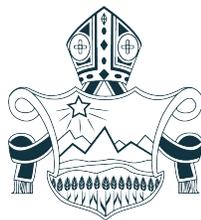
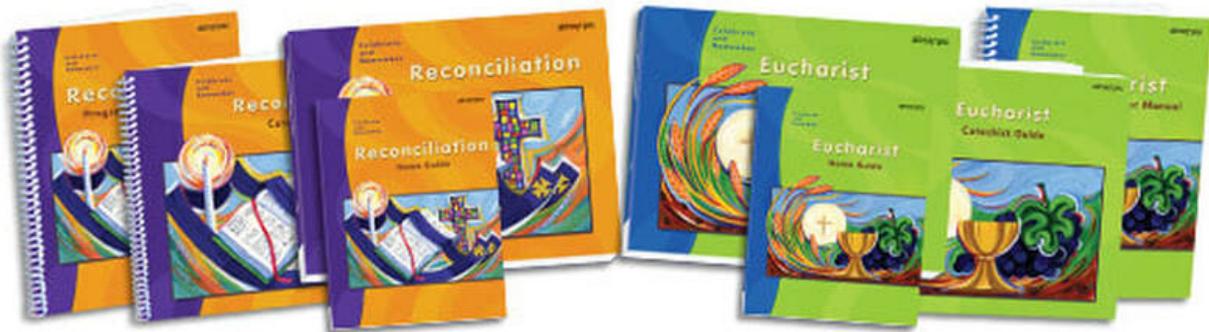


# First Reconciliation

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# Sacrament Preparation

## Quick Reference Guide for Parents Chapters 1 & 2



ROMAN CATHOLIC  
**DIOCESE**  
*of Calgary*

## Some Do's and Don'ts for Parents

**Do be aware that you teach more by who you are and what you do than by what you say.** Basic attitudes of faith and love will grow in your child gradually if he or she witnesses you trying to live a life of faith yourself. Be aware of how your actions support what you want to teach your child about faith.

**Do pray together as a family each day.** Choose the most appropriate time according to your family schedule. Allow each member of the family to mention something happy that has happened that day or to share a particular issue she or he is dealing with. Everything can be brought to God in prayer.

**Do worship together as a family every Sunday.** Attend Sunday Mass together and sit up front where your child can see what is happening. Family attendance at Mass will help your child to understand the faith tradition that inspires the Catholic community.

**Do take every opportunity to be forgiving about your child's poor choices.** Be sure to encourage him or her to be forgiving toward others, as well, and to seek ways to improve relationships within the family and among friends.

**Do talk with your child about your own experience of First Reconciliation.** Tell your daughter or son about your own First Reconciliation, and ask any older children in the family to do the same.

**Do ask your child to share his or her hopes and fears about First Reconciliation.** Keep an open line of communication about your child's experiences as he or she continues the Sacrament preparation process. Encourage your child to share excitement as well as any areas of concern or fear. This will be important as you journey with your child through the preparation process.

**Do reflect on how your family might live as an active part of the parish community.** Try introducing some simple commitments to the Church community, such as offering an elderly person a ride to Mass on a regular basis or providing a meal to a family in crisis.

**Do take time** to relax and enjoy each other as a family. Setting a regular time works best. Try to make at least one family meal a week a special event. This provides an opportunity to talk, to share what's happening in your lives, and to reinforce your commitment to one another as a family.

**Don't pick the busiest, most hectic time of day to complete or review the weekly lesson.** It is important to choose a time when you and your child can focus on the lesson without distractions.

**Don't feel that your child has to receive First Reconciliation just because she or he is a certain age or in a certain grade.** If you have concerns about your child's readiness, your pastor or director of religious education can help you to assess whether your child is ready to begin preparation for First Reconciliation.

# Home-Based First Reconciliation Sacrament Preparation



<b>REGISTRATION</b> September 14 - October 2	<b>Parents Coaching Session for Chapters 1 &amp; 2</b> October 5 - 16	<b>Parents Coaching Session for Chapters 3 &amp; 4</b> October 19 - 30	<b>Parents Coaching Session for Chapters 5 &amp; 6</b> November 2 - 13	<b>Parents Coaching Session for Chapters 7 &amp; 8</b> November 16 - 27	Celebration of the Sacrament in the Parish November 30 - December 18
<b>First Reconciliation Registration</b> Online - Parish Website In-Person - Parish Office Grade 2 Class - Sacrament Registration Form to be sent home and returned either to the school or to the parish office Arrange for the pickup of program materials.	Parents Coaching Session for Chapters 1 & 2 Via Zoom by the Diocese	Parents Coaching Session for Chapters 3 & 4 Via Zoom by the Diocese	Parents Coaching Session for Chapters 5 & 6 Via Zoom by the Diocese	Parents Coaching Session for Chapters 7 & 8 Via Zoom by the Diocese	
	Parents go through Chapters 1 & 2 with their children at home.	Parents go through Chapters 3 & 4 with their children at home.	Parents go through Chapters 5 & 6 with their children at home.	Parents go through Chapters 7 & 8 with their children at home.	

## Steps for teaching your children the Sacrament of Reconciliation

1.) You can teach your child the Sacraments of Reconciliation and Communion. We will assist you through Zoom meetings if you would appreciate some coaching. Each coaching session for parents will cover two chapters at a time. We hope to keep things simple for you. The schedule is found here [www.catholiccyc.ca/sacraments](http://www.catholiccyc.ca/sacraments).

2.) Then in the two-week timeframe, go through each chapter with your child. Read together and have a conversation about it.

If you follow the timeframe above, it will be one chapter per week. Each chapter is short.

### Each chapter has three parts:

- 1.) We Listen - reflect on scripture
- 2.) We Learn - key lessons
- 3.) We Live - reflect on ordinary life experiences

Learn with your child and have the conversation going.

3.) Pages 81-93 of Chapter 8 have great resources for you and your child. It has the steps for the celebration of Confession, an examination of conscience, and Catholic prayers and practices. It's not a bad idea to memorize prayers!

Pages 94 and 95 have the glossary in case you are unsure of the definitions of some "church" words.

4.) Have fun learning together as a family!

## Chapter 1

### In the Name of the Father, and of the Son, and of the Holy Spirit

Page 1



#### **We Listen** Pages 1-3

Learn about God's love and the sin of Adam and Eve

Original Sin  
=  
Disobey God

Being born with Original Sin, we lost heaven just like Adam and Eve had to leave the Garden of Eden.

But God did not abandon us. The Father sent us his Son, Jesus Christ, through the Holy Spirit.



#### **We Learn** Pages 4-7

Jesus established the Church and the Sacraments to bring us back to the Father in heaven.

Sacrament of Baptism  
Sacrament of Confirmation  
Sacrament of the Eucharist

Baptism cleanses us of Original Sin, and our souls become pure before God.

The Sacrament of Reconciliation brings us back to what we were like at our baptism. Through it we receive the grace of forgiveness and healing.

The Sacraments bring us to God and lead us back to heaven.



#### **We Live** Pages 8-10

We know how it feels to be hurt and to hurt others. Sin is hurtful.

When we have done something wrong or somebody has hurt us, we need to reconcile. It all begins with saying sorry.

Talk about how hard it may be to say sorry but how good it feels to forgive and to be forgiven.

We celebrate the forgiveness that God gives and we want to extend that forgiveness to those who have hurt us as well.

Give praise to the Trinity - pg. 10

**Chapter 2**  
**Trust in God's Mercy**  
Page 11



**We Listen**  
Pages 11-13

The story of the Prodigal Son shows us that the father is always ready to forgive. The father is just like God the Father.

The humility of the son gave him courage to go home and ask for forgiveness from the father.

We need humility to feel sorry for our sins.

God is always ready to forgive.



**We Learn**  
Pages 14-17

God the Father sent his Son, Jesus, to us.

Jesus forgives sinners when they are sorry and when they ask for forgiveness.

Jesus established the Church and the Sacraments so that we can receive his gift of forgiveness when we seek it. We are assured of his forgiveness through the Sacrament.

In the Sacrament of Reconciliation, the priest/bishop forgives sins on behalf of Jesus Christ himself.



**We Live**  
Pages 18-20

The gift of God's forgiveness awaits us in the Sacrament of Reconciliation.

God gave us the gift of life. We need to take care of this gift by learning to love and to do what is right.

Whenever we fail, there is always room for forgiveness and starting again.

Cite some examples at home where we ask for forgiveness and we do better by starting again.

Pray together the prayer for forgiveness pg. 20.