

September, 2022

Dear Eucharist I Families,

Although First Communion may seem a far way off, there are things you can and should be doing now to help prepare your child for that special day when they receive the Body and Blood, Soul and Divinity of our Lord for the very first time.

- A list of prayers is on the back of this sheet. It is expected that your child knows these prayers prior to receiving First Reconciliation in November of next year. Please help your child learn these prayers if they don't know them already; children will need the benefit of daily practice to help them feel comfortable. Try printing them out and having them read through them as they brush their teeth at night or leave them next to the bed to pray with them before going to sleep. Repetition works wonders and any anxiety your child feels about memorizing will be eased with familiarity.



- Take your child to Sunday Mass. If they are old enough to start preparing for First Communion, they are old enough to participate in the Liturgy. There is no better way to prepare your child to receive the Lord.
- Discuss with your child about what he/she is learning in religion class. Ask specific questions about what they are learning to help reinforce the material.
- Children learn from what they see. Let your child see you taking an active part in the sacraments by going to confession regularly and attending Mass.

Thank you for your efforts in supporting your child's education in the faith.



Sign of the Cross

In the name of the Father,
and of the Son,
and of the Holy Spirit.
Amen.

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 those 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

O my God,
I am heartily sorry for having offended you
and I detest all my sins because of your just punishments,
but most of all because they offend you, my God,
who are all good and deserving of all my love.
I firmly resolve, with the help of your grace,
to confess my sins, to do penance,
and to amend my life.