

# The Sacraments of First Reconciliation and First Communion

## Purpose

“The purpose of the sacraments is to sanctify men, to build up the Body of Christ and, finally, to give worship to God. Because they are signs, they also instruct. They not only presuppose faith, but by words and objects they also nourish, strengthen, and express it. That is why they are called ‘sacraments of faith.’” CCC1123

## Goal of Preparation

The primary aim of sacramental preparation is to ensure that those approaching the sacraments are suitably instructed and properly disposed. Parents and pastors are called work harmoniously together in fulfilling the evangelizing mission of the Church by taking joint responsibility for ensuring that children receive suitable instruction.

## Program

Enrollment in either Family Catechesis or a Catholic school is a requirement.

In addition to regular and consistent formation, the year of preparation is comprised of 3 components: Family, Parents, Student. Each is integral in living the life of discipleship in the Church and all are strongly dependent on one another.

## Expectations and Requirements

### The Parents

- Attend and participate in all Sacramental Prep sessions.
- Assist in your child’s take-home lessons and activities.

### The Family

- The celebration of Mass is the source and summit of our faith. Mass is where we gather as a community to worship God. Attending Sunday Mass weekly is the minimum expectation of all Catholics. Daily or weekday Mass **does not** fulfill our Sunday obligation. Not attending Mass could delay reception of the sacraments.

- Participate in 2 activities which allow for exploration and discovery of the inside of a Catholic church, its role in our salvation history, and the names and purposes of many sacramental items only seen in a Catholic church.
  - The Church Scavenger Hunt involves exploring any one of the four churches in St Therese of Lisieux parish to identify how it reflects salvation history. This can be completed at your convenience during the months of November-December. Directions will be sent through Flocknote.
  - First Holy Communion Retreat Saturday, April 25, 2026 (Time TBD)

### The Student

- Attend all Religious Education classes
- Complete all work assigned by teacher/catechist.
- Pray every morning and every night.
  - Learn and know the following prayers:
    - Our Father
    - Hail Mary
    - Glory Be
    - Act of Contrition