



The Five Stones

Stepping stones to grow closer to God as a family during this year of preparation for your child's First Communion



1. Prayer with the Heart, especially the Holy Rosary

- Essential: Pray the Rosary every day (get started with a daily decade!)
- Go deeper: Pray a family Rosary every week (or a daily decade.)

2. The Eucharist

- Essential: Holy Mass every Sunday (or Saturday evening) and Holy Days
- Go deeper: Visit Jesus in the Church or Adoration Chapel. Attend Mass on First Fridays or First Saturdays of the month or any day in addition to Sunday.

3. Sacred Scripture

- Essential: Read and pray with a short passage of Scripture every day.
- Go deeper: Read Scripture together as a family every week.

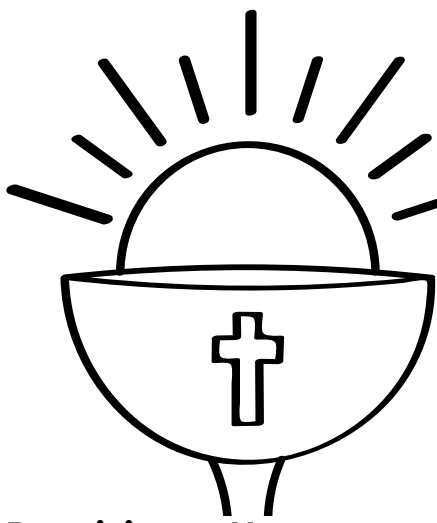
4. Sacrament of Reconciliation

- Essential: Receive the Sacrament of Reconciliation (Confession) every month.
- Go deeper: Make an examination of conscience and pray the Act of Contrition every night.

5. Fasting

- Essential: Make a small sacrifice every Friday, uniting to Jesus' sacrifice of love on the Cross.
- Go deeper: Do an extra service every day, sacrificing myself for others.

“Then, staff in hand, David selected five smooth stones from the [river] and put them in the pocket of his shepherd's bag.” (1 Samuel 17:40)



First Holy Communion

"In the Holy Eucharist Jesus gives Himself completely "for the life of the world" (John 6,51) – for our lives... The Eucharist is the sublime presence of the love of Christ." - Mother Adela, SCTJM - Foundress

Practicing at Home

- Since the Eucharist is truly Jesus, it is important for children to learn and practice how to reverently receive Him. Each child may choose to receive either on the tongue or in the hand. Below are instructions for receiving Communion - you may practice at home with a cracker or just with the actions. Making the sign of the Cross after receiving is optional.
- **On the tongue:** Walk up with prayer hands. Bow when you reach the priest. Father says, "The Body of Christ." Reply "Amen." Open your mouth and extend your tongue over your bottom lip. Father will place Jesus on your tongue. Receive, close your mouth, and let the Sacred Host dissolve until you are able to swallow. Keeping your prayer hands, walk back to your pew and kneel down to pray in thanksgiving.
- **In the hand:** Walk up with prayer hands. Bow when you reach the priest. Make a throne for Jesus by holding your non-dominant hand open and slightly cupped and placing your dominant hand underneath. Father says, "The Body of Christ." Reply, "Amen." Father will place Jesus in your palm. Use your dominant hand to pick up the Sacred Host with pointer finger and thumb. Place the Sacred Host on your tongue, close your mouth, and let the Host dissolve until you are able to swallow. Fold your hands in prayer hands, walk back to your pew, and kneel down to pray in thanksgiving.

First Holy Communion Mass and Reception

- **Girls wear** modest white dresses and white, no or low-heeled dress shoes with white socks or tights. Optional: Veils, flowers, ribbons, gloves, purse, Rosary. Gloves and other items must be left in the pew when receiving.
- **Boys wear** dark pants with belt, a white dress shirt, and dark tie (regular or bow tie style); jackets are optional. Dark dress shoes and dark socks. No tennis shoes, please.
- **Fast:** Your child, and anyone else planning on receiving Communion that day, must fast for one hour before receiving Jesus in the Eucharist.
- **Arrival and Photos:** Please arrive one hour before the Mass for photos in the Parish Hall.
- **Reception:** A cookie and punch reception will be held in the Parish Hall after Mass. Please take your child's gift and banner when you leave.