and actions.
- We will respect our bodies and the bodies of other people.
- We will not take what doesn't belong to us.
- We will tell the truth.
- We will honor people who are married.
- We will be thankful for God's good gifts to us and not complain.

### **Terms used in Reconciliation**

- Sacrament – Jesus being present to us even though we can't see him.
- Sin – when we make a choice to disobey God's rules.
- Confession – when we tell the priest our sins.
- Penance – a prayer we must say to show Jesus we are sorry for sinning.
- Absolution – when Jesus forgives us for sinning.
- Contrition – being sorry for sinning.
- Temptation – those times we want to do something wrong rather than something good.

### **Terms used in First Holy Communion**

- Host – the bread we receive which has become the Body of Jesus
- Precious Blood – the wine we receive which has become the Blood of Jesus
- Chalice – the cup which holds the Blood of Jesus
- The Eucharist – another name for the Body and Blood of Jesus
- Sacred – something that has been blessed for holy use
- Amen – the word which says “I believe”
- Folded hands – holding your hands together shows you are praying.

### **Options for Reconciliation**

- Each child has an option of sitting in a chair and facing the priest, or kneeling behind the screen to make their confession. This is the private choice of the child and not something the parent should decide for them.

### **Options for Receiving Communion**

- Each child has an option of receiving Communion either on the tongue or in their hands. While this too is a private choice for each communicant, the Church does say that reception on the tongue is preferred because receiving on the hand may result in dropping the Holy Body of Jesus. For reception on the tongue, the child would approach and bow. The priest would say “The Body of Christ” and the child would respond “Amen.” Then they would open their mouths and slightly stick out their tongue while the priest placed it on the tongue. For reception in the hand, the communicant would approach, bow slightly, and cup one hand in the other, forming a “throne” in which the priest will place the Body of Jesus. The communicant should raise their hands up toward Father. The priest will say “The Body of Christ” and the communicant will respond “Amen”. The priest will place the host in their hands, and they will reverently take the host and place it in their mouths while standing there. Then they will make the sign of the cross and move to the cup.

### How to....Go to Confession

1. You can either sit down on the chair, or kneel on the kneeler.
2. Make the sign of the cross while saying, "In the name of the Father, and of the Son, and of the Holy Spirit. Amen."
3. Then say, "Forgive me Father, for I have sinned, this is my first confession, and these are my sins." Then, tell Father your sins.
4. Then Father will say a few words to help you, and he will tell you what your penance is.
5. Then he will say, "And now you can say your Act of Contrition."

My God,  
I am sorry for my sins with all my heart.  
In choosing to do wrong  
and failing to do good,  
I have sinned against you  
whom I should love above all things.  
I firmly intend, with your help  
to do penance,  
to sin no more,  
and to avoid whatever leads me to sin.  
Our Savior Jesus Christ  
suffered and died for us.  
In his name, my God, have mercy. Amen.

6. The priest will give you absolution, which means your sins are forgiven.
7. Father will then say, "Your sins are forgiven. Go in peace."
8. You respond, "Thanks be to God." You leave the confessional.
9. Right after you get back to your pew, you should do your penance.