

# **Parent Preparation Handbook**

## **First Reconciliation and First Communion**

### **2020-2021**



In medieval times in Europe, the mother **pelican** was believed to be attentive to her young, to the point of sacrificing her own blood by wounding her own breast to feed her young when no other food was available. As a result, the **pelican** became a **symbol** of the Passion of Jesus and of the sacrament of the Eucharist since about the 12th century.

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Confession is an act of honesty and courage – an act of entrusting ourselves, beyond sin, to the mercy of a loving and forgiving God. Pope St. John Paul II

Only through the Eucharist is it possible to live the heroic virtues of Christianity: charity, to the point of forgiving one's enemies; love for those who make us suffer; chastity in every age and situation of life; patience in suffering and when one is shocked by the silence of God in the tragedies of history or of one's own personal existence. You must always be Eucharistic souls in order to be authentic Christians. Pope St. John Paul II

### The Symbolism of the Pelican by Father William Saunders

The symbolism of the mother pelican feeding her little baby pelicans is rooted in an ancient legend which preceded Christianity. The legend was that in time of famine, the mother pelican wounded herself, striking her breast with the beak to feed her young with her blood to prevent starvation. Another version of the legend was that the mother fed her dying young with her blood to revive them from death, but in turn lost her own life.

Given this tradition, one can easily see why the early Christians adapted it to symbolize our Lord, Jesus Christ. The pelican symbolizes Jesus our Redeemer who gave His life for our redemption and the atonement He made through His passion and death. We were dead to sin and have found new life through the Blood of Christ. Moreover, Jesus continues to feed us with His body and blood in the holy Eucharist.

This tradition and others is found in the *Physiologus*, an early Christian work which appeared in the second century in Alexandria, Egypt. Written by an anonymous author, the *Physiologus* recorded legends of animals and gave each an allegorical interpretation. For instance the phoenix, which burns itself to death and rises on the third day from the ashes, symbolizes Christ who died for our sins and rose on the third day to give us the promise of everlasting life. The unicorn which only allows itself to be captured in the lap of a pure virgin, symbolizes the incarnation. Here too the legend of the pelican feeding her young is described: "The little pelicans strike their parents, and the parents, striking back, kill them. But on the third day the mother pelican strikes and opens her side and pours blood over her dead young. In this way they are revived and made well. So Our Lord Jesus Christ says also through the prophet Isaiah: I have brought up children and exalted them, but they have despised me (Is 1:2). We struck God by serving the creature rather than the Creator. Therefore He deigned to ascend the cross, and when His side was pierced, blood and water gushed forth unto our salvation and eternal life." This work was noted by St. Epiphanius, St. Basil and St. Peter of Alexandria. It was also popular in the Middle Ages and was a source for the symbols used in the various stone carvings and other artwork of that period.

Clearly the pelican became a symbol of charity. Reference to the pelican and its Christian meaning are found in Renaissance literature: Dante (1321) in the "*Paridiso*" of his *Divine Comedy* refers to Christ as "our Pelican." John Lyly in his *Euphues* (1606) wrote, "Pelicane who striketh blood out of its owne bodye to do others good." Shakespeare (1616) in *Hamlet* wrote, "To his good friend thus wide, Ill ope my arms / And, like the kind, life-rendering pelican / Repast them with my blood." John Skelton (1529) in his *Armorie of Birds*, wrote, "Then sayd the Pellycan: When my Byrds be slayne / With my bloude I them revyve. Scripture doth record / The same dyd our Lord / And rose from deth to lyve."

The pelican also has been part of our liturgical tradition. As mentioned in the question posed by the reader, the image of the pelican feeding its baby pelicans was a popular artwork on an altar frontal. In early times, when tabernacles were sometimes suspended over the altar, they were shaped like pelicans: for example, Durham Cathedral, to which was attached a Benedictine monastery prior to the suppression of the monasteries by Henry VIII 1538, had the Blessed Sacrament reserved in a tabernacle fashioned in silver like a pelican and suspended over the

High Altar. In the hymn "*Adoro te devote*," the sixth verse (written by St. Thomas Aquinas and translated into English by Gerard Manley Hopkins) reads,

Like what tender tales tell of the Pelican  
Bathe me, Jesus Lord, in what Thy Bosom ran  
Blood that but one drop of has the powr to win  
All the world forgiveness of its world of sin.

Therefore, the image of the pelican is a strong reminder of our Lord, who suffered and died for us to give us eternal life and who nourishes us on our pilgrim way with the Holy Eucharist. May that image move us to show the same charity and self-giving love toward all.



## General Information

During your child's second grade year, he or she will be prepared for the sacraments of Reconciliation (Penance) and Eucharist. **Given the current situation with COVID-19, there are no scheduled parent meetings. However, in place of the meetings I am inviting parents to view several videos for adults on the sacraments and two videos with their children that can be discussed at home. See below.**

1. About Confession. 33" **FOR ADULTS**  
<https://watch.formed.org/forgiven/season:1/videos/embraced-in-mercy-the-rite-explained>  
**FORMED.ORG**
2. Forgiven—**For Children**: How to Make a Great Confession – Episode 6 12"  
<https://watch.formed.org/forgiven/season:1/videos/for-children-how-to-make-a-great-confession> **FORMED.ORG** **FOR CHILDREN**
3. <https://www.youtube.com/watch?v=bJjW3LXuHzo&t=314s> **FOR ADULTS**  
 Bishop Barron on the Real Presence of Christ in the Eucharist 11"
4. <https://watch.formed.org/presence/season:1/videos/the-story-of-the-eucharist>  
 Presence—Episode 2 The Story of the Eucharist 40". **FORMED.ORG** **FOR ADULTS**
5. <https://watch.formed.org/the-eucharist-for-little-children/videos/the-eucharist-for-little-children>  
 The Eucharist for Little Children 10". **FORMED.ORG** **FOR CHILDREN**

During this year of sacramental preparation, you and your family are being given an opportunity to deepen in your Catholic and renew your desire to make your faith central to your lives on a daily basis. This renewed commitment necessarily involves participation at Mass and the reception of the sacraments.

**With the COVID pandemic**, the dispensation to attend Sunday Mass will remain in place until November 1. Should it be extended, you will be advised. Remember, the dispensation is extraordinary since the health of the faithful is what motivated the bishops to offer it.

Were you a "church goer" before the pandemic? If not, and If your health and the health of your family members permit, will you be ready to return to Mass on Sundays and holy days of obligation? This is something serious to think about.

As you may know, the **Precepts of the Church** include going to Mass on Sundays and Holy Days of Obligation. If you've never heard about the Precepts of the Church, see the list below.

1. **To attend Mass and** rest from servile labor on Sundays and Holy Days of Obligation.
2. To receive the Sacrament of Reconciliation at least once a year, especially if aware of committing a mortal sin.
3. To receive Holy Communion at least once a year, between the First Sunday of Lent and Trinity Sunday.

4. To observe the fast days and abstinence days established by the Church.
5. To contribute to the material support of the Church.

### **Church's Teaching on the Sacrament of Reconciliation**

Do you have a copy of the *Catechism of the Catholic Church* in your home library? It is an excellent tool to deepen in our faith as Catholics. To purchase an expensive catechism for less than \$15., go to Amazon.com. The Celtic Cross is a Catholic Religious Goods Store at 1512 W. 86 Street. To order the *Catechism of the Catholic Church* or other religious items, you may call 317-777-0059.

#### **From the *Catechism of the Catholic Church***

The *Catechism of the Catholic Church* provides the groundwork for understanding what Catholics believe. Despite the fact that many Catholic parents are well educated in various fields, the reality is that many are undereducated in their Catholic faith. Reading and studying the Catechism is one of the best ways parents can explore the Catholic faith in all its richness.

**Below are paragraphs from the Catechism on the Sacrament of Reconciliation.**

**1485** "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).

**1486** The forgiveness of sins committed after Baptism is conferred by a particular sacrament called the sacrament of conversion, confession, penance, or reconciliation.

**1487** The sinner wounds God's honor and love, his own human dignity as a man called to be a son of God, and the spiritual well-being of the Church, of which each Christian ought to be a living stone.

**1488** To the eyes of faith no evil is graver than sin and nothing has worse consequences for sinners themselves, for the Church, and for the whole world.

**1490** The movement of return to God, called conversion and repentance, entails sorrow for and abhorrence of sins committed, and the firm purpose of sinning no more in the future. Conversion touches the past and the future and is nourished by hope in God's mercy.

**1491** The sacrament of Penance is a whole consisting in three actions of the penitent and the priest's absolution. the penitent's acts are repentance, confession or disclosure of sins to the priest, and the intention to make reparation and do works of reparation.

**1493** One who desires to obtain reconciliation with God and with the Church, must confess to a priest all the unconfessed grave sins he remembers after having carefully examined his conscience. the confession of venial faults, without being necessary in itself, is nevertheless strongly recommended by the Church.

**1494** The confessor proposes the performance of certain acts of "satisfaction" or "penance" to be performed by the penitent in order to repair the harm caused by sin and to re-establish habits befitting a disciple of Christ.

**1495** Only priests who have received the faculty of absolving from the authority of the Church can forgive sins in the name of Christ.

**1496** The spiritual effects of the sacrament of Penance are: - reconciliation with God by which the penitent recovers grace; - reconciliation with the Church; - remission of the eternal punishment incurred by mortal sins; - remission, at least in part, of temporal punishments

resulting from sin; - peace and serenity of conscience, and spiritual consolation; - an increase of spiritual strength for the Christian battle.

### **Are all sins equal?**

When a person goes to confession, all mortal (grave) sins must be confessed. Venial (lesser) sins do not need to be confessed, but it is recommended to do so. When only venial sins are confessed, the person is making a devotional confession.

To learn more about the difference between mortal and venial sins, read paragraphs 1854-1859.

### **Some practical spiritual benefits from going to confession**

It helps us to grow in self-knowledge. St. Augustine and many other saints and doctors of the Church have taught that knowing ourselves is essential to having a healthy spiritual life. Self-knowledge helps us to appreciate our need for God's ongoing help and grace in our lives. Frequent Confession reminds us that we need to depend on God in order to overcome temptations and sin.

### **It helps us to overcome bad habits and sin in our lives.**

The grace we receive from the sacrament helps us to win the battle against bad habits or vices. Bad habits are acquired with the repetition of bad actions. Bad habits may be broken more quickly and effectively when we go to confession regularly.

### **The conscience is purified**

The conscience, if well formed, teaches us what is right or wrong. Sin often distorts the conscience or makes it insensitive to the truth. Confession purifies our conscience so that we can recognize God's will in the circumstances of our daily lives. Confession enlightens and purifies our conscience.

### **It helps us become more like Christ.**

It imparts grace to our souls. Grace strengthens us to become more conformed to Jesus Christ in word and deed. Every canonized saint in the Church went to confession not only with the desire to overcome sin and sinful tendencies, but also to become more loving and Christ-like. Confession is the launching pad for a life of authentic holiness.

### **It strengthens our will.**

God strengthens our will with his grace. Through confession, we gain self-control and grow in our desire and commitment to resist the temptations that cross our path in life. We become more determined to do God's will and not our own. Self-will, self-absorption and self-seeking are the road map to sin that leads us away from the Will of God.



## The Church's teachings on the Eucharist

### From the *Catechism of the Catholic Church*

From the paragraphs below in the *Catechism of the Catholic Church*, we learn the following:

**1324** 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, our Pasch."

**1337** The Lord, having loved those who were his own, loved them to the end. Knowing that the hour had come to leave this world and return to the Father, in the course of a meal he washed their feet and gave them the commandment of love.<sup>163</sup> In order to leave them a pledge of this love, in order never to depart from his own and to make them sharers in his Passover, he instituted the Eucharist as the memorial of his death and Resurrection, and commanded his apostles to celebrate it until his return; "thereby he constituted them priests of the New Testament."<sup>164</sup>

**1338** The three synoptic Gospels and St. Paul have handed on to us the account of the institution of the Eucharist; St. John, for his part, reports the words of Jesus in the synagogue of Capernaum that prepare for the institution of the Eucharist: Christ calls himself the bread of life, come down from heaven.<sup>165</sup>

**1339** Jesus chose the time of Passover to fulfill what he had announced at Capernaum: giving his disciples his Body and his Blood:

Then came the day of Unleavened Bread, on which the passover lamb had to be sacrificed. So Jesus sent Peter and John, saying, "Go and prepare the passover meal for us, that we may eat it. . . ." They went . . . and prepared the passover. And when the hour came, he sat at table, and the apostles with him. And he said to them, "I have earnestly desired to eat this passover with you before I suffer; for I tell you I shall not eat it again until it is fulfilled in the kingdom of God." . . . And he took bread, and when he had given thanks he broke it and gave it to them, saying, "This is my body which is given for you. Do this in remembrance of me." And likewise the cup after supper, saying, "This cup which is poured out for you is the New Covenant in my blood."<sup>166</sup>

**1340** By celebrating the Last Supper with his apostles in the course of the Passover meal, Jesus gave the Jewish Passover its definitive meaning. Jesus' passing over to his father by his death and Resurrection, the new Passover, is anticipated in the Supper and celebrated in the Eucharist, which fulfills the Jewish Passover and anticipates the final Passover of the Church in the glory of the kingdom.

### "Do this in memory of me"

**1341** The command of Jesus to repeat his actions and words "until he comes" does not only ask us to remember Jesus and what he did. It is directed at the liturgical celebration, by the apostles and their successors, of the *memorial* of Christ, of his life, of his death, of his Resurrection, and of his intercession in the presence of the Father.<sup>167</sup>

**1342** From the beginning the Church has been faithful to the Lord's command. Of the Church of Jerusalem it is written: They devoted themselves to the apostles' teaching and fellowship, to the breaking of bread and the prayers. . . . Day by day, attending the temple together and breaking bread in their homes, they partook of food with glad and generous hearts.<sup>168</sup>



**1343** It was above all on "the first day of the week," Sunday, the day of Jesus' resurrection, that the Christians met "to break bread."<sup>169</sup> From that time on down to our own day the celebration of the Eucharist has been continued so that today we encounter it everywhere in the Church with the same fundamental structure. It remains the center of the Church's life.

**1406** 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).

### **Understanding Transubstantiation**

"Transubstantiation" is a theological term that describes the complete change of the substance (what something is in its deepest being) of bread into the substance of Jesus Christ. While the substance changes, the accidents (external features) remain the same. What looks like a wafer, tastes like a wafer, and breaks apart like an ordinary wafer is actually the Body, Blood, Soul and Divinity of Jesus Christ.

### **Effects of the Eucharist in the life of Catholic**

- ❖ An increased and deepened union with Jesus
- ❖ Forgiveness of venial (lesser) sins
- ❖ A strengthening to avoid future mortal (serious) sins
- ❖ A reinforced union with all other believers, who are the Church
- ❖ A preparation of the body for bodily resurrection



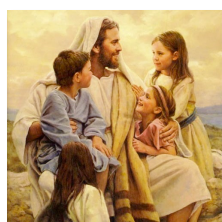
## 2021 FIRST HOLY COMMUNION at RETREAT

Each year, we offer a First Holy Communion retreat for second grade children and their parents here at St. Luke Parish. With COVID-19 preventing large gatherings, we will offer an at home retreat that takes about 1-2 hours to complete.

The retreat can be done on a Saturday morning or Sunday afternoon depending on your schedule. Since it is an at home retreat, feel free to invite your other older children to participate. At least one parent should participate.

Below is an outline with the resources to use for the home retreat. Keep in mind that this retreat will give you quality time with your child(ren)!

### 1. Opening Prayer – Prayer of Spiritual Communion for Children



#### A Child's Prayer of Spiritual Communion

Jesus, I believe that You are really present in Holy Communion. I believe that the Eucharist contains Your Body, Blood, Soul and Divinity, but we can only see the Hosts. You are hidden in them.

Jesus, you are the Son of God. You are everywhere!  
That means I am never alone and I am always loved.  
Help me to love you with all my heart.

I am happy and excited to receive You into my soul on the day of my First Communion in April. I know that I can receive You spiritually any time I want.

Since I cannot receive Holy Communion right now, please come to me spiritually and fill me with your love.

*(Pause and invite Jesus to come into your soul)*

I want to love you today, tomorrow and forever and ever.

The First Holy Communion Retreat includes 4 activities. Each activity should take about 20 - 30 minutes.

**Activity # 1** The Weight of a Mass: A Tale of Faith by Josephine Nobisso (click on link) <https://www.youtube.com/watch?v=ICDdm-NqtoQ> Watch the YouTube video with your child. Through this video, your child should come to understand that there is nothing more valuable than the Mass. You may have to explain what weight scales are and how they operate before the video begins.

**Activity # 2** Communion Banner. Your child will receive his/her banner through school or SMRE. PLEASE read the instructions carefully about making the banner.

### First Eucharist 2021 Banner

**You will receive the following:** 16 X 20 white felt banner

**Supplies You Will Need To Have On Hand:**

- Creative ideas!!!
- Scissors, fabric glue, felt or other fabric, or ribbon, etc.
- ***No glitter, fake fruit, wheat or heavy items.***
- ***No wooden sticks should be used as supports.***

### Instructions:

Help your child to design a banner that he or she will be proud to have displayed before the Catholic community of St. Luke. Also, it should be one that represents the child's personal faith experience as he or she prepares for First Eucharist. You will probably want to incorporate Eucharistic symbols.

Feel free to be creative and use other materials. Do not substitute banner material or create a bigger banner. You may need to iron the felt (low heat) before working with it. Attaching felt shapes, trims, and letters can be done in a number of ways.

To attach large shapes, it would be helpful to use Ultra-hold *Heat-n-Bond*. The fusible material is available at Walmart (in sewing section), Jo Ann Fabrics, or Cloth World. It is very useful to trace patterns, etc., because the *Heat-n-Bond* is applied to a piece of felt and then a pattern can be traced onto the paper backing. This allows for easier cutting and cleaner lines on the shapes.

Glue can be used but Fabric Glue, tacky glue, or hot glue guns should be used. Elmer's glue will **not** adhere to the felt. Pattern books and books on banner making may be helpful; the local library should have some on hand.

Since the banners will be on the stone walls of the church attached by two-sided tape. **DO NOT GLUE OR ATTACH HEAVY ITEMS TO THE BANNER. DO NOT ATTACH A STICK TO THE TOP OF THE BANNER.**

**Rationale:** Our hope is that this activity will provide your child with an opportunity to express the Faith that is developing through signs or symbols that are particularly meaningful to him or her.

**Purpose:** The banner will be used to decorate the church the weekend of First Eucharist. It is our hope that your child will feel more a part of the celebration if his or her creative expression is a part of the décor.

**Due Date:** Please bring the banner to your child's First Eucharist practice TBA. If we do have practice, it will be on **Thursday, April 15 at 6:15 p.m. (for the 10:00 a.m. Mass) or 7:15 p.m. (for the 1:00 p.m. Mass).**

First Communions will be celebrated on **Saturday, April 17 at 10:00 a.m. or 1:00 p.m.** In January-February you will receive information on the Mass Preferences, seating arrangements, and photography. ***Please pin a card with your child's name on the back of the banner, or include your child's name on the banner as part of the design.***

Top of banner

**The banner is to hang vertically and not horizontally**

**Activity #3** Understanding the Last Supper. Read the account from Matthew's Gospel below. See the "Enactment of the Last Supper" that follows. Invite the help of other family members to play the various parts listed. You can follow up by doing a short reenactment with unleavened bread and grape juice. Explain to the children that there may still be restrictions on drinking from the chalice on April 17. If that is the case, they will receive the Host only. The consecrated Host is the BODY, BLOOD, SOUL AND DIVINITY OF JESUS CHRIST.

**Parent: A reading from the Gospel according to John (13:1-19) and Matthew (26:20-30)**

Before the feast of Passover, Jesus knew that his hour had come to pass from this world to the Father. He loved his own in the world and he loved them to the end

The devil had already induced Judas, son of Simon the Iscariot, to hand him over. So, during supper, fully aware that the Father had put everything into his power and that he had come from God and was returning to God, he rose from supper and took off his outer garments. He took a towel and tied it around his waist. Then he poured water into a basin and began to wash the disciples' feet and dry them with the towel around his waist.

He came to Simon Peter, who said to him, "Master, are you going to wash my feet?"

Jesus answered and said to him, "What I am doing, you do not understand now, but you will understand later."

Peter said to him, "You will never wash my feet." Jesus answered him, "Unless I wash you, you will have no inheritance with me."

Simon Peter said to him, "Master, then not only my feet, but my hands and head as well."

Jesus said to him, "Whoever has bathed\* has no need except to have his feet washed, for he is clean all over; so you are clean, but not all."

For he knew who would betray him; for this reason, he said, "Not all of you are clean."

So, when he had washed their feet [and] put his garments back on and reclined at table again, he said to them, "Do you realize what I have done for you? You call me 'teacher' and 'master,' and rightly so, for indeed I am. If I, therefore, the master and teacher, have washed your feet, you ought to wash one another's feet. I have given you a model to follow, so that as I have done for you, you should also do. Amen, amen, I say to you, no slave is greater than his master nor any messenger\* greater than the one who sent him. If you understand this, blessed are you if you do it. I am not speaking of all of you. I know those whom I have chosen. But so that the scripture might be fulfilled, 'The one who ate my food has raised his heel against me.' From now on I am telling you before it happens, so that when it happens you may believe that I AM."

### **Matthew 26:20-30**

The Betrayer.

When it was evening, he reclined at table with the Twelve.

And while they were eating, he said, "Amen, I say to you, one of you will betray me."

Deeply distressed at this, they began to say to him one after another, "Surely it is not I, Lord?"

He said in reply, "He who has dipped his hand into the dish with me is the one who will betray me. The Son of Man indeed goes, as it is written of him, but woe to that man by whom the Son of Man is betrayed. It would be better for that man if he had never been born."

Then Judas, his betrayer, said in reply, "Surely it is not I, Rabbi?" He answered, "You have said so."

**The Lord's Supper.**

While they were eating, Jesus took bread, said the blessing, broke it, and giving it to his disciples said, "Take and eat; this is my body."

Then he took a cup, gave thanks, and gave it to them, saying, "Drink from it, all of you,

for this is my blood of the covenant, which will be shed on behalf of many for the forgiveness of sins. I tell you, from now on I shall not drink this fruit of the vine until the day when I drink it with you new in the kingdom of my Father.”

Then, after singing a hymn, they went out to the Mount of Olives.

#### Activity # 4 THE LAST SUPPER RE-ENACTMENT

Cast - Assign each family member a role or two to play:

Narrator, Jesus, Peter, Judas Iscariot (4 people)

Narrator announces who the guests were at Jesus' Last Supper.

Narrator should set the scene. Everyone should sit on the floor around a rectangular, low table (a coffee table). This would provide a more realistic image for your re-enactment. Jesus should be seated in the middle of the table. In front of him place a platter with “unleavened bread” or Matzo. Find a wine glass and fill it up half way with grape juice or wine. Have a pitcher of water, a large empty (salad) bowl, and a towel to dry feet.

#### Scene 1:

Narrator: Before the feast of Passover, Jesus knew that His time had come to be rejected. During supper, He took a towel off His outer garment and tucked it into His waist. He poured water into a bowl and began to wash the disciples' feet. When He came to Simon Peter....

Peter: “Master, are you going to wash my feet?”

Jesus: “What I am doing you do not understand now, but you will understand later.”

Peter: “You will never wash my feet.”

Jesus: “Unless I wash you, you will have no inheritance with me.”

Peter: “Master, then not only wash my feet, but my hands and head too.”

Jesus: “Whoever has bathed has no need except to have his feet washed, for he is clean all over. So, you are clean, but not all of you.”

Narrator: Jesus knew who would betray Him which is why He said, “Not all of you are clean.”

Jesus: (sits down after washing the feet of his apostles) You call me Teacher and Master, and rightfully so, for I am. If I washed your feet, you are to do the same for one another. I have given you an example to follow. I came to serve not to be served.

#### Scene 2:

(Jesus and His disciples remain seated around the table after the sacred meal.)

Narrator: On the night of Jesus' Last Supper, before He was betrayed, Jesus took bread, gave thanks, blessed it, broke it and gave it to the Apostles, and said:

Jesus: “Take it, this is my body which will be given up for you. Do this in memory of Me.”

Narrator: In the same way, Jesus took the cup, again held it up giving thanks said:

Jesus: This is my blood of the new covenant, which will be shed for many. Whenever you drink of it, do this in remembrance of Me.

### Scene 3:

Narrator: After the meal ended, the Apostles left the room with Jesus. They went with him into the Garden of Gethsemane on the Mount of Olives. He asks his apostles to wait with him while “He prays to his Father in heaven.”

Narrator: This was the last time before Jesus was crucified that Jesus and His friends, the Apostles were able to share a meal together. It was their Last Supper.

The Last Supper, was “The First Mass,” where Jesus instituted the Sacrament of the Eucharist, and the Priesthood (Holy Orders).

Narrator: Let’s take a few minutes to thank Jesus for every Mass that is celebrated every day at St. Luke and in every Catholic Church in the world. Let’s thank Jesus for the Sacrament of the Eucharist and for the gift of the priesthood. Let’s pray for our pastor, Msgr. Schaedel, and all the priests that have served us and will serve us at the parish.

### Activity # 5 Receiving First Communion (A Busted Halo video)

Watch this video on how to receive Holy Communion. Have your child practice receiving. Click on <https://m.youtube.com/watch?v=qdGkTdv4Dt4> .

## First Communion Masses on April 17

### Is there a dress code for First Communion?

#### Girls

- ❖ White dress
- ❖ White veils or floral wreathes
- ❖ No purses or gloves during Mass

#### Boys

- ❖ Suits or sports coats are appropriate
- ❖ Dress shirt and tie, or dress shirt and vest
- ❖ No prayer books, rosaries or objects during Mass

#### Seating

Depending on the COVID-19 protocols, there will be specific directions after March 2021.

**Which material will my child be studying in the school or SMRE in preparation for the sacraments? See below.**



## ***JESUS OUR LIFE***

The First Reconciliation and First Eucharist text and activity books that are used in the sacrament program are from *Jesus Our Life*, Book Two in the Faith and Life Series. *Faith and Life* is published by Ignatius Press. The USCCB (United States Conference of Catholic Bishops) has listed Faith and Life among the catechetical books and series that are in conformity with the Catechism of the Catholic Church.

### ***Jesus Our Life***

The students are prepared for the sacraments of Penance and First Holy Communion through studying the development of salvation history. As students learn about God's plan of love and mercy, they begin to understand that these sacraments are God's gift to us and that they too are part of God's loving plan. Special emphasis is given to preparation for and reception of these sacraments, as well as learning about the Mass.

### **Creed/Scripture Sacraments**

Students develop an understanding of the mystery of Christ through age appropriate teachings on Church doctrine and scriptural references as listed below and in the teacher's manual.

### **Christian Living**

Throughout the second grade, students develop their understanding of the dignity of the human person. Students learn to live out their faith and respond to what they learn by forming a moral conscience and by living out their call to justice and service through imitating the life of Jesus.

### **Prayer**

Throughout the second grade, students continue their development of a prayer life that includes learning the basic traditional Catholic prayers and praying spontaneous prayers. They continue to learn that prayer is talking with God. Special emphasis is given to learning about the Mass as the perfect form of prayer.

### **Sacramental Preparation**

Students will study the Sacraments of Penance and Holy Communion in preparation to receive them for the first time. They will learn about sin, God's mercy, confession of sins, reconciliation, the steps to a good confession, and the matter, form, effects, and minister of the Sacrament of Penance. They will also study the Passover, Last Supper, the institution of the Eucharist, transubstantiation, the priesthood, sacrifice, the order and parts of the Mass, personal union with Christ in Holy Communion, Eucharistic devotion, and the matter, form, effects, and minister of the Sacrament of Holy Communion.



The Sacrament of Penance is studied in chapters 17, 18, 19, 20, and 30.

The Sacrament of Holy Communion is studied in chapters 22, 25, 27, 28, 30, and 33.

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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.

## This image shows a single page of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page, leaving small margins at the top and bottom. There are no vertical margin lines, text, or other markings on the page.

## Miscellaneous Questions and Comments Regarding Sacramental Preparation

### 1. What role do parents play in the sacramental preparation of their children?

**Parents are the most important adult Catholics in the life of their child.** At baptism **you promised** God that you would raise your son or daughter in the Catholic faith. Concretely, this means that you will provide the necessary religious education for your child in the faith. It also means that you will show your child that faith in God is something real and practical and part of everyday life. **The expectation is that you will bring your son or daughter to Mass every Sunday and holy day of obligation.**

### 2. How often should Catholics receive Holy Communion?

The Church encourages the faithful to receive Holy Communion at Mass. In other words, the Church encourages the faithful to receive the Eucharist faithfully and frequently. However, receiving the Eucharist is only “required” at least once a year. If a person has committed mortal sin, he or she must go to sacramental confession before receiving Jesus in the Eucharist.

### 3. Do adults and children need to fast before receiving Holy Communion?

The Church proscribes a **one-hour fast** before receiving the Eucharist. This means we don’t eat or drink. **No coffee, tea or other beverages should be consumed.** Unless there is a medical reason to do otherwise, the fast is obligatory. Note that it is also inappropriate to chew gum or eat candy in church.

**Food and drink should never be casually consumed in church at any time! To do so would be to show disrespect to Jesus in the Tabernacle. An example of an exception would be if a person has a medical condition like diabetes that requires the person to consume a sugared drink or pieces of candy.**

### 4. What prayers should I teach my child?

Monsignor Schaedel directs all teachers and catechists to distribute Catholic prayer books at the beginning of the year that he has approved. It is highly recommended that parents help their children memorize the basic prayers for their age group. Children receiving first reconciliation should memorize the Act of Contrition. The prayer appears at the top of page 13.

Are you aware that at St. Luke, we have a **perpetual adoration chapel**? As you enter the front doors of the church, turn right. The first door on the right, before the Daily Mass Chapel, is the perpetual adoration chapel. The Blessed Sacrament is exposed 24/7 for adoration. We encourage parents to bring their children for brief visits to adore our Lord when possible. *Currently, the Blessed Sacrament is exposed in the Daily Mass Chapel between weekday Masses only.*

### 5. What information do I need to submit before my child receives the sacraments?

We are required by the Church to obtain the **Baptismal information** before a child is allowed to receive the sacraments of Penance and Communion. Please obtain a copy of your child’s baptism certificate from the church in which he or she was baptized. If your child was baptized at St. Luke Parish, you need only provide us with the date of Baptism.

## **6. Is there a fee for classes?**

The tuition fee for the program to prepare children for the sacraments in the SMRE program is \$85. This fee covers the cost of the student textbook, workbook and other materials needed in the program. Please check the religious education website for online donations.

St. Luke School covers the cost of materials used for sacramental preparation. No additional fees are required for school parents. **However, the registration form needs to be submitted with the baptismal information!**

## **7. Why do young children need to be prepared for First Penance before First Eucharist?**

It is the practice or the norm throughout the Church that children, before they receive their First Eucharist, first receive the Sacrament of Penance or Reconciliation.

The Church teaches that “children must go to the sacrament of Penance before receiving Holy Communion for the first time” (*Catechism of the Catholic Church*, No. 1457); and, “It is primarily the duty of parents, as well as the duty of pastors, to take care that the children who have reached the use of reason are prepared properly and, after they have a sacramental confession, are refreshed with this divine food” (Canon 914).

## **8. What is the age of reason and how is this related to the sacraments?**

Children are prepared for Penance and Communion when they have reached the age of reason. Infants and small children lack sufficient maturity to distinguish between right and wrong and therefore are not considered responsible for their actions. “With the completion of the seventh year, a minor is presumed to have the use of reason” (Canon 97.2). Of course, this age is not exact. Some may arrive at this age earlier, others later or not at all, depending on intelligence and other critical factors.

Children who have reached the age of reason are able to think abstractly and apply general principles to specific life situations. Children who have reached the age of reason know the difference between good and evil.

***Prepare for the  
Sacrament of  
RECONCILIATION with your  
Child and entire family!***

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Forgiven: The Transforming Power of Confession explores the grace and healing offered in Confession and shows how this sacrament of mercy reveals the depth and bounty of God's love. By looking at God's revelation of his mercy in Scripture and making a step-by-step examination of the Rite itself, Forgiven communicates God's invitation to each one of us to come experience His indescribable love in the Sacrament of Reconciliation. We invite you to watch these sessions for yourself and the family!

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For CHILDREN: How to Make a Good Confession (12:35 minutes)

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