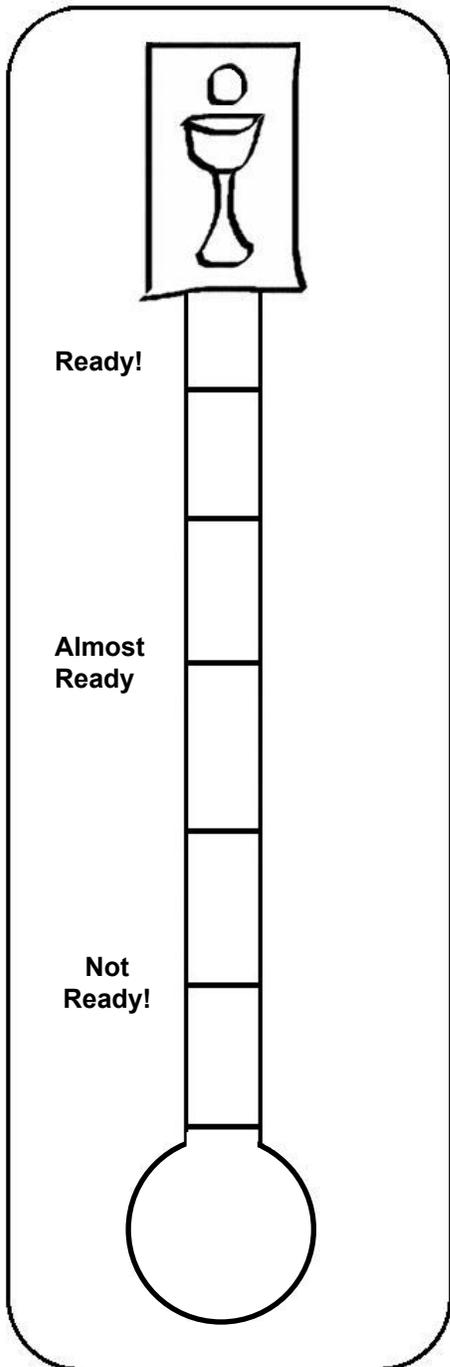


# ***First Communion Prepare-O-Meter***



Are you ready for your First Communion? Circle Yes or No for each question below. For each Yes answer, color one of the segments of the meter. Start from the bottom of the meter.

Can you make the Sign of the Cross?

Yes No

Can you say the Our Father?

Yes No

Can you pray the Hail Mary?

Yes No

Do you go to church?

Yes No

Do you know the Eucharist is the Body and Blood of Jesus?

Yes No

Can you name the 7 Sacraments?

Yes No

Can you tell what Jesus did for us?

Yes No



Dear Parent or Guardian,

This year your child will receive their First Holy Communion. This is one of the holiest events in the life of a Catholic.

Do you remember when you brought your child to the Church for Baptism? Recall the words of the celebration of the Sacrament of Baptism:

“You have asked to have your child baptized. In doing so you are accepting the responsibility of training them in the practice of the faith. It will be your duty to bring them up to keep God’s commandments as Christ taught us, by loving God and our neighbor. Do you clearly understand what you are undertaking?”

*Rite of Baptism*

When you answered yes, you took on the wonderful responsibility of raising your child as a Catholic. You started your child’s life as a disciple of Jesus Christ. Now your child has reached a new stage in his or her faith development: the celebration of the second Sacrament of Initiation, Eucharist.

First Communion is the first time your child will receive the Body and Blood of our Lord. Communion is the Real Presence of Jesus Christ in the Eucharist and enables us to share in the life of the Holy Trinity: God the Father, God the Son and God the Holy Spirit. Receiving Communion is a primary way that Catholics live their faith.

First Communion is such a holy event it cannot be treated lightly. It must be prepared for. Your pastor, parish staff, and catechist will guide you and your child through the preparation process. In keeping with the promise you made before God at your child’s Baptism to raise him or her as a Catholic, take your child to Mass regularly. Pray nightly so your child will make talking to God a lifelong habit and will remember the prayers they must know. Review the lessons your child is learning in their religious education class and help them to understand that the Eucharist is not ordinary food but Jesus Christ himself.

It’s great that you chose to raise your child as a Catholic! The celebration of First Communion is a happy time that the entire Church shares with you and your child. The Church celebrates with you as your child joyfully encounters Christ in the Eucharist for the first time.

In Christ,