

First Holy Communion

St. Joseph Catholic Church
Martinsville, VA
2020/2021



Fr. Carlos H. Lerma

First Holy Communion

Dear Parents:

At the very heart of our Eucharistic celebration is forgiveness and love. At Mass we hear the narrative that Christ's blood was shed "so that sins may be forgiven." Throughout the Mass we acknowledge our sinfulness and ask the Lord for strength and mercy. It is in receiving the Sacrament of Penance and in understanding forgiveness of sins, which brings us into God's grace.

Sacraments are always joyous events. First Penance and First Holy Communion is a very important time in your child's faith life. This is a journey of learning to gather together as Catholics at Holy Mass, listening to the word of the Lord and proclaiming thanks and praise to God. Attending Holy Mass to experience the meaning of giving thanks and praise to the Father, Son and Holy Spirit is essential to preparation of First Holy Communion.

It is important for your child to be familiar with Holy Mass. It is important for children to witness the sharing of a Holy Meal. It is significant for First Communicants to experience being a part of the unity of one body in Christ. The sharing at the Lord's Table should be witnessed by and familiar to the children before they receive their First Holy Communion. We request that you share Sunday Mass with your children. We will be preparing them in class but it is the parental responsibility to share Holy Mass with the children on Sundays. Parents are always the primary teachers of their children.

Please review the First Communion booklet with your child. This booklet is informational about the day of the sacrament and also meant for home study. Included in the booklet is a brief overview of vocabulary and meanings. Please help in preparing your child to receive Holy Communion. There is also a section on religious concepts. Your child should know and understand these concepts for the sacrament. Please review the Mass responses with your children. They need to be familiar with the Mass responses. This can be done easily by attending Mass each week. The children should also know their prayers: **Our Father, Hail Mary, Glory Be, and the Act of Contrition. Also they need to know about the Seven Sacraments and the Ten Commandments.**

We look forward to sharing your child's journey in faith. If you have any questions please call the Religious Education Office. May God bless you as you prepare your children to come to the Lord's Table.

May God Bless You and Yours,

Sandra Ruiz
Director of Religious Education

Essential Dates

March 13, 2021	First Penance – 10:00 a.m.
May 05, 2021	Practice for First Communion classes. All Communicants and Godparents are expected to attend practice.
May 15, 2021	First Communion Mass in Spanish 10:00 Liturgy, student arrival 9:30 a.m.
May 16, 2021	First Communion Mass in English 10:30 liturgy, student arrival 10.00 a.m.

Attire for First Holy Communion Day

Girls: White or light colored dress, veil, gloves, etc are optional, low heeled or flat shoes

Boys: White dress shirt with dark or Khaki pants (no jeans) and tie, or white shirt with a suit and tie

Pictures and Videos

Due to the solemnity of the Mass, we ask that you NOT take any video or flash photographs during First Holy Communion. Please do not move around the church during the ceremony. We will hire a professional photographer to take a group photo and video to record the entire Mass.

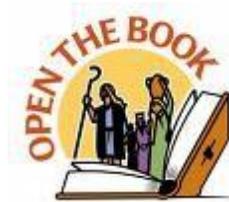




THE SACRAMENT OF HOLY EUCHARIST

Holy Eucharist is the sacrament of the Body and Blood of Jesus. It is an ongoing sacrament. In Eucharist, the faithful are nourished and strengthened. Through the sacrament of Holy Eucharist Catholics remember the past, celebrate the present, and place their hope in the future. At Mass, the family of God listens to us, and places their faith and trust in Him.

Families gather together to share a meal, to be nourished with food and filled with love for one another. At Mass, we gather together to celebrate the Lord's Supper. We partake in the Eucharist, the Body and Blood of Jesus. We are nourished with this spiritual food. We gather together at the altar to express our love for Christ and for one another.



Please read these Bible stories with your children

The Wedding Feast of Cana	John 2
The Miracle of the Loaves and Fish	Luke 9, John 6, Mark 6, or Matthew 14
Lord, I Am Not Worthy	Luke 7
Jesus Is the Bread of Life	John 6
The Last Supper	Luke 23, Matthew 26, or Mark 14
Road to Emmaus	Luke 24



RELIGIOUS CONCEPTS

BELIEVE IN ONE GOD

We believe in one God. We believe that there are three persons in one God, the Father, the Son, and the Holy Spirit. We call these three divine Persons the Blessed Trinity.

JESUS CHRIST IS GOD'S SON

Jesus Christ is the Son of God. Jesus is both fully human and fully divine. Jesus died on the cross for our sins on Good Friday. He rose from death back to life on Easter Sunday.

THE HOLY SPIRIT

The risen Jesus sent the Holy Spirit to the world on Pentecost. The Holy Spirit brings seven gifts to our lives. These seven gifts strengthen us to live in peace. They are wisdom, understanding, fortitude, courage, knowledge, piety and fear of the Lord.

THE SACRAMENT OF PENANCE

God's love with His infinite mercy forgives us. The church celebrates God's forgiveness in the Sacrament of Penance. We examine our conscience to ask God's forgiveness and work toward a life of goodness. Celebrating the Sacrament of Penance places us in communion with God and community. This allows us to grow in faith, love and peace with God and neighbors.

THE SACRAMENT OF THE EUCHARIST

The Mass is our celebration of forgiveness, thankfulness and love. Eucharist means, "giving thanks." The Holy Mass is an encounter with the love and goodness of God. It is our time to experience and share in community prayer. We pray for others who are living and deceased and they pray for us. It is our time to be in relationship with God as a community. God offers us salvation as a community not as individuals.

TRANSUBSTANTIATION

We believe in transubstantiation. This is the changing of the bread and wine into the Body and Blood of Jesus Christ. At Holy Mass we believe Jesus becomes present in the bread and wine through the Consecration. Therefore, the bread and wine become the Body and Blood of the risen Jesus while retaining their physical appearance of bread and wine. This is a sacred mystery. Through receiving the Body and Blood of Jesus we are strengthened and nourished to live holy lives.

VOCABULARY FOR THE EUCHARIST

- Altar** The table around which Catholics gather to celebrate the Eucharist.
- Amen** A word meaning, “Yes, I believe.”
- Apostles** The close friends and followers of Jesus.
- Baptism** A sacrament of initiation. Baptism cleanses sin, give us a new life in Christ and brings us into the community of the Church.
- Bishop** The leader of a diocese who serves the people.
- Blessed Trinity** One God, who is Father, Son and Holy Spirit.
- Chalice** The chalice is a special cup containing the wine, which is changed into the Blood of Jesus at Mass.
- Ciborium** The covered bowl which holds Communion Bread or hosts.
- Disciples** Baptized people who freely choose to follow Jesus and His teachings.
- Eucharist** The Sacrament of Initiation which celebrates Jesus’ presence in Holy Communion. The word Eucharist means “thanksgiving”.
- Holy Communion** Receiving the Body and Blood of Jesus in the Eucharist. The word Communion means “unity with.”



- Genuflect** To bend on one knee as a sign of respect for Jesus.
- Gospel** The Good News, which Jesus shared with all people.
- Grace** God’s holy grace fills us with his life and enables us to live as God wants us to live.
- Host** The Communion bread.



Parable A short story teaching a moral lesson. Jesus used parables to teach His followers.

Parish A community of Catholics who gather to worship and minister to others.

Sacrament Signs and celebrations of God's power and love. The sacraments give God's grace to the members of the Church.

Sacrifice Something precious offered to God out of love.

Savior A word that means "one who saves." Savior is another name for **Jesus**.



Sin Turning away from God and the community. Venial sin is choosing something that is wrong. Mortal sin is choosing something that is very seriously wrong. When we are truly sorry, we receive absolution for sin in the Sacrament of Penance.

Tabernacle The sanctuary where the consecrated hosts are placed in the church.

Temptation The pull felt toward doing something we know is wrong. Jesus showed us how to say no to temptation.

Miracle A supernatural sign of God's power and love at work in the world. The miracles of Jesus reveal God's power to heal, forgive, nourish, and strengthen.



*****Please remember to attend Holy Mass each Sunday.*****

MASS RESPONSES: Please practice the Holy Mass responses with your children so they may participate and experience Holy Mass.

INTRODUCTORY RITE

Priest: In the name of the Father, and of the Son, and of the Holy Spirit.
People: **Amen.**

Priest: The Lord be with you.
People: **And with your spirit.**

Priest: through Christ our Lord.
People: **Amen.**

READINGS I and II

Reader: The Word of the Lord.
People: **Thanks be to God.**

GOSPEL READING

Priest: The Lord be with you.
People: **And with your spirit.**

Priest: A reading from the Holy Gospel according to ...

People: **Glory to you, Lord.**

Make the sign of the cross on your forehead with your thumb and say, "The Lord be on my mind." Make the sign of the cross on lips and say, "on my lips." Make the sign of the cross on heart and say, "and in my heart."

Priest: The Gospel of the Lord.
People: **Praise to you, Lord Jesus Christ.**



OFFERTORY

Priest: Pray, brethren, that my sacrifice and yours may be acceptable to God, the Almighty Father.

People: **May the Lord accept the sacrifice at your hands for the praise and glory of His name, for our good, and the good of all His Holy Church.**

Priest: The Lord be with you.

People: **And with your spirit.**

Priest: Lift up your hearts.

People: **We lift them up to the Lord.**

Priest: Let us give thanks to the Lord our God.

People: **It is right and just.**

Priest: Through Him, and with Him, and in Him, O God, Almighty Father, in the unity of the Holy Spirit, all glory and honor is Yours, for ever and ever.

People: **Amen.**



COMMUNION RITE

Priest: Deliver us Lord, we pray, from every evil, graciously grant us peace in our days, that, by the help of Your mercy, we may be always free from sin and safe from all distress, as we await the blessed hope and the coming of our Savior, Jesus Christ.

People: **For the kingdom, the power, and the glory are yours, now and forever.**

Priest: Lord Jesus Christ, Who said to your apostles: "Peace I leave you, My peace I give you." Look not on our sins but on the faith of Your Church, and graciously grant her peace and unity in accordance with will.

People: **Amen.**

Priest: The peace of the Lord be with you always.
People: **And with your spirit.**

Priest: Let us offer each other the sign of peace.
People: **(Turn and shake hands with the people near you.)**

Priest: Behold the Lamb of God. Behold Him Who takes away the sins of the world. Blessed are those called to the Supper of the Lamb.
People: **Lord, I am not worthy that You should enter under my roof, but only say the word and my soul shall be healed.**

CLOSING

Priest: The Lord be with you
People: **And with your Spirit**

Priest: May Almighty God bless you, the Father, and the Son, and the Holy Spirit
People: **Amen.**

Priest: Go in peace.
People: **Thanks be to God.**

Please remind your children to **fold their hands when walking up to receive Holy Communion.** As the person in front of them is receiving, they should **bow reverently.** Children should place their dominate hand under their non-dominate hand, palms up to receive Holy Communion. This way, they can pick up the Host and place it in their mouth with their dominate hand. Or, open their mouth with tongue out. When the **Eucharistic Minister says, “Body of Christ” the child should respond, “Amen”. The same is true for the Blood of Christ.**

Thank you for your family leadership in teaching your children our Catholic faith. It has been a pleasure sharing your family’s faith journey. If we can be of any assistance please stop by or call the Office 276 638-4779

May God bless you and your family as you prepare for this joyous sacrament!

BASIC PRAYERS

SIGN OF THE CROSS

In the Name of the Father, and of the Son,
and of the Holy Spirit, Amen.

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.

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.

GLORY BE

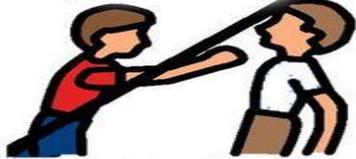
Glory be to the Father, and to the Son, and to the Holy Spirit, as it was in the
beginning, is now, and ever shall be, world without end. Amen.

ACT OF CONTRITION

**Say: Bless Me Father
For I Have Sinned.
This is my first Confession**

Confession

Say, "These Are My Sins:"



I Hit My Brother



**I was disrespectful
at school**



**I was disrespectful
to my parents**

Act of Contrition

**Say: My God, I am SORRY for my SINS
with all my HEART.**

**In Choosing To Do WRONG and
Failing To Do GOOD, I have SINNED
Against YOU Whom I should LOVE
above ALL THINGS.**

**I firmly intend With your Help, to do
Penance, to SIN NO MORE, and to
AVOID Whatever leads me to SIN.**

**Our Savior JESUS CHRIST Suffered
and Died for Us. In HIS Name, my
GOD, Have MERCY.**

Absolution

**(Father Will Give You Absolution,
and) you say: "AMEN"**

**(Come Out and Kneel in the Pew
to do your Penance)**

THE SEVEN SACRAMENTS

The Sacraments of Christian Initiation

Baptism
Confirmation
Eucharist

The Sacraments of Healing

Penance and Reconciliation
Anointing of the Sick

The Sacraments of Service to Others

Holy Orders
Matrimony

THE TEN COMMANDMENTS

- 1.-I am the LORD your God; you shall not have strange gods before me.
- 2.-You shall not take the name of the LORD your God in vain.
- 3.-Remember to keep holy the LORD'S Day.
- 4.-Honor your father and your mother.
- 5.-You shall not kill.
- 6.-You shall not commit adultery.
- 7.-you shall not steal.
- 8.-You shall not bear false witness against your neighbor.
- 9.-You shall not covet your neighbor's wife.
- 10.-you shall not covet your neighbor's goods



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