

## Welcome to Households of God for First Holy Communion



This program and the materials we will provide are designed to help you as you prepare your child for First Holy Communion by giving you knowledge and tools to fulfill your role as “the first and foremost educators” (*Gravissimum Educationis*, 3) of your children.

This is a special year of preparation for you and your child! It is a joy and a privilege to be a part of your family’s preparation for this day. As you go through these lessons, we pray that in talking, praying, and preparing with your child, you will also grow closer to the Lord.

Before beginning each lesson, set up the “lesson space” so that your child understands that this is a time to focus. Some parents light a candle as a reminder that Jesus is always present, especially “when two or three are gathered” in His Name! Make this a quiet time with few distractions. This initiation into the sacraments of Reconciliation and Holy Communion should be a reverent and joyful time of anticipation.

May God bless you and your family as you grow together in knowledge and truth!

First Reconciliation date is **March 18, 2023**

Holy Communion Retreat and Practice are scheduled for **April 29, 2023**

First Holy Communion is scheduled for **April 30, 2023**

If you have not yet signed up for Flocknote and chosen *both* “NACC Faith Formation General” *and* “First Communion” groups, please do so by going to [nacc.flocknote.com](https://nacc.flocknote.com) and choosing your preferred options and groups!

## Communion Attire!

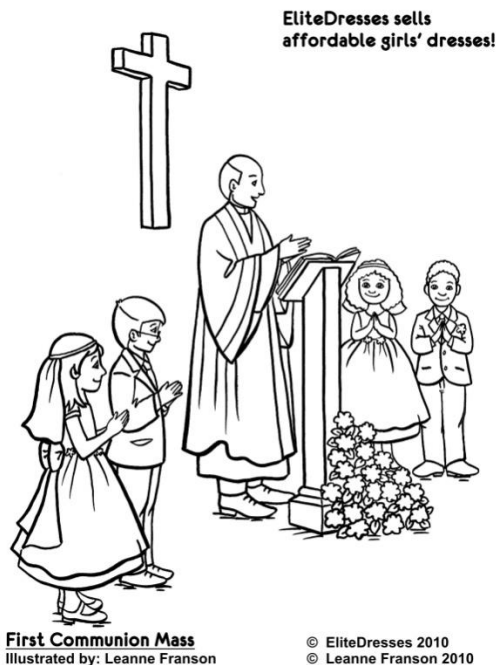
It's time to shop for your son's suit or your daughter's First Communion dress, and this often brings up a lot of questions. What are the rules? Or, why are there rules?

First Holy Communion is a sacred occasion, making modesty of paramount importance. In addition, the focus should be on the sacrament, keeping the other matters of personal appearance, the party, and the presents in their place.

We have heard from many parish coordinators and catechists over the years who have wondered about the choices in attire for this occasion, as they can be distracting. For this reason, please consider shoes and clothing that are comfortable, modest, and do not need constant attention or adjustment.

Simply put, First Communion is a holy time and Communion attire should reflect this:

- Boys should be dressed in formal attire; think family wedding, where a tie would be expected. A white or black suit is appropriate but not required. As a rule, boys should at least have a white shirt, dark pants, and a tie. No gym shoes!
- For girls, modesty and age-appropriateness are key.
  - White dresses are almost always worn for First Communion, but not required.
  - Shoulders should be covered, and dresses should be at least knee length.
  - Veils are not required, but may be worn. Tiaras are discouraged, as these tend to be a distraction. Wreaths of flowers or bows are acceptable.



## **What should my child know in order to receive First Holy Communion?**

The guidelines from the Diocese provide an outline of what students should KNOW, and what families should be doing in order for students to be ready for the sacrament.

### Families should be:

- witnessing to the faith
- attending Mass weekly and on holy days
- praying daily
- learning the teachings of the Church
- growing in their desire for relationship with Christ
- using the Sacrament of Reconciliation

### Students should:

- know what sin is, understand the difference between right and wrong
- have a grasp of what God's mercy means
- have a desire to receive Jesus in the Eucharist
- understand that the bread and wine become Jesus' Body, Blood, Soul, and Divinity
- understand the different parts of the Mass, and the vestments and vessels used
- know how to pray at least these prayers -
  - Sign of the Cross
  - Our Father
  - Hail Mary
  - Glory Be
  - Act of Contrition
  - Spiritual Communion
  - Mass responses
- Have some familiarity with the saints, especially these six:
  - St. Augustine - Patron of the Diocese
  - St. Tarcisius - Patron of First Communicants
  - Blessed Imelda - Patron of First Communicants
  - St. John Vianney - Patron of Parish Priests
  - St. John Nepomucene - Patron of Confessors
  - St. Ignatius of Antioch - Patron of the Middle East Church

### **LESSONS THAT SHOULD BE COVERED:**

- The reality of sin and God's merciful response
- Jesus' establishment of the Sacrament of Reconciliation
- Our response to God
- The Last Supper and the Mass
- Mass as Sacrifice
- The Real Presence of Jesus in the Eucharist