

EXPECTATIONS OF PARENTS & STUDENTS

1) ATTEND MASS WEEKLY

2) ACCEPT RESPONSIBILITY FOR COMPLETING THE REQUIREMENTS

- Participating in our Origin: Family faith formation program
- Complete First Reconciliation (and all the requirements)
- Complete Signs of Grace: You are Loved or Sacraments for Young People (grades 6-7)
- Complete Eucharist Learning Centers
- Attend Eucharist Workshop
- Attend First Communion Mass Rehearsal
- Please understand that neglect or unwillingness to meet these expectations may result in sacraments being delayed until a later time. No child will be denied Sacraments, but they must be properly prepared to receive them as outlined in the Handbook.

IMPORTANT DATES

EUCHARIST LEARNING CENTERS: (Education Wing Classrooms)

- Friday, March 8 or March 15 from 4:00pm – 7:00pm
- Saturday, March 9 or 16 from 9:00am – 7:00pm
- Saturday, March 23 from 9:00am – 4:00pm (if needed)

FIRST EUCHARIST WORKSHOP (ENGLISH):

- Saturday, April 20 at 9:00am – 10:30am

FIRST EUCHARIST MASSES (ENGLISH):

- May 4 @ 9:00 am (Rehearsal May 2 @ 5pm)
- May 11 @ 11:30 am (Rehearsal May 9 @ 7pm)

FIRST EUCHARIST MASSES (ESPAÑOL):

- May 4 @ 11:30 am (Rehearsal May 2 @ 7pm)

Note: An email to sign up for First Communion Masses will be sent on **March 18th** to those that have completed Sessions 1-5. Those that complete session 5 after this date will be sent a sign-up link *the Friday after* completion. **Signing up for a First Communion Mass does not ensure that your child will be able to receive their First Communion.**

PRAYERS TO KNOW FOR FIRST COMMUNION

THE CONFITEOR PRAYER

I confess to almighty God
and to you, my brothers and sisters,
that I have greatly sinned
in my thoughts and in my words,
in what I have done
and in what I have failed to do,
(strike chest 3 times while saying following line)
through my fault, through my fault, through my most grievous fault;
therefore, I ask blessed Mary ever-virgin,
all the Angels and Saints,
and you, my brothers, and sisters,
to pray for me to the Lord our God.

INVITATION TO COMMUNION RESPONSE

In the Roman Catholic Church the words of this invitation and our response is inspired by scripture. The priest holds up the sacred species and says, *“This is the Lamb of God who takes away the sins of the world” (from John 1:29) to which is added, “Happy are those who are called to the supper of the lamb.” (from Revelation 19:9).* Then the priest and the assembly respond together:

“Lord, I am not worthy that you should enter under my roof, but only say the word and my soul shall be healed” (from Matthew 8:8).

OUR FATHER (The Lords’s Prayer)

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.**

HOW TO RECEIVE FIRST COMMUNION

Procedure for Receiving Holy Communion: It is not necessary for a child to receive both the Sacred Host and Precious Blood at their First Communion Mass. *If one receives either the Precious Blood, or the Sacred Host, or both, one receives the fullness of the grace of the sacrament.* The decision to receive the Precious Blood should be decided by the child preparing to receive, with the guidance of their parents. If the child wishes to receive the Precious Blood, parents may prepare your child at home using inexpensive red wine.

PROCESSING (APPROACHING THE ALTAR):

Face the person in front of you, be respectful (No talking or dragging your feet, you should be thinking of the gift of Jesus you are about to receive!)

- Prayerful hands while in line
- **Bow** as the person in front of you is receiving
- Come CLOSE to the Priest.

SACRED HOST

RECEIVING ON THE TONGUE:

- Priest, Deacon, or Eucharistic Minister (EM) says "The Body of Christ"
- Communicant responds "**AMEN**"
- Open mouth wide and place tongue far out (to allow easy and safe placement)
- Close mouth before stepping away

RECEIVING IN THE HAND:

- Strong hand (the one the child writes with) underneath the weak hand
- Weak hand is "cupped" (We call it "making a throne") but open so that the host may be placed easily
- "Throne" (both hands) should be level with the heart. (This is an appropriate way to keep their hands raised high enough)
- Priest, Deacon, or Eucharistic Minister (EM) says "The Body of Christ"
- Communicant responds "**AMEN**"
- The host is placed in their hands. Eyes on the host at all times
- Carefully use strong hand to place host in mouth before stepping away.
- Weak hand should remain under (but NOT touching) the strong hand (to make sure if the host falls, it does not fall on the ground) until the host is in their mouth and mouth closed
- Consume the host in front of the Priest, Deacon, or Eucharistic Minister before walking away.

PRECIOUS BLOOD

RECEIVING FROM THE CHALICE:

- **Bow** as the person in front of you is receiving.
- Come CLOSE to the Deacon or Eucharistic Minister (EM)
- Deacon or Eucharistic Minister (EM) says "The Blood of Christ,"
- Communicant responds "**AMEN**"
- Carefully take the chalice from the EM with **BOTH** hands
- Place it to your lips reverently and gently.
- Take a very small sip. Do not tilt the chalice too far back.

- Carefully return the chalice to the EM.
- Do not let go until he/she has grabbed it with both hands.
- Return to your seat with prayerful hands.

AFTER COMMUNION:

- Prayerfully thank God for your life, your family and friends, and all He has done for you. Ask Him to help you live the life He has called you to. If it's hard to remember this, always at least say an Our Father

DRESS GUIDELINES FOR STUDENTS

Below are some basic guidelines for appropriate attire for First Communion Mass at our parish. If you have any questions regarding attire for the First Communion Mass, please contact any member of our Origin Faith Formation Team.

DRESS GUIDELINES FOR GIRLS:

- Dress must cover shoulders, back and have a modest neckline (no spaghetti straps or halter tops).
- Dress must be at or below knee (floor length dresses are discouraged due to high frequency of tripping for younger students).
- Traditionally, First Communion dresses are white, but this is not a requirement.
- Veil is optional.
- Dress shoes (no flip flops, or open backed shoes), a small heel is ok.
- Students should not wear gloves and should not carry a purse.

DRESS GUIDELINES FOR BOYS:

- Dress Pants/Slacks (no jeans).
- Dress Shirt with a collar.
- A Coat and Tie are customary, but this is not a requirement.
- Dress shoes (no athletic shoes, flip flops, etc.)

CONTACT INFORMATION

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