

HOW WOULD I KNOW IF MY CHILD IS READY FOR US TO REQUEST A FIRST SACRAMENTS INTERVIEW?

This interview is not to **pass** or **fail**; this interview is a conversation with a catechist to help parents discern with their child if he/she/ is in a place where he/she can start the First Reconciliation & First Eucharist preparation process. If any of the following components are missing please, contact Mrs Lara at yeimy.lara@cgscc.church or 346-236-6444 to start a conversation on how we can help you start with any areas of concern before setting up an interview.

Parents please be very honest with yourself and think about the following areas BEFORE requesting an appointment.

- 1. Does my child have a relationship with Jesus?** Is the first question to ask yourself. One of the best ways to teach our children about Christ is by reading Bible. Is your child familiar with the Bible and Bible verses? Do you read the Bible at home with your children? Our child should be able to tell in his/her own words the difference between the Old Testament and New Testament.
- 2. Is my child attending Mass regularly?** If your child is attending Mass regularly during the week or on Sundays and he/she is capable of paying attention to what is going on, that will be the second indication. Children should be taken regularly to Mass, and as the liturgy progresses, he/she should be told what is going on and given the opportunity to ask questions. Point out that we give ourselves to God in Eucharist, and He shows his love by giving us His son, Jesus. If we love Jesus, we also have to be kind to one another.
- 3. Does my child have a sincere desire to share in the Eucharist?** When children attend Mass regularly, eventually they want to participate more fully. This is a logical progression that leads the child to ask "When can I go to Communion?" Ask your child to tell you in his/her own words, why he/she wants to celebrate his/her First Holy Communion? Seeing parents receive the Eucharist in joy and respect helps a child to want to belong and to be part of this experience.
- 4. The child should know who Jesus is** and some main events in his life and the story of his death and Resurrection. Stories of his gentleness, concern for the sick and poor, love of children, and his love for His Father.
- 5. The child should experience prayers as a regular part of family life.** Prayer in the family lets a child see the faith of the adults and that Jesus, His Father, and the Holy Spirit are real. Child should know and be able to recite the following prayers by memory BEFORE interviewing:
 - **Sign of the Cross**
 - **Our Father**

- **Hail Mary**
- **Glory Be**
- **Act of Contrition** (version of your choice)

More important is the fact that your child can pray in his or her own words. Don't forget that gestures of standing, kneeling, etc. are also forms of prayers. You can practice these with your child at church during Mass.

- 6. The child should be able to tell the difference between Eucharist and ordinary bread.** Plain statements of belief are best, such as: The bread in the Eucharist really becomes the Body of Christ.
- 7. Child must be at the age of reason** to be able to comprehend and celebrate his/her sacraments. The church considers that 7 years of age is the minimal age of reason.
- 8. Child must be baptized Catholic.** Parents will be asked to bring a copy of the baptism certificate at the time of the interview. If your child is over 7 years of age or older and he/she is not yet baptized or was baptized under another Christian denomination (Lutheran, Evangelical, Baptist, St. Matthew's Cathedral located at Airline Dr. in Houston, etc.) contact the parish office for information on how to proceed.



If you and your child are ready to request an appointment for an interview CLICK on the link below. All candidates for First Communion must be interviewed **BEFORE** they can register and start the preparation process. This process does not apply to Faith Formation.

<https://cgscc.church/student-discernment-interview>

Questions parents might have....

Does my student have to celebrate Reconciliation (Confession) before First Eucharist?

Yes, a child has to prepare and celebrate Reconciliation BEFORE they can start their Eucharist preparation. After celebrating Reconciliation for the first time children can use an examination of conscious to determine if they should go to Sacrament of Reconciliation before 1st Eucharist Celebration Mass.

What if my student just doesn't want to receive the Eucharist?

Don't push. No doubt your student has some fear/questions/hesitation that is holding him or her back. We suggest that you gently talk with your student to try to get to the source of that fear/questions/hesitation, but don't force the matter. Then contact your Sacrament Coordinator, Mrs Lara at yeimy.lara@cgscc.church or leave a voicemail at 346-236-6444, to share what is happening and how your student can be helped.

What are the Church Laws on fasting before Eucharist?

Don't eat food one hour before receiving. Water is not considered food and does not break the fast. Water may be taken at any time before Holy Communion without breaking the fast. Sick persons, though not confined to bed, may receive Holy Communion after taking medicine or nonalcoholic drinks. A priest's permission is not necessary. This rule applies to Holy Communion at midnight Mass as well as at Masses celebrated in the morning, afternoon or evening.

Can I chew the host?

Yes. There is no disrespect in this, for Jesus comes to us as food to nourish us. We must be careful not to instill fears in your student.

What do I tell my child to do after receiving Eucharist?

Remind your student that Eucharist is not a private matter: the hymns sung during Communion are prayers. Encourage your student to join in the singing of these hymns. Talk with your student about Eucharist as a time when Christians come close to one another and to Jesus, as members of our family who love one another.