

FIRST RECONCILIATION & COMMUNION

PARENT GUIDE



PAX CHRISTI CATHOLIC CHURCH
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ROCHESTER, MN 55901
(507) 282-8542



FIRST RECONCILIATION & COMMUNION



WHAT IS A SACRAMENT?

A sacrament in the Catholic Church is a visible sign of an invisible reality of divine life and grace imparted upon a soul (Catechism of the Catholic Church, 1131). Living a sacramental life both during preparation for and after receiving the sacraments of Penance and Eucharist is absolutely essential for the daily life of a Catholic.

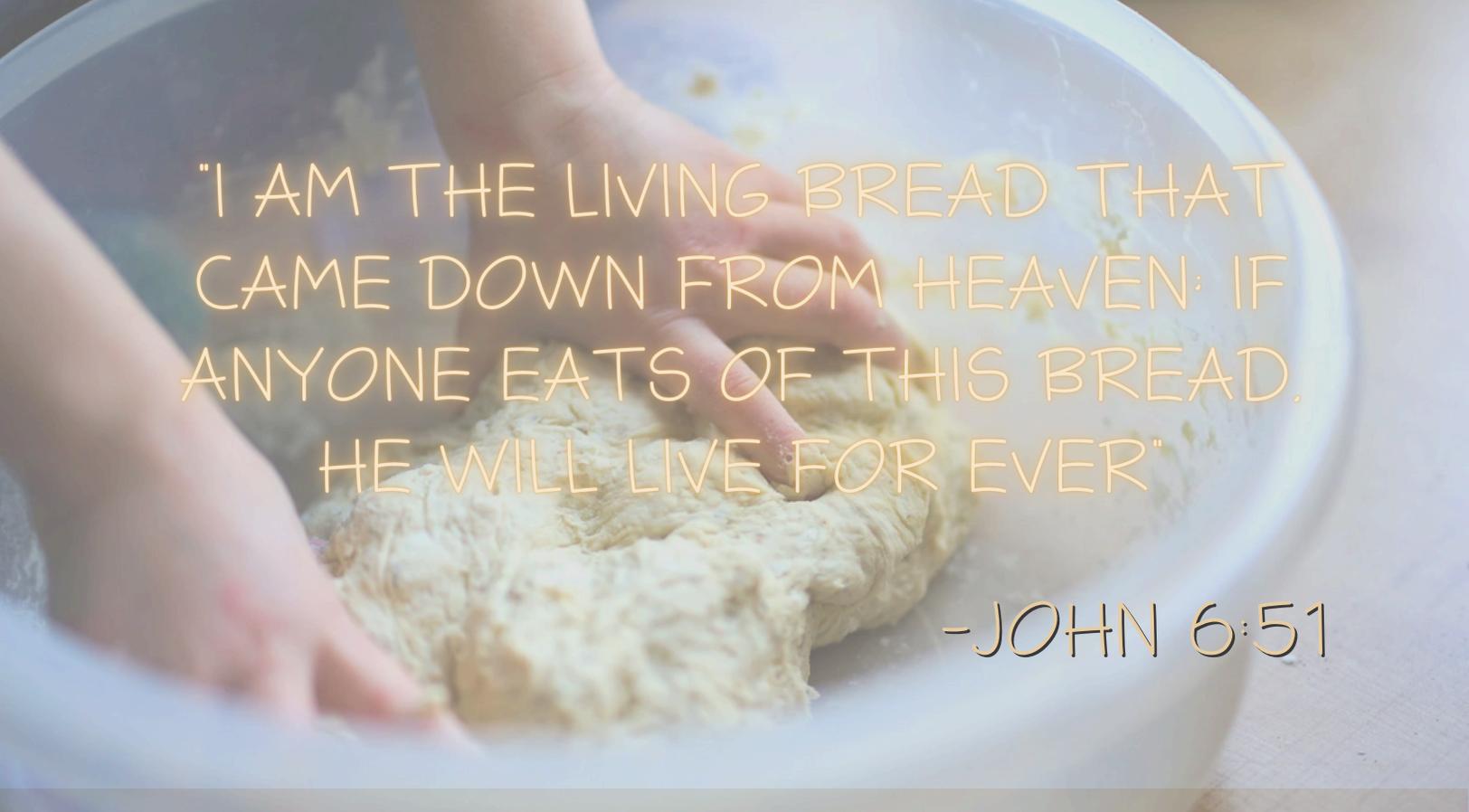
THE MASTERWORKS OF GOD

While the sacrament of the Eucharist [First Holy Communion] is part of the Christian initiation into the Catholic Church, the Sacrament of [First] Penance (or Confession or Reconciliation) is a sacrament of healing. These sacraments are "powers that come forth" from the Body of Christ, which is ever-living and life-giving. They are actions of the Holy Spirit at work in his Body, the Church. They are "the masterworks of God" in the new and everlasting covenant. (Catechism of the Catholic Church, 1116)

FIRST RECONCILIATION AND FIRST COMMUNION

Those preparing to approach the Sacrament of Reconciliation, will obtain pardon from God's mercy for the offense committed against him, and are, at the same time, reconciled with the Church which they have wounded by their sins and which by charity, by example, and by prayer labors for their conversion. (Catechism of the Catholic Church, 1422)

Those preparing for their First Communion will reflect on the mystery the Eucharist is the memorial of Christ's Passover, the work of salvation accomplished by the life, death, and resurrection of Christ, a work made present by the liturgical action." (Catechism of the Catholic Church, 1409)



"I AM THE LIVING BREAD THAT
CAME DOWN FROM HEAVEN: IF
ANYONE EATS OF THIS BREAD,
HE WILL LIVE FOR EVER"

-JOHN 6:51

FIRST SACRAMENTS AT PAX CHRISTI

Preparation for the Sacraments of [First] Reconciliation (Confession) followed by [First] Eucharist (or First Holy Communion) at Pax Christi takes place when a child has reached the age of reason, about 7 or 8 years old, when a child is typically in Second Grade. Children are asked to prepare by attending faith formation classes at the parish or through Rochester Catholic Schools. We also ask children and parents attend two retreats, one focused on Reconciliation and the other on the Eucharist.

FIRST RECONCILIATION CHECKLIST



- [] Read this Information Guide in its entirety
- [] Attend Holy Mass on Sundays (or Saturday's Vigil Mass)
- [] Pray as a family on a regular, preferably daily, basis
- [] Register for a faith formation online at paxchristchurch.org/faith-formation
- [] Attend the Parent Orientation for Sacraments meeting
Mon., Sep 8, 2025 - 6:00 PM.
- [] ***Submit a copy of your child's baptismal certificate**
- [] Attend faith formation (Sun or Wed), or one of the Rochester Catholic Schools
- [] Set-up a meeting with the formation lead if your child is **NOT** in 2nd grade
- [] Attend the First Reconciliation Parent and Child Retreat
Sat, Dec 13th, 2025 - 10:00am
- [] Attend the First Reconciliation Ceremony on
Sat, Jan 10, 2026 - 10:00 AM

**Only if your child was not baptized at Pax Christi*

FIRST HOLY COMMUNION CHECKLIST



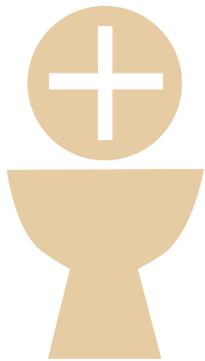
- If you haven't yet, read this Information Guide in its entirety
- Continue to attend Holy Mass on Sundays (or Saturday's Vigil Mass)
- Continue to pray as a family on a regular, preferably daily, basis
- Continue to regularly participate in the Sacrament of Penance as a family
- If you haven't yet, register online at paxchristchurch.org/faith-formation
- Continue to attend faith formation or one of the Rochester Catholic Schools
- Set-up a meeting the formation lead if your child is NOT in 2nd grade
- Attend the First Eucharist Parent and Child Retreat
Sat, Mar 14, 2026 - 10:00 AM
- Attend the mandatory First Eucharist dress rehearsal
Fri, Apr 10, 2026 - 6:00 PM
- Select the Mass time you will celebrate your child's First Eucharist
 - 5:15 PM Mass on Apr 11, 2026
 - 9:00 AM Mass on Apr 12, 2026
 - 10:45 AM Mass on Apr 12, 2026

LAYING A FOUNDATION

CHRIST CONNECTS THE CHURCH AND ALL THE MEMBERS THROUGH SACRIFICIAL PRAISE AND THANKSGIVING ON THE CROSS. FROM HIS SACRIFICE, GRACES OF SALVATION POUR OVER HIS BODY, THE CHURCH. THUS, THE EUCHARIST IS THE HEART AND SUMMIT OF THE CHURCH'S LIFE.

-CATECHISM OF THE CATHOLIC CHURCH, 1407

THE HOLY MASS



Receiving the Sacraments of [First] Reconciliation and [First] Holy Communion in the Catholic Church indicate a willingness to grow in relationship with Jesus Christ and his Church. Attending Holy Mass on Sunday (or the Saturday Vigil) is the best way to grow in those relationships.

If your family is not attending Mass every Sunday, we ask that you begin doing so before you enroll in the preparation process.

Regular Sunday Mass attendance will be asked of your family during and after the preparation process for these first sacraments. The Holy Mass is where we come to know Jesus Christ most personally through His Word (Sacred Scripture) and where we receive him in the Blessed Sacrament (his Body, Blood, Soul, and Divinity) during Holy Communion.

PENANCE & RECONCILIATION



Another important sacrament for children to see modeled to them on a regular basis is the sacrament of Penance, and you don't have to wait until your children are able to participate fully to do so yourselves. We ask that families make it a habit to go to Confession regularly (even monthly) or at the very least twice a year.

Reconciliation is offered on Saturdays from 4-5 pm, additional times can be found in the bulletin or on our website.

HOW TO HELP YOUR CHILD PREPARE

SOME THINGS YOU CAN DO TO HELP PREPARE YOUR CHILD FOR THE SACRAMENTS OF RECONCILIATION & COMMUNION INCLUDE:

HELP FORM THEIR MORAL CONSCIENCE

This can be done a number of ways, we recommend trying to be aware of the opportunities that come your way on an almost daily basis in the life of a family such as: questions children might ask, pointing out behaviors (good and bad), explaining the difference between loving and unloving actions, saying you're sorry and asking for forgiveness when you make a mistake and/or hurt members of your family through your words or actions, teach your children to trust in God's mercy each time they ask for forgiveness, etc...

PRAY TOGETHER AS A FAMILY

Spend time each day praying together. Try to develop a weekly, or even better yet, daily prayer routine for your family; this could include a morning offering before work and school, praying before meals, reading the daily Gospel after dinner, offering intentions before bedtime, etc...

ASK QUESTIONS

As your child progresses through their year of preparation feel free to ask him or her questions about what they are learning and how they are feeling. Ask him or her what he or she thinks about receiving the Eucharist, or about what they know about Jesus. Ask your child to share with you what he or she believes about Jesus. Tell them what you believe and why the Eucharist is important to you.

LOOK FOR SIGNS OF READINESS

- Your child has a basic understanding of forgiveness
- Your child is truly sorry for his or her actions and desire to do better
- Your child is able to distinguish between deliberate and accidental actions
- Your child demonstrates love for Jesus through prayer and participation in Mass
- Your Child is expressing an understanding of Jesus' presence in the Eucharist
- Your Child is expressing their desire for a greater sense of belonging to the church community through the reception of Jesus in the Eucharist

PRACTICE AND MEMORIZE AN ACT OF CONTRITION

"O my God, I am sorry for my sins. In choosing to sin and failing to do good, I have sinned against you and your Church, I firmly intend, with the help of your Son, To make up for my sins and to love as I should."

HOW TO REGISTER

If, after reading through this information, asking questions, and taking time to pray, you feel that your child(ren) is/are ready to begin preparing for the Sacraments of Reconciliation and Communion simply let us know by registering for one of our formation programs online.

Visit: paxchristichurch.org/faith-formation

Contact our staff if you have any questions or concerns.



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*Faith Formation,
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