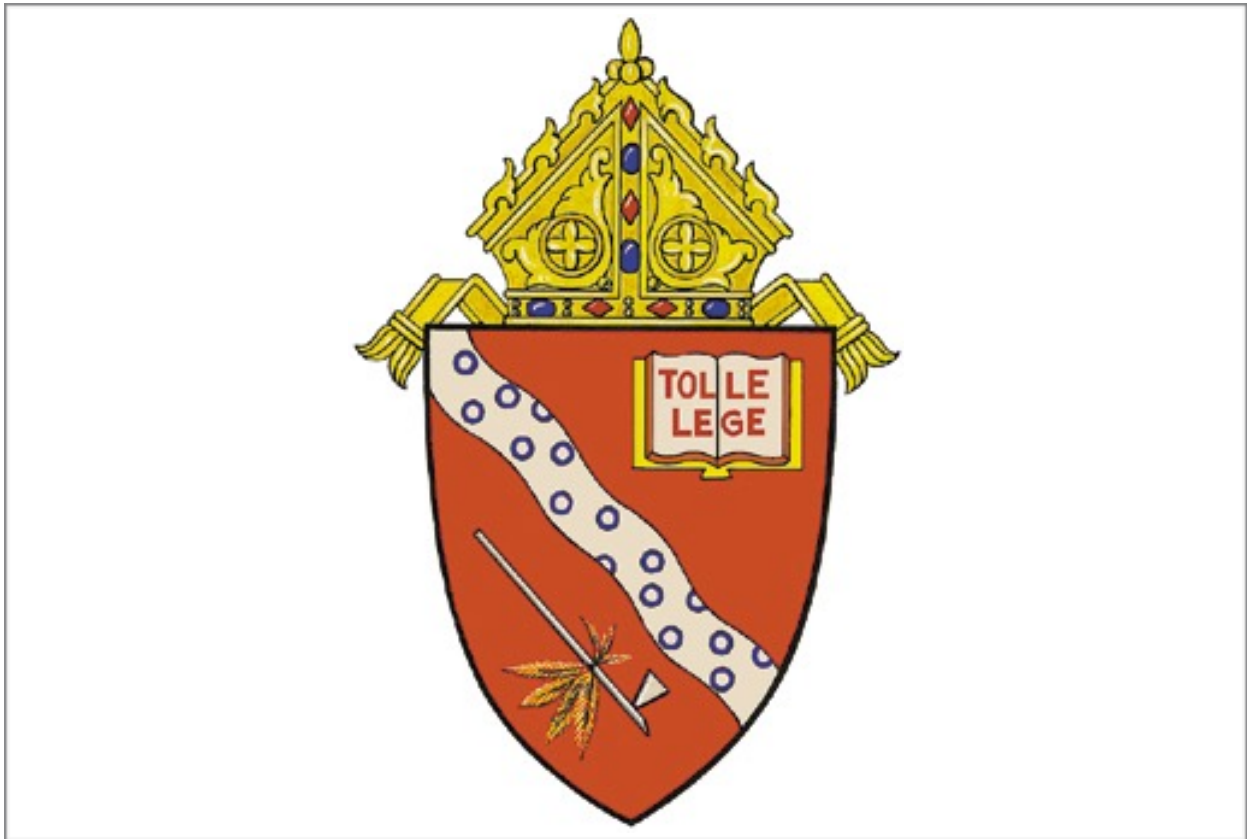


First Communion Guidelines

Norms for Catechesis and Evangelization of First Communion



Diocese of Kalamazoo
Promulgated September 2015

Purpose

Explanation of purpose of guidelines

The Diocese of Kalamazoo is promulgating these norms under the authority of Bishop Paul J. Bradley.

“And He spoke many things to them in parables, saying, ‘Behold, the sower went out to sow; and as he sowed, some seeds fell beside the road, and the birds came and ate them up. Others fell on rocky places, where they did not have much soil; and immediately they sprang up, because they had no depth of soil. But when the sun had risen, they were scorched; and because they had no root, they withered away. Others fell among thorns, and the thorns came up and choked them out. And others fell on the good soil and yielded a crop, some a hundredfold, some sixty, and some thirty.’” (MT 13:3-8)

The Church continues to sow the teachings of Christ within her faithful, even as we know the ground is not always fertile. We know that those who come to the church for this initiation sacrament have already received the gift of faith at baptism, however we can not assume that this gift has been planted in fertile ground, has been nurtured, and has grown into discipleship. The diocese desires to give guidance to the parishes on creating an atmosphere and conditions that will yield discipleship. It is paramount that families be bolstered in the faith, especially at these milestones in which there are children receiving sacraments. It will be important that the parents and guardians of those receiving sacraments of initiation are given the tools and guidance to provide the fertile ground of the seeds of faith that are sown by the Church.

The Diocese of Kalamazoo provides the following guidelines in accord with Canon 842 paragraph 2, “...those who seek the sacraments are prepared to receive them by proper evangelization and instruction, attentive to the norms issued by the competent authority.” By issuing these guidelines and norms, parishes are given the

tools create a unity among the parishes, and guidance toward the singular goal within initiation sacraments of fostering disciples that are ready to “love the Lord... with all [their] heart, and with all [their] soul, and with all [their] mind...[and] love [their] neighbor as [themselves]” (cf. MT 22:37-39). Yet, they still have a flexibility to maintain their own charisms and needs.

Profile

Description of an “ideal” candidate

The following is intended to describe what is an ideal candidate for First Communion. The goal of this is to assist those preparing students in knowing some of the desired outcomes of the preparation. All should realize that we do not live in an ideal world, and that our world is often messy and confusing. The hope is that we journey with those preparing, and their families, as we all strive toward holiness.

Ideal First Communion recipients will have families that are witnessing to the faith, or that have adults in their lives that are making this witness. They are attending Mass weekly and have a daily prayer life (at the level of their ability to understand). They will have a general understanding of the sacraments and a desire for relationship with Jesus Christ. They will know what sin is, have an understanding of the difference between right and wrong, and desire to reconcile their lives with God and the Church through the Sacrament of Reconciliation,. They should have a grasp of the mercy of God and what that means.

Their desire for relationship with Christ will manifest in a desire to receive Jesus’ Eucharistic Body and Blood. The children must understand that the bread and wine change into the Body, Blood, Soul and Divinity of Jesus Christ. They should have a basic knowledge of, and familiarity with, Scripture, Salvation History, and

an interest in reading and praying with the Scriptures. They should be able to understand and articulate the different parts of the Mass, with an awareness of the vestments and vessels used during Mass. They should be learning the doctrines of the Church and have a desire to continue growing in their knowledge of the faith.

Age

Norms for the age of reception of the sacrament of confirmation

In order to give unity across the diocese, to create similar experiences, and for the diocese to be able to provide similar programs to fit all parishes, and in accord with the norms of the United States Conference of Catholic Bishops (USCCB) the diocese sets forth the following norm:

In the Diocese of Kalamazoo any baptized child reaching the age of reason (typically around the age of 7) may enter the sacramental preparation for the sacrament of First Communion. The norm in the Diocese of Kalamazoo is for the child to receive during their second grade in school.

Length of Preparation

Explanation of the time frame for preparation

To provide for the premium amount of time to evangelize and catechize the Diocese of Kalamazoo offers a requirement of length to the preparation:

All those who will receive First Communion will enter into a two-year preparation process within their parish. They ought to notify their parish and seek requirements for First Communion at least two years prior to the sacrament.

During these two years the candidates will continue to receive the age appropriate catechesis found in the Diocesan Theology Curriculum Guide. The elements listed in these guides are to be completed during this two-year period.

Baptismal Certificate

When does the parish need baptismal information

Parishes need to confirm that all candidates for First Communion, that have previously been baptized, received a valid baptism. Parishes must also notify the church of baptism once the candidate has received the sacrament of First Communion. The norm for the Diocese of Kalamazoo is for the parish to receive a baptismal certificate from the parish of baptism at the beginning of the two-year time frame of the confirmation process. Each parish will establish a deadline to receive these documents before the candidate is officially enrolled in the preparation for the sacrament.

Mass Attendance

On the importance of Mass Attendance

The Eucharist is the source and summit of our faith. Our faith is centered around the community that forms and joins together for the breaking of the bread. The Eucharist is the divine food through which our spiritual lives are sustained, and we are strengthened for the journey of faith throughout the week. For those preparing for the reception of a sacrament, the nourishment of weekly Eucharist is necessary (even if they are not receiving the Eucharist). There is great importance in attendance at Mass, beyond the obligations of the Church, the desire for Worship of God and living in community needs to be fostered among those who belong to Christ.

Thus, it is expected that all children preparing for First Communion and their families are attending Mass on Sundays and Holy Days of Obligation. The sacrament may be delayed if the student's family persists in not attending Mass. Those in difficult family situations need to be accounted for, accompanied, and pastorally taken care of in all regards, but especially within this norm.

It is important that all families are receiving catechesis through multiple avenues on the importance of Mass, beyond its obligation.

Implementations of this norm should be accounted for by the parish in some way, depending upon the size and structure of the parish. The following are some suggestions that have worked at various parishes:

- Having a journal that is filled out with information from the Sunday liturgies.
- Having a discussion before each class session about the previous Masses.
- Having a form for candidates to fill out, asking what they understood from the homilies.
- Having mentor families meeting regularly with the family preparing for the Sacrament
- Personal conversations between the pastor or director and the families

While at Mass the children should be fostering their desire to receive the Eucharist. This is best done through their active participation in Mass. Children can actively participate in Mass by understanding the different parts of the Mass and by being united in prayer, not only through responses, but internally as well. Parents should teach their children that they may always unite their hearts in prayer with the priest's offering of the bread and wine. They should teach their children to offer their own needs and concerns to the priest's prayer, and so make their participation all the more fruitful. During the Communion Rite the child ought to prepare his or her heart for Christ and pray the Act of Spiritual Communion while their parents receive. This will continue to foster the love of the Eucharist and desire to receive while efficaciously receiving grace through the prayer.

Interview

On the importance of interview and accompaniment of families

It is extremely important that the Church accompany people on their journey of faith. One of the hallmarks of discipleship throughout the history of the Church was the mentoring and journey of individuals and families as they experienced the love of God, encountered the person of Christ, and became imbued with the gifts of the Holy Spirit. In order to enhance the experience of accompanying and journey of faith happening within the candidate and their family, interviews with the family and candidate are very important.

The norm in the Diocese of Kalamazoo is for all candidates for First Communion, along with their families, to have an entrance interview. It is highly encouraged that this interview is facilitated by the pastor or another priest and may include the First Communion Coordinator. There are circumstances and situations where the pastor may need to delegate this to other leaders in the church community. This initial interview will take the “spiritual temperature” of the candidate and their family. This is not meant to be a psychological intake, but a discussion and introduction of the family, candidate, and the parish. This gives an opportunity for the pastor to indicate the needs of the candidate for a faithful witness of the family in the life of the candidate. It will also allow for the pastor to sense the needs of the families for preparation for the sacrament. Based on these interviews preparation can have adaptations to assist the families in becoming disciples along the way. It is encouraged that the interview happens throughout the first year of preparation, thus allowing time for the pastor and/or his delegates to conduct interview.

It is the norm that the interview is with the parents or guardians and child together (if parent are not going to be a part of the process then an adult of faith in the life of the child can take their place). General answers from the interviews must be shared with the First Communion coordinator so they can address any general concerns and tailor evangelization toward areas of need

The following are suggested questions to be asked during the interview:

- What is your experience with God?

- What is your prayer life like?
- Do you attend Mass?
- Why is it important (not important) for you to attend Mass?
- Why do you want to be a part of the confirmation process?
- Who are some saints you know?
- Do you have a favorite saint?
- What does prayer look like as a family?
- What questions do you have about the faith?
- Tell me about your experience of family?

General answers from the collective group of interviews can be shared with the First Communion Coordinator so that any general concerns can be addressed and evangelization can be prepared accordingly.

Saints

On the role of the lives of Saints in preparation

Those who will be receiving the Eucharist are receiving with the Communion of Saints. It is important that those preparing understand this community, build relationships with the saints, and see examples of lives of holiness.

Although the first communion student should know many saints, and will be encountering saints through their normative catechesis (parish religious education, Catholic School, or Catholic Home-school), it is important that all children preparing for First Communion in the Diocese of Kalamazoo know about the six saints listed below. There must be an intentional encounter of the children with these saints. Many parishes may find this is a great opportunity to have parents working with their children on this, assisting in parental involvement in the process.

- **St. Augustine-** Patron of the Diocese, said, “Become what you receive” regarding the Eucharist.

- **St. Tarcisius-** Patron of First Communicants, acolyte martyr who died protecting the Eucharist, while taking the Eucharist to prisoners
- **Blessed Imelda-** Patron of First Communicants, had desire for the Eucharist from a very early age, died of ecstasy after her First Communion
- **St. John Vianney-** Patron of Parish Priests, heard thousands of confessions, could read peoples souls
- **St. John Nepomucene-** Patron of Confessors, Queen’s confessor, was martyred for not revealing the confession of the Queen
- **St. Ignatius of Antioch-** Patron of Middle East Church, martyr of the 1st century, he said, “there is one Flesh of our Lord Jesus Christ, and one cup and one altar.”

Scripture

On the importance of Scripture in preparation

The Scriptures are of greatest importance in the life of a disciple. Students and their families should be encouraged to create a lived relationship with the scriptures in their family lived.

The First Communion student should encounter the Scriptures in their normative catechesis, it is important that all children preparing for First Communion in the diocese of Kalamazoo know the six scripture passages listed below as part of their preparation. There must be an intentional encounter of the children with these scriptures. Many parishes may find this is a great opportunity to have parents working with their children on this, assisting in parental involvement in the process.

- **Prodigal son (Luke 15:11-32)**
- **Last Supper (Lk 22:7-38, Mt 26:17-30, Mk 14:22-26)**
- **Good Shepherd and Found Sheep (Jn 10:11-21)**
- **True Vine (Jn 15:1-10)**
- **Bread of Life Discourse (Jn 6:22-70)**
- **St. Paul on Worthy Reception (1 Cor 11:27-30)**

Prayer

On the importance of prayer in preparation

A prayer life is essential to the relationship of the children as disciples. Students and their families should be encouraged to create a lived relationship with Jesus through an active prayer life.

Parents need to be helping the First Communion Candidates to assure they are memorizing their prayers they need for First Communion. These include the following: Our Father, Hail Mary, Glory Be, Sign of the Cross, Act of Contrition, Act of Spiritual Communion, Mass Responses

There must be a deliberate approach to the memorization of these prayers. Parishes should assure and assist the parents in memorizing these prayers. The following are some suggestions:

- Flash cards etc.
- Check list with holy card gift or something else
- Memorization CD's

Retreat

On the importance of spiritual development and encounter

One of the key factors in evangelization of youth and bringing them into a lifelong relationship with Christ are opportunities of encounter. Studies have shown that retreat opportunities are one of the most effective ways of allowing a personal encounter with Jesus Christ. Times away from the normal situation of catechesis, with a focus on prayer, encountering sacraments, adoration, and focus on meeting

Jesus will encourage this deeper relationship. The goal of the retreat is to create an opportunity for the child and parent to experience Jesus in a real way, while being evangelized and given the opportunity to dedicate their lives to the life of Christ and the Church.

The retreat, which should include all those preparing for First communion, should be 3-6 hours in length; and include prayer, scripture reading (which may come from an approved children's Bible or children's lectionary), experiential learning, and catechetical opportunities. It is the norm that the parents have involvement in the retreat (with at least one parent in attendance); they must be more involved than simply chaperoning. The retreat should create an opportunity for evangelization of the parents as well as the children.

Some examples of things to do at the retreat:

- Show a picture of the Prodigal Son and give out questions for family groups to discuss
- Do an activity with the stories of the found sheep and found coin
- Parents can guide kids on the Stations of the Cross etc.
- Catechesis of the good shepherd is a good resource for retreat activities
- There is a portal on the Diocesan website with best practices

Church Tour

On the importance of the children understanding the Church environment

As the children are preparing for the sacrament of First Communion it is important that they understand the beauty of the church building. It is also important that they are taught about the signs and symbols of the church building and the elements used in liturgy.

Therefore it is the norm that a church tour is done with all children who will be receiving their First Communion. This will assist them with a better knowledge of the Mass and what is used during it. It will also assist the children with a deeper interest in the Mass and in internalizing the symbols of the Mass.

The church tour could be done as part of a retreat experience. It is preferred that the pastor, or another priest, lead the church tour. Some of the key elements are: Confessional, Body of Church (explain art, and sacramentals), Sanctuary (altar, Baptismal font, Tabernacle), Eucharistic vessels (chalice, paten, ciborium, cruet), vestments, corporal etc.

Evangelization and Catechesis

Explanation of diocesan norms specific to evangelization and catechetical sessions

Although this entire document sets forth norms for evangelization and catechesis of the candidates for First Communion, this section will focus on the primary program of topics, processes, means, and norms for specific evangelization and catechetical sessions of learning. Learning about the faith is an important part of the evangelical and catechetical journey toward the reception of sacraments. These norms will assist those preparing the candidates in facilitating an environment and course of study that will encourage a deeper understanding and desire of knowledge of God and the Church.

All candidates are to be receiving ongoing catechesis via one of three normal means: Catholic School, Parish Religious Education program, or through Catholic Home-schooling.

In addition to the normal ongoing catechesis the candidate receives (via school, parish religious education, or home-school), the parish also must provide formal proximate evangelization and catechesis specific to the Sacrament of First

Communion for the children and their families. No matter how the normal ongoing catechesis is received, all children will need to attend these proximate preparation sessions. It is the norm for at least one parent to attend these sessions in addition to the children. It is preferable that all parents /guardians attend. It is envisioned to have six sessions covering the six topics for formal evangelization and catechesis. However, a parish could cover the topics in more than six sessions, or may find other ways to cover them with the children and parents. The following six topics must be covered (the bracketed sections are processes or other materials that are to be covered with these topics):

- Reality of sin/God’s response {Learn the Examination of Conscience}
- Jesus’ establishment of the Sacrament of Reconciliation {Process of Confession}
- Our Response to God {Learn (or have learned) Prayers}
- Last Supper and Mass {learn (or have learned) Mass Responses}
- Mass as Sacrifice {Process of Reception of Eucharist}
- Real Presence {Experience Adoration}

Reconciliation

On the importance of Mercy and Reconciliation during preparation

“God never tires of forgiving us, but it is we who tire of asking for forgiveness” (Pope Francis). An encounter of the mercy of God is always important in the journey of faith. It is this mercy that is central to the kerygmatic message of the saving grace of Jesus Christ, who died for us. Candidates for First Communion ought to understand that this is a sacrament of mercy, not a sacrament of punishment.

Parents are highly encouraged to participate in the Sacrament of Reconciliation when their child receives their first reconciliation. It is the norm for pastors to make

this sacrament available to the parents at the time of the First Reconciliation experience.

It is encouraged that a second opportunity for the Sacrament of Reconciliation is provided near the time of First Communion.

Assessment

Explanation of the need for assessment as part of accompaniment

If we are truly committed to journeying with our candidates for First Communion, we need to make sure that we are constantly aware of what their needs are, and where they are in their journey. The assessment piece is not intended to be a judgement or a test to determine the theological readiness of the candidates, although this could be part of the assessment. This is instead intended to assist with knowing the candidate, seeing where they are in their journey, and developing a plan to prepare the candidate the best way possible. It might even be worthwhile to do multiple assessments and multiple types of assessment throughout the two years. Often this can be done through an interview process, observation during classes, retreat experiences, and/or parental discussions. It is not recommended to have a written assessment. This assessment should be discussed with the pastor (if he is not making the assessment) far enough in advance that if a candidate is not fully prepared he may pastorally meet with the family to advise them on preparing their candidate for First Communion Mass.

Participation of the Pastor

On the importance of the pastor in preparation

It is recommended that that pastor have substantive involvement in the preparatory process for the Sacraments of Reconciliation and Eucharist. This can especially happen through the interviews, Church tour, a short homily before First Reconciliation, rehearsal, and if possible through the catechesis.

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THRESHOLDS OF FAITH

- **No Trust:** This is really previous to the thresholds of faith. Those who are in this threshold have no desire to do anything with the Church. Many in this threshold will have a negative view of the Church, have been hurt by someone in the Church and do not want to be a part of it because of this. Those in this threshold need to see witnesses of the faith, and have bridges of trust made in order to even think about having a relationship with the Church.
- **Trust:** This threshold describes those who have an open relationship with the Church. Those who are within the trust threshold have had a primarily positive experience with the Church, or at very least do not have a negative view of the Church. They will not typically enter into discussion or questions of the faith, but will observe, often building their trust in the Church to a greater degree. Bad experiences, scolding, negative moral teachings, pushing participation, and unwelcoming atmospheres can often quickly lead someone in this threshold away from the Church. The best experience for someone in this threshold are the witness and lives of faithful Catholics.
- **Curiosity:** This threshold describes those who have moved beyond the trust threshold and are now starting to wonder what the Church is all about. Questions are starting to form, but those in this threshold are not typically looking for deep theological answers. They are looking toward and for a witness of faith. Overwhelming someone in this threshold with deep theological discussions and vocabulary, quarreling over the internals of church politics and doctrine will often turn people in this threshold away from the Church, or at least move them back into the trust threshold. The best experience for someone in this threshold are sessions that satiate their curiosity.
- **Openness:** This threshold describes those who have moved beyond the threshold of curiosity and are now open to the possibility of personal and spiritual change. Those in this threshold are willing to seek answers to what needs to be changed in their lives, and are starting to show more signs of initial

faith. Those in this threshold will probably willingly attend liturgies and discussions on faith life at the Church. Faithful Catholics steeped in the life of Christ are integral to witnessing the life of faith, and the spiritual changes needed in their lives. Forcing the whole of the teachings of the Church, or asking for too much change too quickly at this threshold could move someone back out of this threshold. Discernment is key during this threshold, assisting someone in their decision to move forward with the process.

- **Seeking:** This threshold describes those who have moved beyond the threshold of openness. Those in this threshold are seeking out answers to deeper questions of faith and life. In this threshold many will seek out catechesis, catechetical sessions and theological programs are utilized by those in this threshold. Those in this threshold will seek information on their own, and it is often beneficial to not only give them Church teaching, but also allow them to seek out answers through research, community and action. Giving too little information, or not encouraging people in this threshold to find information outside of the direct catechesis could move someone back out of this threshold. Uniting those in this threshold with those who are living out the doctrinal, moral, and missionary teachings of the Church, and assisting with finding answers are key to this threshold.
- **Intentional Discipleship:** This threshold describes those that are willing to “drop their nets” and follow Jesus. People in this threshold are making a conscience commitment to follow Jesus, to turn their lives toward Him, to change that which holds them back, and to transform their lives through Him. Intentional Disciples are ready for the Sacraments of Initiation. Those in this threshold will be found trying to satiate their appetite for God through actions and study. They are found doing the spiritual and corporal works of mercy, they are living out their charisms, and are evangelizing others. This is the threshold we should all aim for. Liturgy, prayer, study, fellowship and works are all needed to sustain this threshold.

DOK 1st Communion Topic Outline

Reality of Sin/God's Response

What will be learned:

- We are created in love by God, for communion with God
- Original Sin ruptured our relationship with God
- Concupiscence effect passed on with Original Sin
- Personal sin has continued
- We are all guilty of original sin and personal sin
- God became man (Jesus Christ)
- Christ's crucifixion is highest form of love, redeems from death
- Grace through crucifixion and resurrection necessary to love
- Church established to transmit grace through sacraments

Biblical Figure for lesson:

Zacheus -A tax collector who stole money from those who he collected from. Jesus saw him in a tree and asked to come to his house for dinner. After meeting Jesus and realizing Jesus' love, he gave back ten fold what he stole.

Vocabulary used:

- **Original Sin:** The sin by which the first human beings disobey the commandment of God, choosing to follow their own will rather than God's will. As a consequence they lost the grace of original holiness, and became subject to the law of death; sin became universally present in the world. Besides the personal sin of Adam and Eve, original sin describes the fallen state of human nature which affects every person born into the world, and from which Christ, the "new Adam" came to redeem us.
- **Concupiscence:** Human appetites or desires which remain disordered due to the temporal consequences of original sin, which remain even after Baptism, and which produce an inclination to Sin.
- **Sin:** An offense against God as well as a fault against reason, truth, and right conscience. Sin is a deliberate thought, word, deed, or omission contrary to the

eternal law of God. In judging the gravity of sin, it is customary to distinguish between mortal and venial sins.

- **Personal sin:** Sin that is acted out by an individual, as opposed to original sin that is passed to all generations.
- **Mortal sin:** A grave infraction of the law of God that destroys the divine life in the soul of the sinner, constituting a turning away from God. For a sin to be mortal, three conditions must be present: grave matter, full knowledge of the evil of the act, and full consent of the will.
- **Venial sin:** Sin which does not destroy the divine life of the soul, as does mortal sin, though it diminishes and wounds it. Venial sin is the failure to observe necessary moderation, in lesser matters or moral law, or in grave matters acting without full knowledge or complete consent.
- **Grace:** The free and undeserved gift that God gives to us to respond to our vocation to become His adopted children. As sanctifying grace, God shares His divine life and friendship with us in a habitual gift, a stable and supernatural disposition that enables the soul to live with God, to act by his love. As actual grace, God gives us the help to conform our lives to His will. Sacramental grace and special grace are gifts of the Holy Spirit to help us live out our Christian vocation.
- **Church:** The name given the “convocation” of “assembly” of the People of God has called together from “the ends of the earth”. In Christian usage, the word “church” has three inseparable meanings: the People that God gathers in the whole world; the particular or local church (diocese); and the liturgical assembly. The Church draws her life from the Word and the Body of Christ, and so herself becomes the Christ’s Body. In the Creed the sole Church of Christ is professed to be one, holy, catholic, and apostolic.

* Most definitions from the Catechism of the Catholic Church

Resources:

Catechism of Catholic Church: 1-165, 396-412, 654, 748-945, 1264, 1426, 1849-1862, 1996-2000, 2515

Scripture: Genesis 1-3, John 1, John 15:12-17, John 18-20, Matthew 16:18, Matthew 28:16-20

Media:

<http://reallifecatholic.com/video/#7750-video-grid/1/8036-youre-kind-of-a-big-deal>

<http://reallifecatholic.com/video/#7750-video-grid/1/7770-ocean-of-mercy>

<https://www.youtube.com/watch?v=lildQ-m8Qtw>

DOK 12 Truths Document

DOK 1st Communion Topic Outline

Jesus' establishment of Sacrament of Reconciliation

What will be learned:

- We are all bodily and spiritual beings
- As part of having a body we have sacraments that are physical signs of spiritual actions
- Jesus established these sacraments, in particular the Sacrament of Reconciliation
- The Sacrament of Reconciliation has physical actions, the actual confessing of sins, the hearing of them, the laying on of hands, and the words of absolution
- The spiritual action is the forgiveness of sins
- Jesus established that His authority would be given to priests, who would stand *in persona Christi*, to forgive sins.
- Mortal sins must be confessed
- All sins are forgiven

Biblical Figure for lesson:

Peter-Peter was the first Pope and was given the authority (with the apostles) to bind and forgive sin here on Earth.

Vocabulary used:

Resources:

DOK 1st Communion Topic Outline

Our Response to God

What will be learned:

- Daily and Sustaining prayer life
- Creating a Rhythm of prayer
- Reading of Scriptures (Lectio Divina as option)
- Communication with God
- Various ways and methods of prayer
- Loving and caring for others
- Participating in Sacraments
- Sharing our faith

Biblical Figure for lesson:

Samaritan Woman at the Well-a Samaritan woman who met Jesus during the day. After the discussion with Jesus, and after feeling His mercy, she invited him into the town and proclaimed Him as the messiah to the whole town.

Vocabulary used:

Resources:

DOK 1st Communion Topic Outline

Last Supper and Mass

What will be learned:

- Elements of the Last Supper
- Connection between elements of Last Supper and Mass
- “Do this in memory of me”
- Words of consecration
- Participation at Mass is participation in Last Supper

Biblical Figure for lesson:

John-The beloved disciple...

Vocabulary used:

Resources:

DOK 1st Communion Topic Outline

Mass as Sacrifice

What will be learned:

- Passover and it's connection to Mass
- Good Friday, Jesus as the Paschal Lamb
- Connection of utilizing an Altar at Mass
- Re-Presentation of the Crucifixion at every Mass
- Uniting our own sufferings to the Mass

Biblical Figure for lesson:

Paul-

Vocabulary used:

Resources:

DOK 1st Communion Topic Outline

Real Presence

What will be learned:

- Eucharist as Body, Blood, Soul, and Divinity
- Sacramental Presence of Jesus
- Eucharistic Adoration
- Eucharistic Miracles

Biblical Figure for lesson:

Disciples on the road to Emmaus - Two disciples were walking to Emmaus on the day of the resurrection of Jesus. Jesus walked with them, but they did not know it was Him. He opened up the Scriptures to them, and then they recognized Him in the Breaking of the Bread.

Vocabulary used:

Resources:

DOK 1st Communion Saints

St. Augustine:

Patron of: Diocese of Kalamazoo, Theologians

Feast Day: August 28

Date of Birth: 11-13-354 Date of Death: 8-28-430

Short Bio:

St. Augustine...

DOK 1st Communion Saints

St. Tarcisius:

Patron of: First Communicants, Altar Servers

Feast Day: August 15

Date of Birth: 2nd or 3rd Century Date of Death: 3rd Century

Short Bio:

St. Augustine...

DOK 1st Communion Saints

Blessed Imelda:

Patron of: First Communicants

Feast Day: May 12

Date of Birth: 1322 Date of Death: 5-12-1333

Short Bio:

St. Augustine...

DOK 1st Communion Saints

St. John Vianney:

Patron of: Priests, Confessors

Feast Day: August 4

Date of Birth: 5-8-1786 Date of Death: 8-4-1859

Short Bio:

St. Augustine...

DOK 1st Communion Saints

St. John Nepomucene:

Patron of: Confessors

Feast Day: March 20

Date of Birth: c. 1345 Date of Death: 3-20-1393

Short Bio:

St. Augustine...

DOK 1st Communion Saints

St. Ignatius of Antioch:

Patron of: Church of the Middle East

Feast Day: October 17

Date of Birth: c. 35 Date of Death: c. 110

Short Bio:

St. Augustine...

DOK 1st Communion Prayers

Sign of the Cross

**In the Name of the Father
and the Son
and the Holy Spirit
-Amen**

DOK 1st Communion Prayers

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

DOK 1st Communion Prayers

Hail Mary

**Hail Mary, full of Grace,
the Lord is with you,
blessed are you among women,
and blessed is the fruit of your womb, Jesus.
Holy Mary, mother of God,
pray for us sinners, now and at the hour of our
death.
-Amen**

DOK 1st Communion Prayers

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 will be,
world without end.**

-Amen

DOK 1st Communion Prayers

Act of Contrition

**Oh my God,
I am heartily sorry for having offended you.**

**I detest all of my sins,
because of Your just punishment,**

**but most of all,
because they offend You,
my God, who is all loving
and deserving of all my love.**

**I firmly resolve with
the help of your grace,
to sin no more, and avoid
the near occasion of sin.**

-Amen

DOK 1st Communion Prayers

Act of Spiritual Communion

My Jesus,

**I believe that you
are present in the**

Most Holy Sacrament.

**I love You above all things,
and I desire to receive You
into my soul.**

**Since I cannot at this moment
receive You sacramentally,
come at least spiritually
into my heart.**

**I embrace You
as if You were already there
and unite myself
wholly to You.**

**Never permit me
to be separated from You.**

-Amen