

First Communion Parents:

Welcome to preparation for First Reconciliation and First Eucharist. It is our joy to walk with you on this journey; empowering you as parents to be the primary educators of your children in the faith.

The most precious gift that any one person can receive is receiving the Eucharist for the very first time in our lives. This once in a lifetime experience, in which we can share at every Mass, is the beating heart of Catholicism. During ***Transubstantiation***, the act in which the substances of bread and wine are changed into the substances of the Body and Blood of Christ, soul and divinity, we get to experience the Mysteries of our Faith. The Eucharist truly is the source and summit of our rich Catholic faith.

We should be always ready to allow our children to intimately share, witness, and become familiar with the Lord's Table. Therefore, it is extremely important that you bring your child to Mass each Sunday and **ALL** Holy Days of Obligation. It is our duty to familiarize our children with the significance of the Liturgy of the Word and the Liturgy of the Eucharist.

St. Pope John Paul II writes: *"The family's catechetical activity has a special character, which is in a sense irreplaceable. [...] Christian parents must strive to follow and repeat, within the setting of family life, the more methodical teaching received elsewhere. The fact that these truths about the main questions of faith and Christian living are thus repeated within a family setting impregnated with love and respect will often make it possible to influence the children in a decisive way for life. The parents themselves profit from the effort that this demands of them, for in a catechetical dialogue of this sort each individual both receives and gives. Family catechesis therefore precedes, accompanies and enriches all other forms of catechesis. [...] Thus there cannot be too great an effort on the part of Christian parents to prepare for this ministry of being their own children's catechists and to carry it out with tireless zeal."*

Please reach out to us if we can help you in any way to become more active in the vibrant faith community at St. Paul, St. Mary or St. Anthony.

2026-2027 First Eucharist Preparation Dates

Sessions run on Tuesday evenings from 6-7:30 pm in the Gathering Space. These sessions are all required as part of your child's preparation for First Communion. We do ask that a parent attends with their child. Please reach out to us if you have questions, concerns, or special circumstances so that we can work with you to make this the most positive experience for you and your child.

Tuesday Dates:

September 22, 2026	October 13, 2026	November 10, 2026
December 15, 2026	January 12, 2027	February 16, 2027
March 16, 2027	April 6, 2027	

Other Important Dates:

Rite of Welcome: October 17th and 18th at ALL Masses, ALL Parishes

Dragon Slayers Retreat: April 3, 2027

First Reconciliation: April 20, 2027

Pictures and Practice: April 27, 2027

First Communion Weekend: May 1-2, 2027

Registration and Fees

Registration is online once again this year. The link is active and accessible on our website (www.firelandscatholic.org). Please notify the parish office if you have difficulty registering.

Fees for First Communion preparation are \$75.00. Fees help to offset the cost of our retreat and materials used throughout the year. Fees can be paid by cash or check at the parish office or via the payment link available the PSR website. If fees pose a hardship for your family, please reach out to the parish office.

Extracurricular Activities

Religious education and faith formation are necessary components of the overall education of a Catholic child. Therefore, St. Paul Parish, does not, consider PSR classes or Sacramental preparation to be “extracurricular” for the children in our program, but instead an essential part of their entire elementary/junior high-level education and life experience.

We recognize and respect extracurricular activities, such as sports programs, as important to the physical and social development of your child. We understand that schools may not consider religious education class schedules when scheduling extracurricular events.

As Catholics, loving God with our whole selves, placing God first is a definitive and essential element of our Catholic Christian identity. Catholicism is a comprehensive way of life. We ask parents to partner with us to communicate this truth to their child and to reflect it when setting priorities for preparation evenings and Sunday Mass obligations.

Please join the Band App for all communications:

<https://band.us/@spsmpsr>



Prayers to learn

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 this who trespass against us;
and lead us not into temptation,
but deliver us from evil.
Amen.

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 our death.
Amen.

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.

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

Anima Christi (prayer after Holy Communion, optional)

Soul of Christ, sanctify me.
Body of Christ, heal me.
Blood of Christ, drench me.
Water from the side of Christ, wash me.
Passion of Christ, strengthen me.
Good Jesus, hear me.
In your wounds, shelter me.
From turning away keep me.
From the evil one protect me.
At the hour of my death call me.
Into your presence lead me,
to praise you with all your
saints for ever and ever. Amen.

St. Michael the Archangel Prayer

St. Michel the Archangel,
Defend us in battle.
Be our defense against the wickedness and
Snares of the devil.
May God rebuke him, we humbly pray,
And do thou,
O Prince of the heavenly hosts,
By the power of God,
Cast into hell Satan,
And all the evil spirits,
Who prowl about the world
Seeking the ruin of souls.
Amen.

Understanding the Order of Mass

IMPORTANT: Practicing the Holy Mass responses with your child will allow them to understand the Order of Mass so that they may participate with great understanding.

Introductory Rite

The Introductory Rite help the faithful come together as one, establish communion and prepare themselves to listen to the Word of God and to celebrate the Eucharist worthily.

Sign of the Cross.

Priest: In the name of the Father, and of the Son, and of the Holy Spirit.

Response: Amen.

Greeting.

Priest: The Lord be with you.

Response: And with your Spirit.

Penitential Act.

The Priest invites the faithful to the Penitential Act.

I confess to almighty God
and to you, my brothers and sisters,
that I have greatly sinned,
in my thoughts and in my words,
in what I have done and in what I have failed
to do,
have your child to strike their breast and
say: through my fault, through my fault,
through my most grievous fault
therefore I ask blessed Mary ever Virgin,
all the Angels and Saints, and you, my
brothers and sisters, to pray for me to the
Lord our God.

Absolution for venial sins by Priest will follow:

Priest: May almighty God have mercy on us, forgive
us our sins,
and bring us to everlasting life.

Response: Amen.

The Kyrie.

Cantor: Kyrie, eleison. (Lord have Mercy)

Response: Kyrie, eleison. (Lord Have Mercy)

Cantor: Christe, eleison. (Christ have Mercy)

Response: Christe, eleison. (Christ have

Mercy)
Cantor: Kyrie, eleison. (Lord have Mercy)

Response: Kyrie,eleison. (Lord have

The Gloria.

Glory to God in the Highest ...

The Collect.

Priest: Let us Pray.

Pray in silence with the Priest. Then the Priest will say the Collect prayer.

Response: Amen

The Liturgy of the Word

By hearing the word proclaimed in worship, the faithful again enter into the unending dialogue between God and the covenant people, a dialogue sealed in the sharing of the Eucharist food and drink.

First Reading: Old Testament.

First Reader: The Word of the Lord.

Response: Thanks be to God.

Psalm.

After the First Reading the Cantor sings the Psalms and the faithful responds back.

Second Reading: New Testament.

Second Reader: The Word of the Lord.

Response: Thanks be to God

Gospel: The Life of Jesus.

The people stand to sing the Gospel Acclamation "Alleluia" to welcome the Gospel and shall remain standing to honor the Gospel Reading which is the highest level of the Liturgy of the Word.

Priest or Deacon: The Lord be with you.

Response: And with your spirit.

Priest or Deacon: A reading from the holy Gospel according to N.

Response: Glory to you, Lord.

Have your child to make the sign of the cross on their forehead with their thumb and say: "The Lord be on my mind" Make the sign of the cross on their lips and say: "on my lips" Make the sign of the cross on their heart and say, "and in my heart."

Priest or Deacon: The Gospel of the Lord.

Response: Praise to you, Lord Jesus Christ.

The Homily.

The Creed.

On Sundays and Solemnities The Niceno-Constantinopolitan Creed. During the Lenten/Easter Triduum the Apostle's Creed is said.

The Prayer of the Faithful.

After the prayer intentions are said there is a pause to give the faithful to pray silently.

Priest or Deacon: We pray to the Lord.

Response: Lord hear our prayer.

The Liturgy of the Eucharist

In the heart of the Catholic Faith, the Eucharist is the real presence of the Crucified, Risen, and Glorified Lord. This is the reason that EVERY Sunday is considered Resurrection Sunday in the Church. The Priest is the only man who can change the Bread and Wine to the actual Body and Blood of Christ through Transubstantiation.

Offertory.

Priest: Pray, brethren (brothers and sisters),
that my sacrifice and yours
may be acceptable to God, the
almighty Father.

Response: May the Lord accept the sacrifice at your hands, for
the praise and glory of his name,
for our good
and the good of all his Holy Church.

Priest says the Prayer over the Offerings

Response: Amen.

The Eucharistic Prayer.

Priest: The Lord be with you.

Response: And with your spirit.

Priest: Lift up your hearts.

Response: We lift them up to the Lord.

Priest: Let us give thanks to the Lord our God.

Response: It is right and just.

Communion Rite.

The Lord's Prayer.

Priest: At the Savior's command and
formed by divine teaching, we dare to
say:

All: Our Father ...

Priest: Deliver us, Lord, we pray, from every evil, graciously grant us peace in our days,
that by the help of Your mercy, we may be always free from sin
and safe from all distress, as we await the blessed hope and the coming of
our Savior, Jesus Christ.

Response: For the kingdom,
the power and the glory are yours now and for
ever.

Priest: Lord Jesus Christ, Who said to your apostles: "Peace I leave, my peace I give you." Look not on our sins but on the faith of Your Church, and graciously grant her peace and unity in accordance to your will.

Response: Amen.

Priest: The peace of the Lord be with you always.

Response: And with your spirit.

Priest or Deacon: Let us offer each other the sign of peace.

Breaking of the Bread.

Lamb of God, you take away the sins of the world,
have mercy on us.

Lamb of God, you take away the sins of the world,
have mercy on us.

Lamb of God, you take away the sins of the world,
grant us peace.

Invitation to Communion.

After private prayers of preparation, the Priest will genuflect, take the Host and hold it slightly above the Chalice and say aloud:

Priest: Behold the Lamb of God,
behold him who takes away the sins of the world.
Blessed are those who are called to the supper of the Lamb.

Response: Lord I am not worthy
that you should enter under my roof, but only say
the word
and my soul shall be healed.

Communion.

The communicants shall show reverence during the procession with their hands folded as they prepare to receive Holy Communion. Teach your child to bow their head, as the person in front of them is receiving, in honor of Christ's presence in the Sacrament.

Your child may receive either on the tongue or in the hand. When receiving on the tongue your child should leave their hands folded, open their mouth wide, stick their tongue out and

tilt their head back. As soon as the host is placed on their tongue they should close their mouth and return reverently to their seat. If receiving on the hand, your child should place their dominate hand under their non-dominate hand with palms up to receive Holy Communion. This will make it easy for them to pick up the Host with their dominate hand to place it into their mouth. Should your child receive Holy Communion in their hands, encourage them to look into their hands after putting the host into their mouth to ensure the Host is properly consumed and not dropped. If the Blood if remaining on their lips, to consume it the best way they know how. Brainstorm different ways to encourage this practice. This will be the most preventative measure in ensuring the Host isn't dropped on the floor and walked upon OR the Blood is not wiped away with clothing.

Body (Blood) of Christ.

Amen.

Prayer after Communion.

Priest: Let us pray.

Response: Amen.

The Concluding Rites

Blessing.

Priest: The Lord be with you.

Response: And with your spirit.

Priest: May almighty God bless you,
the Father, and the Son, and the Holy Spirit.

Response: Amen.

Dismissal.

Priest or Deacon: Go forth, the Mass is ended. OR

Go and announce the Gospel of the Lord. OR

Go in peace, glorifying the Lord by your life. OR Go in peace.

Response: Thanks be to God.

Scripture Readings

The following Gospel Readings will assist your child in understanding how parts of the Mass is related to the Holy Scripture.

The Bread of Life Discourse: John 6 (NABRE)

The Last Supper: Luke 22 (NABRE)

The Appearance on the Road to Emmaus: Luke 24 (NABRE)

The Healing of a Centurion's Slave: Luke 7 (NABRE)

10 Commandments

How we should treat God.

1. I am the Lord thy God, thou shalt not have any strange gods before Me. Thou shalt not have any graven images.
2. Thou shalt not take the name of the Lord thy God in vain.
3. Remember to keep holy the Sabbath day.

How we should treat each other.

4. Honor thy father and mother.
5. Thou shalt not kill.
6. Thou shalt not commit adultery.
7. Thou shalt not steal.
8. Thou shalt not bear false witness against thy neighbor.
9. Thou shalt not covet thy neighbor's wife.
10. Thou shalt not covet thy neighbor's goods.

2 Great Commandments

How we should treat God.

Thou shalt love the Lord thy God with thy whole heart, and with thy whole soul, and with thy whole mind, and with thy whole strength.

How we should treat each other.

Thou shalt love thy neighbor as thyself.

The 7 Sacraments

Sacraments of Initiation.

Baptism
Eucharist
Confirmation

Sacraments of Healing.

Reconciliation (known as confession or penance)
Anointing of the Sick (can be known as Last Rites)

Sacraments of Service.

Holy Orders
Matrimony

Your child will receive their First Reconciliation on April 26, 2023.

Catholic Confession

Before Confession.

Truly be sorrowful for your sins and promise to try not to do it again.

Examination of Conscience.

Think about all your mortal and venial sins, your [first] last confession, express sorrow, and firmly resolve to not sin again.

During Confession.

Begin confession with the sign on the cross, "In the name of the Father, and of the Son, and of the Holy Spirit. Forgive me Father for I have sinned, this will be my FIRST confession... "

****Say the Act of Contrition if invited by the Priest.****

At the end of Confession.

Listen to the words of absolution which is the sacramental forgiveness.

After Confession.

Give thanks to God for forgiving your sins.
Silently do your assigned Penance.

Vocabulary

Absolution

Act by which a priest, acting as the agent of Christ, grants forgiveness of sins in the Sacrament of Reconciliation.

Amen

Hebrew word meaning truly, it is true. As concluding word of prayers it expresses assent to and acceptance of God's will.

Blessed Sacrament

The Eucharist, the Body and Blood of Christ, whether at the Mass or reserved in a special place in the Church.

Book of Gospels

The book which contains the Gospel texts, from which the priest or deacon proclaims the Gospel of the day.

Bread and Wine

The elements used in the celebration of Eucharist (unleavened bread and natural pure wine). NOTE: After the Eucharistic Prayer the bread and wine is referred to as: "the consecrated bread and wine" or "the Body and Blood of Christ." Catholics do not believe that the bread and wine are mere symbols; they believe the bread and wine actually become the Body and Blood of Christ.

Breaking of the Bread

The celebrant recreates gestures of Christ at the Last Supper when He broke the bread to give to His disciples. The action signifies that in communion the many are made one in the one Bread of Life which is Christ.

Celebrant

The one who presides at the celebration of the Eucharist.

Chalice

The cup used to hold the wine that is consecrated to become the Blood of Christ.

Confession

Part of the sacrament of penance or reconciliation, not a term for the sacrament.

Consecration

The prayer and blessing during which the bread and wine become the Body and Blood of Jesus Christ.

Holy Communion

After saying a preparatory prayer, the celebrant (or other designated ministers) gives communion (the consecrated bread and wine) to himself and the other ministers at the altar, and then communion is distributed to the congregation.

Incense

Incense (material used to produce a fragrant odor when burned) is used as a symbol of the Church's offering; the rising smoke represents the prayers of the assembly rising to God.

Mortal Sin

A grave infraction of the law of God that destroys the divine life in the soul of the sinner sanctifying grace, constituting a turn away from God. For a sin to be mortal, three conditions must be present: grave matter, full knowledge of the evil of the act, and full consent of the will.

Original Sin

The sin by which the first human beings disobeyed the commandment of God, choosing to follow their own will rather than God's will. As a consequence they lost the grace of original holiness, and became subject to the law of death; sin became universally present in the world. Besides the personal sin of Adam and Eve, original sin describes the fallen state of human nature which affects every person born into the world, and from which Christ, the new Adam, came to redeem us.

Transubstantiation

When, in the consecration of the bread and wine, there occurs the change of the entire substance of the bread into the Body of Christ, and the entire substance of the wine into the Blood of Christ.

Washing of Hands

An expression of the desire for inward purification. The celebrant washes his hands in symbolic cleansing to prepare himself just as the gifts have been prepared as an offering to the Lord.

Venial Sin

Sin which does not destroy the divine life in the soul, as does mortal sin, though it diminishes and wounds it. Venial sin is the failure to observe necessary moderation, in lesser matters of the moral law, or in grave matters acting without full knowledge or complete consent.

