

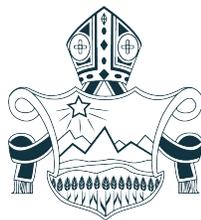
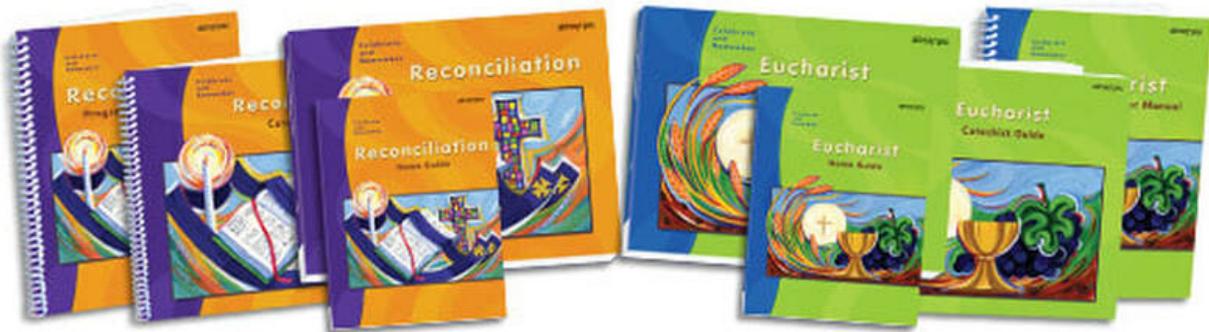
# First Reconciliation

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# Sacrament Preparation

## Quick Reference Guide for Parents

### Chapters **3 & 4**



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



REGISTRATION September 14 - October 2	Parents Coaching Session for Chapters 1 & 2 October 5 - 16	Parents Coaching Session for Chapters 3 & 4 October 19 - 30	Parents Coaching Session for Chapters 5 & 6 November 2 - 13	Parents Coaching Session for Chapters 7 & 8 November 16 - 27	Celebration of the Sacrament in the Parish  November 30 - December 18
<b>First Reconciliation Registration</b>  <b>Online</b> - Parish Website <b>In-Person</b> - Parish Office <b>Grade 2 Class</b> - 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

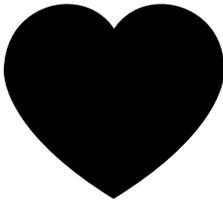
Learn with your child and have the conversation going.

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 3**  
**We Follow God's Word**  
Page 21



**We Listen**  
Pages 21-23

After the Israelites are freed from Egypt, God gives them the Ten Commandments through Moses.

The first three teach us to love God, the other commandments teach us love our neighbor.

We need these laws to help us live together in peace and justice and help us to grow in love.

Jesus simplifies the commandments: love of God and love of neighbor. He gives a New Commandment - Love one another as I have loved you. We love others because God loves us and God loves them.



**We Learn**  
Pages 24-27

God revealed what he wanted us to know through the Scriptures. The Word of God teaches us ways to be faithful to God.

God's law is all about love. Jesus is the perfect model of that love. We must follow Jesus.

We cannot sin by mistake or by accident. A deliberate choice must be involved.

Mortal sins break our relationship with God and venial sins wound our relationship.

We must go to confession to be forgiven of mortal sins and before we can receive communion.



**We Live**  
Pages 28-30

The purpose of the laws is to help us grow in love of God and neighbor.

Love is not always easy and does not always feel good especially if we have to correct a wrong. But this tough love is part of loving and caring.

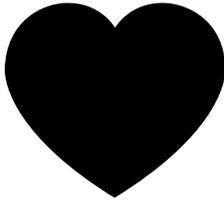
What are some rules in your family?  
Children may not understand why they are part of the rules. Perhaps explain why they are all about love and concern for each other.

We pray to Follow God's Word - pg. 30

## Chapter 4

### I Confess

Page 31



#### **We Listen** Pages 31-33

John the Baptist had the role of preparing the people for the coming of Jesus.

The Lord asked to be baptized by John not because he needed it but because he wanted to make the Sacrament of Baptism our entry into the family of God.



#### **We Learn** Pages 34-37

Repentance is being sorry for our sins but also trying not to sin again. When we are truly sorry, we want to be better.

Repentance moves us to ask for God's forgiveness through confession of our sins (verbally saying them out loud to the priest).

Penance is the prayer or good action the priest gives us to do as a sign that we are changing our lives and that we are grateful to God.

Conversion is turning away from sin and turning back to God = repentance + confession + penance

In order to know what sins we are sorry for, we need to do an examination of conscience which is to examine how we may have failed to follow the Ten Commandments.



#### **We Live** Pages 38-40

It takes courage to think about the things we have done wrong.

Ask the Holy Spirit to help you see yourself in the eyes of God. Ask the Holy Spirit to show you how you failed to love.

All these require humility. Humility is also a form of courage.

It takes humility and courage to say sorry to those whom we have hurt. It also takes humility and courage to forgive those who have hurt us

It takes courage to go to confession but the Holy Spirit gives us courage especially when we ask for this gift.

We pray to God Our Father  
- pg. 40