

# First Reconciliation First Communion



## HANDBOOK

For \_\_\_\_\_

## First Reconciliation and First Communion

Important dates to remember:

First Eucharist Mass: \_\_\_\_\_ at St. Joseph Church.

First Eucharist/ First Communion pictures: \_\_\_\_\_

Candidates are to come to St. Joseph Church dressed in First Communion clothing.



### Requirements for First Eucharist

Parents are required to attend the parent – teacher meeting.

Candidates are to attend Mass regularly.

Candidates are to attend all practices.

Candidates are to know their prayers, sacrament definitions, and the proper procedures for the reception of the Sacrament of Penance and the Holy Eucharist.

**Please make sure your child knows how to genuflect.**

- Genuflection is an act of reverence or respect. One should genuflect when walking in front of the Tabernacle or when entering a church pew.
- To genuflect, one must kneel with the right knee all the way to the floor. While kneeling, one should make the Sign of the Cross with the right hand.



**Children must complete the requirements as soon as possible.**

**The Sign of the Cross**

**Our Father**

**Hail Mary**

**Glory Be**

**Act of Contrition**

**Name and definition of the Sacrament of Baptism**

**Name and definition of the Sacrament of Penance**

**Name and definition of the Sacrament of Holy Eucharist**



**A list of prayers, definitions, and procedures is included in this handbook.**

## Second Grade Prayer List

The following prayers must be rehearsed.

### **The Sign of the Cross**

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

All candidates must know how to make The Sign of The Cross correctly:

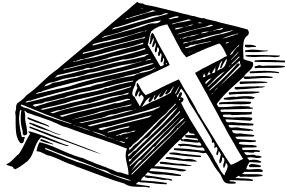
- Which hand to use
- Where to place the hand while naming the persons of the Trinity as Sign of the Cross is made

### **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.

### **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 with out end.  
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.

## 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 sin no more and to avoid the near occasion of sin.

Amen.

## **Sacrament of Baptism**

Baptism is the sacrament where we become God's children and original sin is washed away.

## **Sacrament of Penance**

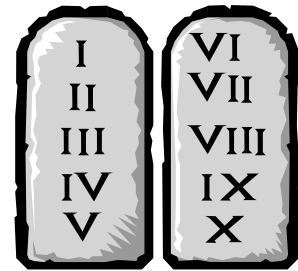
Penance is the sacrament where Jesus forgives us for our sins through confession.

## **Sacrament of Holy Eucharist**

The Sacrament of the Holy Eucharist is the receiving of the Body and Blood of Jesus Christ through Holy Communion.

## **The Ten Commandments**

(Students in second grade are not required to recite the Ten Commandments. However, for their confession to be valid, students must be very familiar with the Ten Commandments to be able to examine their conscience.)



1. I, the Lord, am your God. You shall not have other gods besides me.
2. You shall not take the name of the Lord, your God, in vain.
3. Remember to keep Holy the Sabbath day.
4. Honor your Father and your Mother.
5. You shall not kill.
6. You shall not commit adultery.
7. You shall not steal.
8. You shall not bear false witness against your neighbor.
9. You shall not covet your neighbor's wife.
10. You shall not covet anything that belongs to your neighbor.

## **Five steps in receiving the Sacrament of Penance**

1. Review the Ten Commandments to remember what sins you have committed.
2. Be truly sorry for your sins.
3. Make up your mind not to sin again.
4. Tell your sins to the priest.
5. Remember the Penance (the prayers, sacrifice, or other instructions) the priest gives you and complete the penance as soon as you can.

## **How to go to confession (First Penance)**

Please rehearse with your child the steps for going to confession.

1. Make the Sign of the Cross upon entering the confessional.
2. In a serious, quiet voice say: "Bless me Father, for I have sinned, this is my first confession." (After the first confession, you say, "my last confession was...")
3. Tell your sins to the priest. (Review the Ten Commandments and use the examination of conscience attached.)
4. Listen to the words of the priest. He will tell you what he wants you to do as a penance for your sins. Remember what he tells you to do or what prayers he wants you to say and how many times he wants you to say each prayer.
5. The priest may ask you to pray the Act of Contrition.
6. The priest will recite the prayer of forgiveness (Absolution) and will say, "Go in Peace".
7. You reply, "Thank you, Father".
8. Finally, go to your seat, kneel, and say your penance. Pray to Jesus for help to know the right things to do. Remember to ask yourself, "What would Jesus do?" when you are tempted to do something wrong.

\*\*\*\* For the first confession, Father will meet with each child face to-face and can help them through the process. Candidates need to know the process for future confessions.

\*\*\*\* Father will ask for the Act of Contrition to be recited as a group for First Confession only.

## **An Examination of Conscience**

1. Have I used God's name in an unkind way or have I used curse words?
2. Have I missed Mass on Sunday or on Holy Days through my own fault?
3. Have I failed to do my homework and chores through my own fault?
4. Have I been failed to pay attention at Mass or when saying my prayers?
5. Have I disobeyed or acted disrespectfully toward my parents, teachers, or other adults?
6. Have I acted disrespectfully toward my brothers, sisters, classmates, or others?
7. Have I been cruel (mean or hurtful) to anyone or any living thing?
8. Have I caused another person to sin?
9. Have I stolen or destroyed property that belongs to someone else?
10. Have I told lies, repeated gossip, or injured another person's character?
11. Have I been greedy, jealous, or unkind to others?
12. Have I allowed myself to become uncontrollably angry?
13. Have I cheated?
14. Have I argued with or purposely hurt anyone?
15. Have I refused to forgive or refused to tell a sin?
16. Do I make a point of "getting even" with people when they hurt me?
17. Have I been too proud to say, "I am sorry," when I am wrong?
18. Did I make my Easter duties?

**Easter Duties:** It is a Precept of the Church that the sacraments of Penance and Holy Eucharist must be received at least once a year between the first Sunday of Lent and Trinity Sunday; however, Catholics should receive Holy Communion often and go to confession regularly.



### To receive the Holy Eucharist worthily we must:

1. Believe that Jesus is really present in the Eucharist.
2. Be free from serious sin.
3. Fast, not eating solid or drinking anything except water, for one hour before receiving Holy Communion
4. When you receive the host and the wine from the Eucharistic minister, they will say, "The Body of Christ" or "The Blood of Christ". Then you say "Amen" loud and clear.



### The Proper Way to Receive Holy Communion

Jesus comes to us in the Eucharist to give us new spiritual energy so that we can continue to lead good Christian lives.

1. Place your hands together, one on top of the other.
  - If you are right handed, place your left hand on top of your right hand so you can receive the Body of Christ in your left hand. Then, pick up the host with your right hand and place the host in your mouth before leaving the altar.
  - If you are left-handed, place your right hand on top of your left hand so you can receive the Body of Christ in your right hand. Then, pick up the host with your left hand and place the host in your mouth before leaving the altar.
2. Hold your hands up high enough for the Eucharistic minister to safely place the Host in your hands.
3. After receiving the Host, place hands together again.
4. If receiving the Blood of Jesus, walk to the Eucharistic minister with the chalice.
5. The minister will say, "The Blood of Christ," and hand the chalice to you. Answer, "Amen," and very carefully take the chalice with both hands, taking special care not to spill or drop it. The minister may help you with this.
6. Remember, the wine taste is very strong, so take a very small sip of the Blood of Christ and carefully hand the chalice back to the minister.
7. Place hands together when leaving the Communion line. Go back to your seat and kneel. Laughing, swinging arms, and acting disrespectfully after receiving the Body and Blood of Jesus Christ is not proper.

Remember, Jesus himself is now inside of YOU!  
As you kneel, thank Jesus for coming into your heart.

## Recommended Dress Code for First Holy Communion

### Girls

Modest white dresses

White veils (optional)

White or black shoes

White or natural colored stockings or socks.

**NO GLOVES**

### Boys

White dress shirts

Dark slacks (no jeans)

Dark shoes (no tennis shoes)

Dress ties (match slacks)

