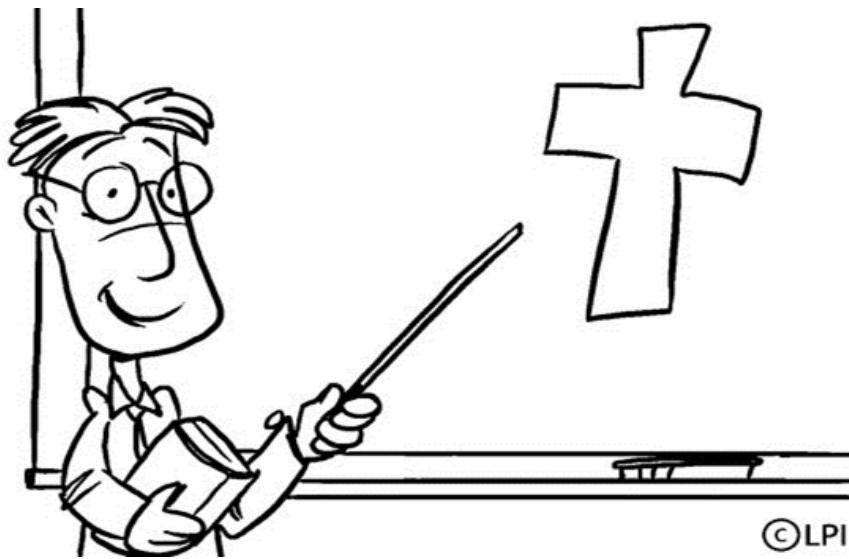


First Eucharist Preparation

Sacred Heart Catholic Church





What Your Child Will Learn

Your child will begin the preparation for First Holy Eucharist immediately following the celebration of First Reconciliation. During the next few months, your child will be experiencing a very important part of his or her spiritual growth. We want to support your child, and your entire family, to get the most out of the experiences of the next few months.

We have listed some of the information that your child will be learning over the next months. It is important that we work together to reinforce at home what your child is learning in Faith Formation Sessions.

The Sacraments: Your child should have a basic understanding of the meaning of a sacrament. At a child's level of understanding, the sacraments are special events (usually taking place at church) that bring us closer to God. Your child should be familiar with the sacraments of Baptism, Reconciliation, and Eucharist.

The Eucharist: All of what your child is learning relates to the Eucharist, but the following are specific points that he or she should understand:

- ◆ Why do we celebrate the Eucharist?
- ◆ What happens to the bread and wine during the Mass?
- ◆ How do we prepare ourselves to receive the Holy Eucharist?
- ◆ What are the proper ways to receive the Holy Eucharist?

The Mass: Your child should have a basic understanding of the Mass, including the following points:

- ◆ Why do we go to Mass?
- ◆ What happens at Mass?
- ◆ What are the two parts of the Mass? (i.e., the Liturgy of the Word and the Liturgy of the Eucharist)
- ◆ How do we participate in the Mass?

The Life and Teachings of Jesus: Your child should know about the basic life and teachings of Jesus, especially as they relate to the Eucharist. Important biblical stories include *"The Last Supper"* (Luke 22:7-20) and *"The Beatitudes"* (Matthew 5:3-12).

Community: Your child should understand what "community" means, and what kinds of communities to which we belong, including our Church. Your child should understand that the Eucharist is a community celebration in which all Catholic Christians participate. Your child should also understand that we have responsibilities toward the communities to which we belong.

Christ Service and Living: Your child should understand that the Eucharist calls us to a life of Christian morality and service.

Prayers: Your child should know the basic Catholic prayers: *"The Sign of the Cross"*, *The Lord's Prayer*, *"Hail Mary"*, *"Glory Be (Doxology)"*, *"The Apostles' Creed"*, and *"The Act of Contrition."*



Make It A Memorable Occasion

Talk with your child about the hopes and plans for the day of their First Eucharist. Tell your child about your own First Eucharist. What was important to you? What did not matter, but seemed important at the time? Talk about what went wrong and what went right. Ask any other children in the family to do the same.

- ◆ Be sure that your child attends Mass every week, and discuss the readings of the week.
- ◆ Talk with your child about why and how you chose his or her Baptismal name. If the name has a special meaning in your family, be sure to share that with your child. If the name is from a saint, read them a story about the life of that saint.
- ◆ Think about ways that you can reflect Christian living in your home. Decorate your home for the Liturgical seasons and discuss those changes in your home at dinner.
- ◆ Plan a family service project during Advent or Lent. Make sure your child plays an active role in determining the project.
- ◆ Initiate some special prayer time throughout the process as a family. If you have never had a special prayer time together, you might begin at bedtime or before meals. It is always meaningful to gather as a family to pray the Rosary.
- ◆ As parents and as a couple, take time to discuss and reflect on the event in terms of each of you personally, and as a family, and consider areas in which your relationship can grow in faith together.
- ◆ Ask your child to share with you their hopes and fears for the Celebration. What is important and what does not matter? Discuss plans for the preparation for the day and make sure you include your child in the decisions about the day such as who to invite, and the reception/party plans for after the celebration. Make the day a very special day

First Eucharist Retreat/Rehearsal Details

Date: Saturday, February 18, 2017
Time: 1:00 p.m. to 4:00 p.m.
Location: Youth Hall/Berend Room/Church

General Information

Our retreat/rehearsal will begin promptly at 1:00 in the Church, where we will practice for our First Communion Mass. We will practice our gathering procession, work through and review the parts of the Mass and how we participate in them, along with all of the holy vessels, books, etc. that are used. Most importantly, we will practice how to approach the altar for reception of the Holy Eucharist, how to bow, how to say "AMEN!", and how to hold our hands—or tongue—in order to receive the Holy Eucharist. We will practice making the Sign of the Cross after receiving the Most Precious Body and Blood, and how to go back to the pew and kneel—practicing a prayer of thanksgiving to Jesus for coming to us in such a loving way. There will be no procession to leave the church after Mass—so we will even practice staying in our pews until the final hymn is concluded.

At 2:30, Father Jack and Father Keith will join us so that all of the children can receive the Sacrament of Reconciliation again. Because the Holy Eucharist is the Source and Summit of our faith, we want to instill in our children the importance of receiving as often as possible—and being in the state of grace to do exactly that. Please continue to review how to go to confession with your child between now and then—or even plan to go to confession with them in the weeks before the retreat.

At 3:00, we will go to the Youth Hall for snacks and to pick up the banners for assembly. Parents, we ask that you come at that time to assist your child in designing their pew banners. Each banner will come in a kit, and we will have all the necessary supplies needed to put them together. There are several different ways to design them—so the children are free to make them "their own!" It is so nice to work on these as a family! There should be enough time to assemble the banners—they will be left here at the church to dry (glitter and glitter glue!).

We ask that the children eat lunch prior to coming to the retreat/rehearsal. There is no requirement to attend the 5:00 Mass on that day.

Special note: The nursery will be available for any parent who would like to leave younger siblings there during the retreat. Thank you to Kristina and her staff for providing child care during this special time!

First Eucharist Mass Details

Date: Saturday, February 25, 2017

Time: 5:00 p.m. Mass

Arrival Time: 4:45 P.M. (ACTIVITY ROOM-PARISH HALL)

General Information

Girls Attire: Traditionally, girls wear white dresses (modest in length) with sleeves of some type. If the dress is sleeveless, please wear a shrug or sweater type of cover up to cover the upper arms—just as you would at St. Peter's in Rome. Veils are very popular but are optional. Gloves may be worn—HOWEVER—they must be removed prior to leaving the pew to receive the Holy Eucharist. Any type of dress shoe or ladies sandal is also appropriate—NO FLIP FLOPS OF ANY KIND.

Boys Attire: Boys should wear dark-colored dress slacks with dark socks and dress shoes. Any color of dress shirt with a buttoned down collar (Oxford style) is also appropriate. Ties and/or suits are also traditional, but optional.

Sacramentals: Children are often given First Eucharist missals with rosaries and scapulars. These sacramental can be carried in to Mass during the Gathering Procession and used during the celebration of the Mass. Father will be happy to bless all sacramentals after Mass.

Photography: Since *no photography* by family members or friends is allowed during the celebration of the Mass. We have arranged for a photographer to take individual photos of each child as they receive the Body and Blood of Christ. The group picture will be taken immediately following the Mass. (Students will not be a part of the final procession, remaining in their pews in order to ensure that all are present for the group picture.) We have included information from the photographer regarding additional prints and/or poses in this packet. All additional poses will need to be arranged at a time other than the First Eucharist Mass.

Reception: The Stewards of Sacred Heart have graciously volunteered to provide a lovely reception for all of our First Communion families, their guests, and for the parish. The reception will begin immediately following the Mass/group photo in the Parish Hall downstairs in the Activity Room. We are so blessed to have the support of this wonderful parish organization! We thank them for lovingly serving the needs of our parish!

Nursery: Please contact me **no later than February 18** if you need child care during the First Eucharist Mass. We are most happy to provide childcare for you!

Words to Know

- Agnus Dei:** A title for Jesus that reminds us that he offered his life through suffering and death to take away our sins. (**Lamb of God.**)
- Altar:** The table of the Eucharist. The Liturgy of the Eucharist is celebrated at the altar.
- Altar Server:** A person who helps the priest and deacon during Mass.
- Ambo:** The reading stand from which the Scriptures are proclaimed. It is sometimes called the lectern.
- Baptism:** One of the three Sacraments of Initiation. Baptism gives us new life in God and makes us members of the Church.
- Baptismal Font:** A bowl-shaped container or pool of water used for Baptism. The word "font" means "fountain."
- Bible:** God's word written in human words. The Bible is the holy book of the Church.
- Blessed Sacrament:** Another name for the Body and Blood of Jesus.
- Book of the Gospels:** A decorated book containing the readings from the four Gospels used during the Liturgy of the Word.
- Cantor:** The leader of song during the Mass and other celebrations.
- Chalice:** The special silver or gold cup used at Mass to hold the wine that becomes the Blood of Christ.
- Chrism:** The oil blessed by the bishop used in the Sacraments of Baptism, Confirmation, and Holy Orders.
- Christian:** The name given to people who are baptized and follow Jesus.
- Church:** The community of all baptized people who believe in God and follow Jesus.
- Ciborium:** The special silver or gold container used at Mass to hold the smaller consecrated Hosts for communion. A covered ciborium also holds the Blessed Sacrament in the tabernacle.
- Confirmation:** One of the three Sacraments of Initiation. It is the Sacrament that strengthens the life of God we received at Baptism and seals us with the gift of the Holy Spirit.
- Consecration:** The part of the Eucharistic Prayer when, through the prayers and actions of the priest and the power of the Holy Spirit, the gifts of bread and wine become the Body and Blood of Jesus.
- Cruets:** Small pitchers or containers that hold the water and wine used at Mass.
- Deacon:** A man who is ordained to serve the Church. Deacons may baptize, proclaim the Gospel, preach, assist the priest at Mass, and do works of charity.

- Eucharist:** One of the three Sacraments of Initiation. It is the Sacrament of the Body and Blood of Christ. Jesus is truly and really present in the Eucharist. The word "Eucharist" means "thanksgiving."
- Grace:** A sharing in God's own life.
- Holy Communion:** The Body and Blood of Christ that we receive in the Eucharist.
- Holy Trinity:** The three Persons in one God: God the Father, God the Son, and God the Holy Spirit.
- Homily:** A talk given by the priest during the Mass that helps us to understand the scriptures and help us to learn to follow Jesus.
- Host:** A round piece of unleavened bread used at Mass. When the host is consecrated at Mass, it becomes the Body and Blood of Christ.
- Last Supper:** Jesus' last meal with His apostles. The First Holy Eucharist.
- Lectionary:** The book of Scripture readings used at Mass.
- Lector:** A person who proclaims God's word at Mass or other celebrations. The word "lector" means "reader."
- Liturgy of the Eucharist:** The second main part of the Mass. It is the time when we call on the Holy Spirit and the priest consecrates the bread and wine. We remember and give thanks for all of God's gifts, especially for Jesus' life, death, and Resurrection.
- Liturgy of the Word:** The first main part of the Mass. It is the time when we listen to God's word in the Scriptures.
- Mass:** The meal sharing the Body and Blood of Jesus. The word Mass means "sent". After we celebrate Mass together, we are sent out to share Jesus with everyone we meet.
- Mystery:** Something we believe about God and his actions, but we do not understand how it happens.
- Original Sin:** The first sin committed by the first humans, Adam and Eve.
- Paschal candle:** Another name for the Easter Candle that is lit at the Easter Vigil.
- Paten:** The silver or gold plate or dish that is used at Mass to hold the large host.
- Pentecost:** The feast that celebrates the coming of the Holy Spirit on the Apostles and disciples fifty days after Easter. We celebrate this day as the beginning of the Church.
- Prayer:** Talking and listening to God. It is raising our minds and hearts to God.
- Priest:** A man who is ordained to serve God and lead the Church by celebrating the Sacraments, preaching and presiding at Mass, and performing other spiritual works.

- Sacrament:** A holy sign that comes from Jesus, which gives us a share in God's life.
- Sacraments of Initiation:** The three Sacraments of Baptism, Confirmation, and Holy Eucharist that together make us full members of the Church. They are signs that we belong to God and to the Catholic Church.
- Sanctuary:** The part of the church where the altar and ambo are located. The word "sanctuary" means "holy place."
- Tabernacle:** The container in which the Blessed Sacrament is kept. It may be located in the sanctuary or a special chapel in the church. A lamp or candle is kept burning near the tabernacle as a sign that Jesus is present. the word "tabernacle" means "meeting place."
- Vestments:** The special clothing worn by the priest and some others for Mass and other liturgical celebrations.





Prayers to Know

The Sign of the Cross

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

The Lord's Prayer

Our Father,
who art in heaven,
hallowed be thy name; the 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.

The Glory Be (Doxology)

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.

The 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.

The Act of Contrition

Oh my Jesus,

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.

The Act of Contrition

Oh my God,

I am heartily sorry for having offended Thee.

And I detest all my sins because of Thy just punishment,

but most of all,

because they offend Thee, My God,

who art all good, and deserving of all my love.

I firmly intend, with the help of Thy grace,

to sin no more,

and to avoid the near occasion of sin.

Amen.

Invitation to Communion

Priest: "This is the Lamb of God who takes away the sins of the world.

Happy are those who are called to his supper."

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



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