

Suggested Elements for Preparing Children for the Sacraments of Eucharist and Reconciliation

THEME: To bring baptized children into a deeper, richer relationship with Jesus Christ through worthy participation in the Sacraments of Eucharist and Reconciliation by teaching them they were created to know, to love and to serve God in this world and to live happily forever with Him in the next.

<u>To Know God:</u>	The Coursework. (see attached) Parental involvement teaching basic terms and concepts.(see <i>Resources</i> .) Properly examining one's conscience.(see <i>Resources</i>)	_____ _____ _____
<u>To Love God:</u>	Development of Prayer Life Formal Prayers First Communicants should know. (see list) Spontaneous and Other Forms of Prayer..	_____ _____ _____
<u>To Serve God:</u>	Participation in the prayer and liturgical life of the Church, i.e. Mass Attendance, Communal Rosaries, etc. Learning to forgive and seeking forgiveness, thus bringing oneself others to Christ. A First Communion Banner celebrating Eucharist.	_____ _____ _____
<u>A First Communion Retreat (optional)</u>	Coloring station highlighting the parts of the Mass. (see <i>Resources</i>) Craft station highlighting the Last Supper. Tasting station where students taste unconsecrated hosts and wine. Letter-writing station where students write a letter to Jesus thanking Him for those things about which they feel blessed in their own lives. Students spend approximately 20 minutes at each station.	_____ _____ _____ _____ _____
<u>A Parent's Holy Hour (optional)</u>	Held concurrently with First Communion Retreat. Exposition and Adoration. End with Benediction. Handout on how to pray the Rosary and Rosaries.(see <i>Resources</i> .) Appropriate Spiritual Readings on Eucharist, Confession, etc. (see <i>Resources</i>)	_____ _____ _____ _____
<u>First Communion/ Reconciliation Parents' Meeting(s)</u>	First meeting: Catechize parents on the Sacrament of Eucharist.Explain requirements: dates, attendance, banners, etc. Encourage parents to help with terms and prayers, possibly through family prayer time.(see <i>Resources</i>) Second Meeting: Catechize on the Sacrament of Reconciliation. Tips for Parents on preparing children for First Reconciliation. Hand out banner materials. Third meeting: Explain how First Communion will work, times, photos, seating, etc. (can be held after Parent's Holy Hour if one is offered.) (see <i>Resources</i> for sample meeting agendas.)	_____ _____ _____

Sample First Communion/First Reconciliation Coursework Outline

Texts: It is suggested a standard First Communion text from a reputable publishing company (Sadlier, Ignatius Press, Loyola Press, etc.) be utilized supplementing with appropriate grade-level texts as needed.

A Note on Scheduling: Coursework will, of course, need to be adjusted given the varying dates and times different parishes offer these sacraments, whether a parish holds a retreat, etc.

The Creed (five sessions):

The Holy Trinity. _____
 The Incarnation. _____
 The Four Marks of the Church –Jesus in the world. _____
 Baptism –Becoming a Child of God. _____
 The Four Last Things. _____

Preparing for First Reconciliation (eight sessions):

Loving God and Others –the Two Great _____
 Commandments. _____
 The Fall and Sin. Contrition. _____
 God Prepares Us for Redemption –a brief overview of _____
 Salvation History. –two sessions. _____
 The Ten Commandments. _____
 Jesus Gives us the Sacrament. _____
 The Meaning and Purpose of Penance. _____
 Preparing for First Reconciliation –Examining one's _____
 conscience. The Rite Explained. Our Confessional. _____

Living a Life pleasing to Jesus (four sessions):

Prayer. Formal, Spontaneous, and Other types. _____
 Vocation –Religious, Single, Married, Ordained. _____
 Practicing Virtue –Cardinal and Theological. _____
 The Communion of Saints –Church Militant, Church _____
 Suffering, Church Triumphant. _____

Preparing for First Communion: (seven sessions):

Definition of a Sacrament. The Matter and Form of _____
 Sacraments. _____
 The Last Supper –the New Passover, the Paschal _____
 Mystery, both a meal and a sacrifice.(three sessions) _____
 The Parts of the Mass –Liturgy of Word, Liturgy of _____
 Eucharist. God Speaks to Us. We respond.(two _____
 sessions) _____
 Jesus' Real Presence in the Blessed Sacrament. _____
 Scriptural basis. _____
 The Eucharist as Source and Summit of Our Faith. _____

Our Duties to God: (three sessions)

Mass Attendance –Sunday and Holy Days- and regular _____
 confession. _____
 The Church as Christ Speaking to us. The Magisterium. _____
 Seeing Christ in others. _____

Prayers:

Prayers should be practiced in two-week increments both in class (beginning and end) and at home.

- The Our Father
- The Hail Mary
- The Glory Be
- The Fatima Prayer
- The Guardian Angel Prayer
- A Child's Morning Offering
- (see *Resources* for a Parents' Packet with Prayers and Terms.

Terms:

Some Basic Terms every child should receiving Eucharist and Reconciliation should know.

- Absolution
- Baptism
- Confession
- Genuflect
- Holy Eucharist
- Mystery
- Penance
- Reverence
- Sacrament
- Sanctifying Grace
- The Holy Trinity
- The Incarnation
