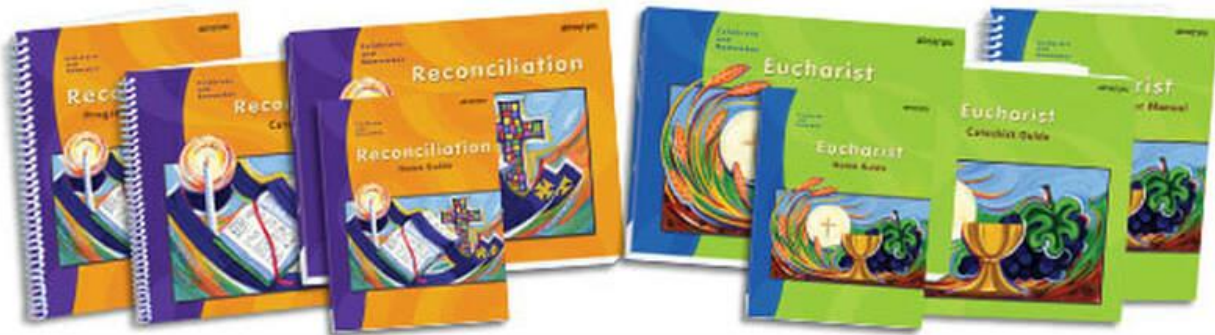


# First Eucharist Sacrament Preparation

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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 Communion Sacrament Preparation



Parents Coaching Session for Chapters 1 & 2 February 4 - 13	Parents Coaching Session for Chapters 3 & 4 February 18 - 27	Parents Coaching Session for Chapters 5 & 6 March 4 - 13	Parents Coaching Session for Chapters 7 & 8 March 18 - 27	Parents Coaching Session for Chapters 9 & 10 April 15 - 24	<b>Celebration of the Sacrament in the Parish</b>  End of April and the month of May
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 Coaching Session for Chapters 9 & 10 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.	Parents go through Chapters 9 & 10 with their children at home.	

## Steps for preparing your children for the Sacrament of First Eucharist/Communion

1. Each zoom coaching session for parents will cover two chapters at a time. Please make sure to register for the sessions at <https://www.catholicyc.ca/firsteucharist.html>
2. In the two-week period between sessions, go through each chapter (one per week) with your child. Read together and have a conversation about it. You do not have to cover everything. Remember the main points you have learned from the coaching session.
3. Each chapter has three main parts:
  - a.) We Listen - reflect on scripture
  - b.) We Learn - key lessons
  - c.) We Live - reflect on ordinary life experience.
4. Learn with your child and have the conversation going. If there are questions that you do not know, ask your parish priest or sacraments preparation coordinator, or raise them at the next coaching session.
5. Pages 102-109 present the Order of the Mass that your child can follow while attending the Mass either online or in person. Pages 110-111 present the steps on how to receive Holy Communion. Prayers for the whole family can be found on pages 111-113. It's not a bad idea to memorize some of the prayers together! Pages 114 and 115 have the glossary in case you are unsure of the definitions of some "church" words.
6. Have fun learning together as a family!

## CHAPTER 1

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



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

Jesus invited Peter, James and John to follow him, and so he invites us to follow him too.

Sometimes we are called to make small sacrifices to follow him and to serve his people.



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

The sacraments are signs of God's divine life in us and help us to become followers of Jesus.

We begin our journey as followers of Jesus with sacraments of Initiation: Baptism, Eucharist and Confirmation.

Baptism washes away our sins and gives us new life and Confirmation strengthens the grace we received in Baptism.

The Eucharist, the Sacrament of the Body and Blood of Christ, is the most



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

Preparing for the Eucharist today will help you for the many times you will receive in the future!

See "Rules for Receiving Holy Communion" (pg. 110) in the appendix.

Sight sounds and actions in Mass. Brainstorm what they see, hear and do during the Mass. "Inside my Catholic Church" (pg.101)

"The order of the Mass" (pg.102-109) in appendix.

## CHAPTER 2

### The Lord Be With You



#### **We Listen** Pages 12-13

Jesus desires to feed those who are physically hungry and it is a sign of his desire to feed our spiritual hunger.

By taking, blessing, breaking and giving the earthly bread, Jesus foreshadows how he will feed us with the heavenly bread in the Mass.

The twelve baskets of leftovers are a sign of how Jesus will feed us abundantly with the Eucharist.



#### **We Learn** Pages 14-17

At the multiplication of the loaves, Jesus feeds the crowds with bread at the Mass,  
Jesus feeds us with his Body and Blood under the form of bread and wine.

Jesus Christ gave us the Eucharist to make us one with him and save us from sin.

The Mass has four parts: Introductory Rite, Liturgy of the Word, Liturgy of the Eucharist and the Concluding Rite.

The Liturgy of the Word and the Liturgy of the Eucharist are the two main parts of the Mass. For more detail please continue to attend Mass (in person or online). Please see pg. 102-109 in the appendix.



#### **We Live** Pages 18-19

Sunday is the most important day of the week.

At each celebration of the Eucharist we remember that Jesus died and rose for us.

Just like the Last Supper, Jesus gives us his Body and Blood through the priest at Mass.

The priesthood is a great gift so please pray for more priests!

Pray the communion prayers by St. Peter Julian Eymard (pg.20).