



# FIRST COMMUNION

## *Act of Contrition*

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.  
Amen.

St. Mary, Our Lady of the Lake

Religious Education

## FIRST COMMUNION

Welcome to First Communion preparation! What a wonderful and exciting time!

This year we will focus on gaining a deeper understanding of the Mass. It will be very important that you attend Mass on Sunday with your child. Teach them and show them your love for the Blessed Sacrament.

You will also need to work with your child to prepare them for First Reconciliation, which can many times be much more challenging than First Communion.

## CONTACT

Sally Vogel

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## SPECIFICATIONS

First Communion preparation is a two-year process. If your child was not enrolled in 1<sup>st</sup> grade RE class or Catholic school prior to enrolling in 2<sup>nd</sup> grade, please contact Christina Clem ([ccllem52@me.com](mailto:ccllem52@me.com)) to see where your child should be placed.

This year we are going to learn how to make a good confession. We will practice examination of our souls. We will learn on a deeper level what is happening during Mass. And, of course, prepare our students to receive Communion.

## FIRST COMMUNION REQUIREMENTS

- Student should be in 2<sup>nd</sup> grade or above and at least 7 years old.
- Student must have been enrolled in religious education program for at least one year prior (1<sup>st</sup> grade RE or Catholic school). If student was not enrolled in RE prior, please contact Christina Clem (cclem52@me.com) to determine eligibility.
- Student must attend two years of religious formation through the RE program (1<sup>st</sup> and 2<sup>nd</sup> grade) with no more than two absences per semester.
- Students should participate in Mass on Sundays and more often if the opportunity presents itself.
- Student must turn in a copy of Baptism certificate.

In addition, students should have knowledge of:

- How to behave during Mass
- Make the Sign of the Cross
- How to pray Our Father, Hail Mary, Glory Be
- Before First Reconciliation, the student will need to be able to pray the Act of Contrition and do an examination of conscience.
- Reverence for Mass and the Eucharist

## DRESS CODE FOR FIRST COMMUNION

Girls:

- white dress
- veil
- white shoes
- gloves optional

Boys:

- dark pants
- white shirt
- jacket and tie are optional

## DAY OF COMMUNION GUIDELINES

- An unlit candle may be carried in the procession.
- There will be a few reserved seats for parents, so come early!
- Group pictures will be taken after Mass. Please do not take pictures during Mass. This is a sacred time, and St. Mary's will have a photographer.
- A reception will immediately follow Mass.