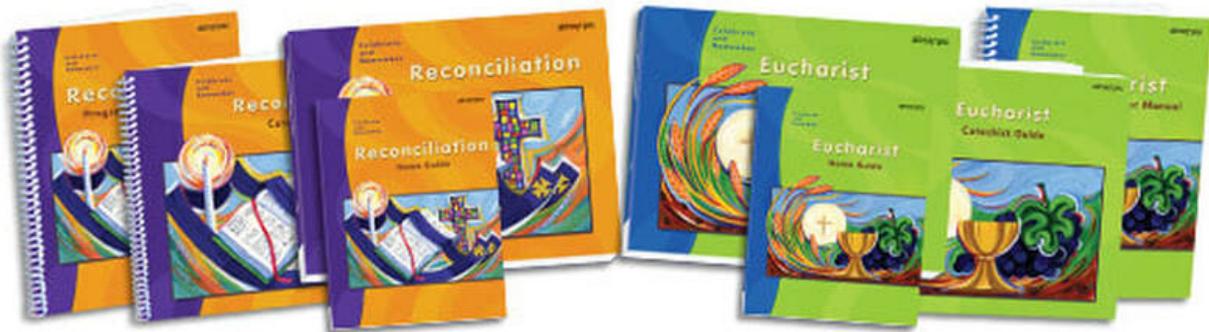


First Reconciliation

Sacrament Preparation

Quick Reference Guide for Parents

Chapters **5 & 6**



ROMAN CATHOLIC
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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
First Reconciliation Registration 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.

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

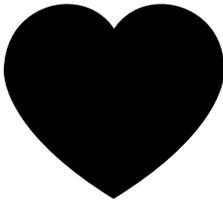
Learn with your child and have the conversation going.

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 5
I am Sorry
Page 41



We Listen
Pages 41-43

Jesus was approached by a woman whom the town knew to be a great sinner.

The woman came to Jesus sorry for what she had done in her life as a sinner. She approached Jesus with contrition and showed how sorry she was for her sins by gestures of love and respect. (tears, kissing his foot, anointing)

People around Jesus and this sorrowful sinner were scandalized because a public sinner was touching Jesus. Their purification rites made sure that they would not be in contact with anything and anyone unclean. But Jesus was not bothered with it as he makes all things clean through forgiveness and new beginnings.

Her contrition was a sign of her turning away from sin and she was forgiven



We Learn
Pages 44-47

The woman's sorrow for her sins and her confidence in Jesus' mercy opened her up to receive the gift of forgiveness and salvation.

If we come to confession in the same way, we will receive forgiveness and salvation as long as we come with contrition, which includes the desire to not sin again and change our lives.

Penance is one way we show that we are sorry and the way we can repair the harm done.

The power to forgive sins comes from Jesus in John 20:23. The priest stands in the person of Jesus and forgives on behalf of the Lord Himself. The forgiveness is real.



We Live
Pages 48-30

We all want fairness because we all know fairness is good.

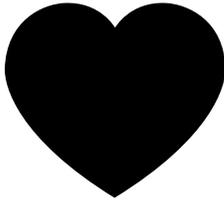
Penance in the sacrament allows us to make things fair for the hurt we have done.

Penance is also an important way of showing we are sorry.

We may not always be able to correct past wrongs but we can always prevent the wrongs in the future by our good choices today. Penance is the beginning of making good choices.

We pray the Hail Mary
- pg. 50

Chapter 6
Pardon and Peace
Page 51



We Listen
Pages 51-53

Zaccheus was a tax collector and they were considered as dishonest and public sinners.

Jesus desired to welcome Zaccheus not approving his sin but moving him towards repentance.

This encounter with Jesus moves Zaccheus to repentance by paying back those he has wronged.



We Learn
Pages 54-57

Our sins turn us away from God and others. It can also cause us to feel shame and guilt and sin drags us down.

Jesus wants to forgive our sins to prevent our sins from dragging us down and give us salvation. As the saying goes, "honesty is the best policy." There is freedom in being honest with God and we are not weighed down by secrets that we think we can keep away from God.

Absolution is an important part of the Sacrament of Reconciliation because through the priest we receive the forgiveness of all our sins. It's receiving real forgiveness from God and not one that is imagined.

Absolution also gives us peace; peace with ourselves, with the Church and with God. This peace comes from being freed from the slavery of sin.



We Live
Pages 58-60

We need to seek and work for peace. It does not happen automatically.

Zaccheus worked for peace by making up for all the wrong he did. He made the effort to meet Jesus and he was not disappointed.

Going to confession is the path of peace with God. When we have this peace, we can live in peace with others.

We pray to Jesus - pg. 60