

First Reconciliation
and
First Communion
2021-2022

St. Louis Catholic Church
Candidate Handbook

Forms also found on website: <http://www.stlouis-batesville.org/sacraments>

Questions: contact Amy Tonges at religioused@st.louisschool.org or 812-934-3204 ext 249

Important Dates

First Reconciliation:	Wednesday, November 17, 2021 during Class
Sacrament Day:	Saturday, January 22, 2022, 8:00-11:00 am
First Communion Banner due:	Wednesday, April 13, 2022
First Communion Practice:	Monday, April 25, 2022 at 6:30 pm
First Communion	Sunday, May 1, 2022 at 1:00 pm

Mass Attendance Notes

Part of being Catholic is participating in the Eucharist every Sunday and Holy Day of Obligation. In order to emphasize the importance of the Mass and the Sacrament of First Communion, we are asking children to begin using the mass attendance cards, provided in this packet. They can be dropped in the basket on the organ after mass. There will also be a sign in sheet for those that do not bring the cards to mass. If there is a weekend that you attend mass at a parish other than St. Louis, please have your child bring one of the following to class on Monday or Wednesday evening:

- a. A bulletin from the parish attended, signed by parent, OR
- b. A mass attendance card, including the name of the parish attended and signed by parent.

We will begin collecting the cards the weekend of September 11-12, 2021. This policy was implemented several years ago and is being continued due to the positive impact it had on the children receiving the sacrament. Please make an honest effort for your child.

Going on vacation: Check out www.masstimes.org for mass times near your destination!

First Reconciliation Notes

- Due to the difficulty of finding extra priests during this time, the children will be making their First Reconciliation during class on November 17. The School children will go during the school day and the Religious Ed children will go during Religion class. We will not be offering the Sacrament to parents at this time. There will not be a reception afterward.
- Those receiving the sacrament will be given the option of going behind the screen or face to face.
- Children are encouraged to bring a religious book to read while waiting for others to go to confession.
- Parents are strongly encouraged to take their children for their second confession and to receive the sacrament with them to show the children that it is not a one-time only sacrament.

First Communion Notes

- Children will be asked to use the mass attendance cards or turn in bulletins from the weekend after the First Communion meeting in September until the weekend before First Communion. They do not need to turn anything in on Christmas.
- Sacrament Day is a fun morning filled with faith building activities between the eighth graders preparing for Confirmation and the second graders preparing for First Communion. Adult volunteers will be needed to make this day a success. There will be a volunteer opportunity form send home early in January.
- Children will make gold chalices which will be put in baskets by the exits in Church. Parishioners are asked to take a chalice and pray for that First Communion candidate during the preparation period.
- First Communion Books will be given out in class in mid-February.
- First Communion candidates and their families will be asked to bring up the gifts during Sunday masses. We will use sign-up genius. The link will be sent in an email.

Ways to grow in your faith

- Learn more about the Mass:
 - Watch the “Altaration” videos (contact Amy Tonges to borrow)
 - Read “A Biblical Walk through the Mass” by Edward Sri

- Create an account on Formed.org and explore the resources
 - Visit [formed.org](https://www.formed.org)
 - Click on “Sign Up”
 - Click on “I belong to a parish”
 - Enter “St. Louis Batesville” and select St. Louis from list
 - Provide your name and email address

- Attend a Catholic Conference (virtually if not in person)
- Visit “Ascension Presents” YouTube Channel
- Visit YouTube Channel for St. Louis Parish, All Saint’s Parish, etc.
- Attend the parish mission speaker
- Adoration – commit to an hour each week
- Sacrifice – give something up. Limit screen time.
- Do the “33 Days to Morning Glory: A Do-It-Yourself Retreat”
- Pray the Rosary every day – download an app
- Pray the Divine Mercy Chaplet every day

First Communion Dress Code

BOYS

- Shirt: White only, full button dress shirt, long or short sleeves. No polo style shirts please.
- Pants: Dress pants with appropriate belt.
- Tie: Required and suitable for the occasion. Solid, stripe or other subtle print please.
- Shoes: Dress shoes with solid color socks. No athletic shoes.
- Dress jackets are welcome but optional.

GIRLS

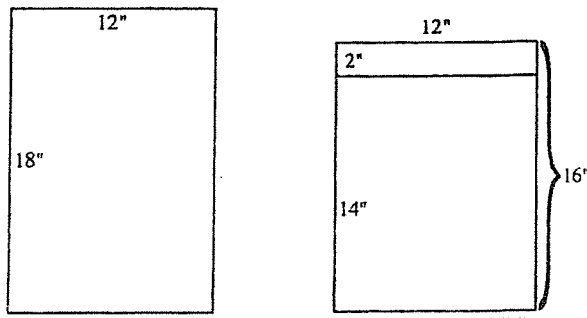
- Dresses: White, below the knee in length. No ankle length please. Shoulders should be covered. No spaghetti straps.
- Shoes and socks: White, low-heeled dress shoes. No high heels.
Open toe shoes are fine. White ankle socks, tights or nude color hose.
- Veil: Shoulder length, sheer, white with simple headpiece or wreath of flowers.
- No Gloves.

Banner Instructions

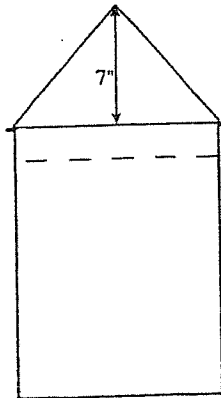
Banners are made by the first communicants to demonstrate what the sacrament means to them. It will be a remembrance of their special day. The child should be involved in the process from start to finish.

- For the banner you will need a 12" X 18" piece of material, a 12-13 inch dowel rod, and at least 24 inches of hanging material (see below).
- A pocket for a dowel rod is formed by turning down two inches at the top of the banner.
- The finished banner should be 12 inches wide and 16 inches long.

Please feel free to add personal touches such as lace, buttons, ribbon, puffy paint, etc. to your banners.



- Attach a length of cord or ribbon or string to the dowel rod for hanging.
- From the hanging point to the banner should measure 7 inches. (See diagram below).



Rite of Confession

Father: In the name of the Father, and of the Son and of the Holy Spirit.

Child: **Amen**

**Bless me Father for I have sinned, my last confession was ___
months ago and these are my sins:**

(say your sins)

For these sins and all the sins of my past life, I am sorry.

Father: (gives counsel and penance)

Please pray your act of sorrow (act of contrition)

Child:

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.

Amen.

Father: (gives absolution – child makes the sign of the cross as Father says, “In the name of the Father, and of the son and of the Holy Spirit”).

Child: **Amen**

Father: The Lord has freed you from your sins. Go in Peace.

Child: **Thank you, Father.**

AN ADULT EXAMINATION OF CONSCIENCE

Based on the Ten Commandments

[1] I am the Lord your God. You shall not have strange gods before me.

- Do I give God time every day in prayer?
Do I seek to love Him with my whole heart?
- Have I rejected any teaching of the catholic Faith?
 - Have I been involved with superstitious, occult, or new age practices?
 - Do I seek to surrender myself to God's Word as taught by the Church?
 - Have I ever received Communion in a state of mortal sin?
 - Have I ever deliberately told a lie in confession or have I withheld a mortal sin from the priest in confession?
 - Have I ever sinned presuming that God would forgive me afterwards?
 - Are there other "gods" in my life? Money, security, power, people, activities?
 - Have I placed material possessions or personal recognition before my duties to God and His Church?

[2] You shall not take the name of the Lord your God in vain.

- Have I used God's name in vain: lightly or carelessly?
- Have I been angry with God?
- Have I wished evil upon another person?
- Have I insulted a sacred person or abused a sacred object?

[3] Remember to keep holy the Lord's Day.

- Have I deliberately missed Mass on Sundays or Holy Days of Obligation? (**PRECEPT OF THE CHURCH # 1**)
- Have I seen to it that my children and other persons under my responsibility attend Sunday Mass?
- Do I show indifference by not taking Mass seriously? By not participating in the Mass?
- Do I leave early or come late deliberately or without good reason?
- Have I tried to observe Sunday as a family day and a day of rest?
- Do I do needless work on Sunday?

[4] Honour your Father and your Mother.

- Have I shown proper respect for my parents and children?
- Have I neglected my duties to my spouse and children?
- Do I care for my aged and infirm relatives?
- Do I try to bring peace into my home life?
- Have I seen to it that my children receive proper religious instruction?
- Have I given my family good religious example?
- Have I shown proper respect and given proper obedience to persons in authority over me?
- Have I shown proper consideration to persons in authority under me?
- Have I shown proper respect for priests, bishops and the authority of the church?
- Have I been prejudiced in thought or action against any person because of race, color, ethnicity or religion?

[5] You shall not kill.

- Have I had an abortion or encouraged anyone to have an abortion?
- Have I supported, including through political activity, legal abortion?
- Have I physically harmed anyone, including by neglectful action?
- Have I abused alcohol or drugs?
- Did I give scandal to anyone, thereby leading them into sin?
- Have I been angry or resentful?
- Have I harbored hatred in my heart?
- Have I mutilated myself through any form of sterilization?
- Have I encouraged or condoned sterilization?
- Have I participated in or approved of (including by political action) euthanasia?

[6] You shall not commit adultery.

- Do I seek to be chaste in my thoughts, words and actions?
- Am I careful to dress modestly?
- Have I used impure language or told impure jokes?
- Have I sought to control my thoughts?
- Have I respected all members of the opposite sex, or have I thought of other people as objects?
- Have I been guilty of masturbation?
- Have I been guilty of any homosexual activity?
(for unmarried persons)
- Have I engaged in any sexual activity outside of marriage (fornication)?
- Have I engaged in any activity with the intention of becoming sexually aroused or sexually active, such as impure touching or overly passionate kissing?
(for married persons)
- Am I married according to the laws of the Church? **PRECEPT OF THE CHURCH #6**

- Have I been faithful to my marriage vows in thought and action?
 - Have I used any method of contraception or artificial birth control in my marriage?
 - Has each sexual act in my marriage been open to the transmission of new life?
 - Have I allowed my children to read or view material not suitable for them?
- [7] You shall not steal.**
- Have I stolen what is not mine?
 - Have I returned or made restitution for what I have stolen?
 - Have I purposefully destroyed property belonging to someone else?
 - Have I knowingly accepted stolen goods?
 - Do I waste time at work, school or at home?
 - Do I gamble excessively, thereby denying my family of their needs?
 - Do I pay my debts promptly?
 - Have I, to the best of my ability, donated to, and aided, the poor?
 - Have I cheated anyone out of what is justly theirs, for example creditors, insurance companies, big corporations?
 - Have I supported, to the best of my ability, my church? (**PRECEPT OF THE CHURCH #5**)
 - Have I shown proper stewardship for God's creation?

- [8] You shall not bear false witness against your neighbor.**
- Have I lied, gossiped, or spoken badly of others behind their back?
 - Have I participated in uncharitable talk towards another human person?

- Have I deliberately lied to harm another person or to promote my own self-esteem?
- Have I injured the reputation of others?
- Am I sincere in my dealings with others?
- Am I critical, negative or uncharitable in my thoughts of others?
- Do I keep secret what should be kept confidential?
- Have I broken a solemn oath or vow?

[9] You shall not desire your neighbor's wife.

- Have I consented to impure thoughts?
- Have I caused them by impure reading, movies, television, conversations or curiosity?
- Have I indulged in pornographic magazines, videos or internet websites?
- Do I seek to control my imagination?
- Do I pray at once to banish impure thoughts and temptations?

[10] You shall not desire your neighbor's goods.

- Am I jealous or resentful of another person's good fortunes?
- Do I envy the families or possessions of others?
- Am I greedy or selfish?
- Are material possessions the purpose of my life?
- Have I been unsatisfied with my state in life?
- Do I trust that God will care for all of my material and spiritual needs?

STEPS TO A GOOD CONFESSION

1. Examine Our Conscience
2. Be Sorry For Our Sins
3. Make A Firm Purpose Of Amendment
4. Confess Our Sins To A Priest
5. Perform Our Penance

HOW TO GO TO CONFESSION

Make the sign of the cross and say:

"Bless me Father for I have sinned. It has been _____ since my last confession.

These are my sins:

Tell your sins simply and honestly to the priest. You might want to discuss circumstances and root causes of your sins. Then say:

"I am sorry for these sins and all the sins of my past life."

Listen to the advice of the priest and accept your penance. Make an Act of Contrition. The priest will then give you absolution – make the sign of the cross as he says: "I absolve you from your sins in the name of the Father, and of the Son and of the Holy Spirit." Thank Father. Spend time with Our Lord thanking and praising Him for the gift of His mercy. Perform your penance as soon as possible.

SOME ACTS OF CONTRITION

O my God, I am heartily sorry for having offended Thee, and I detest all my sins, because of Thy just punishments, but most of all because they offend Thee, my God, who are all good and deserving of all my love. I firmly resolve with the help of Thy grace, to sin no more and to avoid the near occasions of sin.

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.



Mass Attendance

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Date _____



Mass Attendance

Name _____

Date _____



Mass Attendance

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