# Sacramental Prep

## Reconciliation

*Only those who have the use of reason are capable of committing mortal sin. Nevertheless, even young children and persons with intellectual disabilities often are conscious of committing acts that are sinful to some degree and may experience a sense of guilt and sorrow.* ***As long as the individual is capable of having a sense of contrition for having committed sin, even if he or she cannot describe the sin precisely in words, the person may receive sacramental absolution.*** (Guidelines for the Celebration of the Sacraments with Persons with Disabilities, 28, USCCB, 6/15/2017, emphasis added)

* Explain to class about “Examination of conscience”
* Each student starts by pointing to “I am sorry and want to do better”
* Then students chose what they want God’s help to do better

## Holy Communion

*It is important to note, however, that the criterion for reception of Holy Communion is the same for persons with intellectual and developmental disabilities as for all persons,* ***namely, that the person be able to “distinguish the body of Christ from ordinary food,” even if this recognition is evidenced through manner, gesture, or reverential silence rather than verbally.***(Guidelines for the Celebration of the Sacraments with Persons with Disabilities, 22, USCCB, 6/15/2017, emphasis added)

To demonstrate knowledge of knowing Jesus is present, body, blood, soul and divinity, in the consecrated bread and wine

* Hold up unconsecrated hosts, explain that now it is wheat and water
* Hold up chalice and explain at Mass this will have wine and some water
* Then leader says “But at Mass, these become…” and holds up a picture of Jesus
* Individuals can say “Jesus” or point to Jesus

To show the ability to distinguish between Body of Christ and ordinary food

* Show pictures of food (crackers, bread) and picture of host
* Ask individuals to point or say which becomes Jesus at Mass

To cultivate the ability to receive, even with sensory issues

* Take unconsecrated hosts and practice receiving reverently (in the hand or on the tongue)
* If the individual has difficulty, try:
  + Reinforcers
  + Smaller pieces of the host