**PARENT PACKAGE**

**SACRAMENTS of FIRST RECONCILIATION**

**and FIRST HOLY COMMUNION, 2021**

Dear Parents,

People often need signs and symbols to express what cannot be said in words. The Church uses signs and symbols to help convey the mystery of God and to help us grow in faith. St. Augustine described the Sacraments as outward, visible signs of inward, invisible grace.

Through the Sacraments, God shares His grace in a special way.

He communicates His love to us!

And so, we are excited to help your child understand God’s great gifts!

**Due to Covid-19 restrictions, we cannot meet in person, but this Parent Package is for you.**

**Please read it and teach your children the basic prayers.**

We trust that we have anticipated and answered your questions. Please reach out to the Parish if anything is unclear. And please know that you and your family are in our prayers.

Yours in Christ,

Fr. Peter Tuyen Nguyen, Pastor

**R****eadiness for the EUCHARIST**

**An excerpt from: *Sacraments: A Catechesis for Parents* by Francis C. Ozar**

**ISBN-10: 0026596903**

**Parents, we hope you will take a quiet moment at home to reflect on these words.**

**Parents educate more by what they do than by what they say. When a child sees his or her parent(s) receive the Eucharist the child will be naturally curious and will want to join them.**

**The Church requirements for First Communion are simple, reasonable and based on the nature, age and capability of the child. There are only three requirements:**

1. **The child should know who Jesus is and be aware of some major events in His life, especially His death and Resurrection.**
2. **The child should be able to distinguish the Eucharistic bread from the ordinary table bread.**
3. **The child should have a desire to receive.**

**St. Pius X made it clear that no one may demand of the child more than these three requirements. So often we try to make miniature theologians of children*.* We forget that First Communion is just an early step in a lifetime process of learning to appreciate Jesus and the Eucharist.**

**FIRST RECONCILIATION**

**Wednesday, March 10th, 2021**

For St. Michael School children – At 6:30 p.m.

For St. Joseph School children – At 7:00 p.m.

**Dear Parents,**

It is important that we respect all Covid protocols. Due to Covid restrictions, we ask that only the student receiving the Sacrament and their parents/guardians come to Church for the celebration of First Confessions. That is to say, each child will be accompanied by one or two family members at most.

**Dear Children,**

You will be invited to sit with Father while your parents wait in their pew.

Father will begin with the Sign of the Cross:

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

**CHILD** **Bless me, Father, for I have sinned.**

**This is my First Confession.**

**These are my sins.**

Then you will tell Father your sins.

Father might ask you a question and he will give you some advice. He will also give you a Penance for after your Confession. The Penance will be a prayer to say or a kind thing to do. Then Father will ask you to say the Act of Contrition.

**CHILD** **God, I am sorry for all my sins:**

**For what I have done**

**And for what I have failed to do.**

**I will sincerely try to do better.**

**Help me to walk by Your light.**

**Amen.**

Then Father will give Absolution.

He will end with these words:

FATHER I absolve you from your sins.

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

When you hear these words,

you make 🕆 the Sign of the Cross, and you say: **Amen.**

FATHER Go in peace.

**CHILD** **Thank you, Father.**

Then you will return to your parents and kneel to say the Penance Father gave you.

**CELEBRATION of FIRST HOLY COMMUNION**

**St. Joseph School: St. Michael School:**

Sunday, April 18th, 2021, Sunday, April 25th, 2021,

at 1:00 p.m. at 1:00 p.m.

Dear Parents,

**As we prepare for the celebration of First Communion in our parish, we would like to draw your attention to the following:**

Frequent Celebration of the Eucharist: We hope that your child’s First Communion is one of many they will celebrate throughout their life. As your children depend upon you to provide them with food for their bodies, we depend upon God to feed our souls. He does this through the Holy Eucharist. If you neglect to prepare meals for your children, they will grow hungry. If you fail to bring them to Sunday Mass, they will starve spiritually. It is vitally important that your family attend Holy Mass each Sunday. We look forward to seeing you often!

Dress for First Communion Day

* **Clothing for Girls**: Girls should be dressed in their Sunday best; white is optional. We discourage the use of veils and flowers as they tend to become a distraction. Girls are not to wear gloves during the Mass.
* **Clothing for Boys**: Boys should be dressed in their Sunday best; white is optional. We suggest dress pants and a collared shirt or sweater; a jacket and tie are optional.

Format on Communion Day

* **Time:** Please be on time. 30 minutes before the starting time is recommended.
* **Seating**:
  + Due to Covid precautions, there will be no Procession. Each child will have one pew, and seating will be on a “first come, first served” basis.
  + Only **five** persons will be permitted per pew, including the First Communicant. The First Communicants will be seated at the ends of their pews on the central side.
* **Communion**:
* For the distribution of Holy Communion, the children will be invited to receive Communion first. Once the children receive the Eucharist, their families will be welcome to receive Communion in a normal fashion.
* Please keep your mask on as you come up for Communion. Once the host is placed on your hand, step aside, briefly lower your mask, receive Communion, and return to your pew.
* Only properly disposed Catholics are able to receive Holy Communion at a Catholic Mass. Guests who are not Catholic are asked to remain seated during this time.
* **Picture-taking and Videos:** No picture-taking is permitted before, during, or after Mass.
* **Please respect the prayerful nature of the Mass.** Please do not bring food or drink into the Church. Please do not engage in chatter or chew gum when inside of the Church. Please turn off cell phones and electronic devices prior to the celebration. **Thank you!**

**In preparation for receiving the First Sacraments,**

**please be sure that your child knows the following prayers:**

**SIGN OF THE CROSS**

In the name of the Father,

and of the Son,

and of the Holy Spirit.

Amen.

An easy way

to help children

to remember the actions:

Saying “the Father,”

they touch the forehead.

We put God first.

Saying “the Son,”

they touch the belly.

Jesus was conceived

in the womb of Mary.

Saying “the Holy Spirit,”

they touch each shoulder.

We ask God to help us carry our task,

our daily cross.

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**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.

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**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.

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**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 without end.

Amen.

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**ACT OF CONTRITION**

God, I am sorry for all my sins:

For what I have done

And for what I have failed to do.

I will sincerely try to do better.

Help me to walk by Your light.

Amen.

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