



Preparing your child to participate fully in the Eucharist for the first time (First Eucharist) can be a time of joy and wonder for you and for your child. These guidelines will help ensure that you have the information you need to talk about this beautiful experience with your child, and to grow together in your understanding of the Eucharist and your love for Christ and the Church.

The Eucharist is the sacrament in which Christ comes into our life - into our body and our soul - as food and drink. Bread becomes His Body, and wine becomes His Blood. The ordinary is transformed by the presence of Christ into the food and drink of the Reign of God. There is no way to fully understand or appreciate this miracle of God's love for us, but there is great joy in seeking to understand as well as we can.

The Eucharist is celebrated in the Mass. Sometimes, people refer to the Mass as "the Eucharist." This is accurate, as it is within the Mass that we commemorate the Last Supper and with it the life, death, and resurrection of Jesus. So to understand and love the Mass is to better understand and more deeply love the Eucharist.

The Eucharist, then, is the center of our life as Catholic Christians. We gather each week to offer praise and thanksgiving, and to be nourished by the Word of God and by the Food and Drink of eternal life. Even in our gathering itself, Christ is present.

Everyone who is prepared to celebrate a sacrament may do so. The preparation is not a way of "earning" the sacrament; rather, the sacrament is God's gift to us. Our preparation is the way we show gratitude for God's goodness, by striving to appreciate as best we can the gift we are given.

To ensure the best possible preparation for your child, you are asked to see that he or she knows, understands, or is familiar with the following. The parish Faith Formation program, the First Communion materials, and your own formation will help you to have the information and tools you need to support your child's preparation for the Eucharist.

For questions and assistance in support your child's preparation for First Eucharist, please contact me at anytime.

God Bless,
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WORSHIP

- ◆ Weekly participation at Mass and Holy Days of Obligation.
- ◆ Develop an understanding of the Order of the Mass and responses - a general idea of the flow and meaning of the various parts.
- ◆ Participation in the Children's Liturgy of the Word.



KNOWLEDGE OF THE SACRAMENT

Your child should be able to respond in an age-appropriate way to these questions:

- ◆ What does the Eucharist (Holy Communion) mean to you?
- ◆ How might you be different, if you were able to receive Communion regularly?
- ◆ Why do you think Jesus wanted to give us the gift of His Body, Blood, Soul and Divinity?
- ◆ Why do you want to begin receiving Holy Communion?

Faith Formation, the Communion materials, and the *Blessed Series* will help you and your child to develop appropriate responses to the above questions.

PARTICIPATION

- ◆ Complete, at home, *Received: Your Journey to First Communion*
- ◆ Parent/Child Meeting, Sunday, October 1 at 9:10am
- ◆ Parent/Child Meeting, Sunday, February 4 at 9:10a
- ◆ Parent/Child Retreat, Saturday, April 13 from 10am - 1pm, lunch provided.
- ◆ Each 1st Communicant may celebrate the sacrament for the first time on Mother's Day weekend or at a later date during any Mass.

CATHOLIC LIFE

- ◆ Perform one service project of your choosing.

This includes acts of kindness, rooted in faith, in everyday life. The Corporal Works of Mercy serve as a guide, but parents will need to adapt these principles to apply them to children.

Feed the hungry
Shelter the homeless
Clothe the naked
Visit the sick and imprisoned
Bury the dead
Give alms to the poor

- ◆ It is important to build relationships with the saints, and see examples of lives of holiness.
- ◆ Scriptures are of greatest importance in the life of a disciple. Students and their families should create a relationship with scriptures in their family life.

PRAYER

Know common Catholic prayers. Ideally, pray together each day, perhaps at bedtime or on the way to school.

- ◆ Sign of the Cross
- ◆ The Lord's Prayer (Our Father)
- ◆ The Hail Mary
- ◆ The Doxology (Glory be...)
- ◆ Guardian Angel Prayer



We are excited to introduce our First Communion preparation program, *Received: Your Journey to First Communion*. The goal of the program is to offer your child a powerful, life-changing experience as they prepare to receive Jesus in the Sacrament of the Eucharist.

It is our hope that *Received* will not only offer your child a thorough knowledge and understanding of the Catholic Faith but also win over their hearts at this critical time in their lives. The program has been carefully designed to address and answer your child's fundamental questions about the real presence of Jesus in the Eucharist and why we believe in such an important mystery. This program will call your child to embrace a life of faith.

Let's face it - our world is full of distractions and detours that can easily set a young person on the wrong path. Nothing can take the place of a strong faith in God. It is our faith that gives us our identity and our direction in life. The Church recognizes that you, as parents, are the primary educators of your children in matters of faith and morals - and the *Received* program offers you a unique opportunity to join your child as they journey through the Catholic Faith.

Lesson Overview

Unit 1: What is the Pascal Mystery?

Lesson 1.1: The Pascal Mystery in Jesus' Life

Lesson 1.2: The Pascal Mystery Today

Unit 2: Who Gave Us the Eucharist?

Lesson 2.1: Jesus, the Bread of Life

Lesson 2.2: The Last Supper

Unit 3: Why is the Eucharist Important?

Lesson 3.1: The Eucharist

Lesson 3.2: The Eucharist Changes Us

Unit 4: What is the Mass?

Lesson 4.1: The Mass Is a Sacrifice

Lesson 4.2: The Mass Is Our Worship

Unit 5: How Will I Receive Jesus and Stay Close to Him?

Lesson 5.1: Receiving Jesus in Holy Communion

Lesson 5.2: Staying Close to Jesus

Unit 6: How Do We Live Out the Eucharistic Mission?

Lesson 6.1: Why Prayer Matters

Lesson 6.2: Caring for Other People

Each lesson has a

Saint

Main Concept

Key Words

Prayer

Short Video

Complete Lesson before the retreat on Saturday, April 13.

At Home

A classroom will be available on Sunday's when only CGS is in session