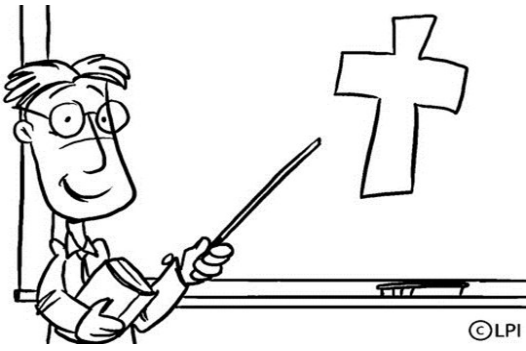

First Holy Communion

BASILICA OF REGINA PACIS FAITH FORMATION PROGRAM





What Your Child Will Learn

During the next few months, your child will be experiencing a very important part of his or her spiritual growth. We want to support your child, and your entire family, as you work towards receiving the Sacrament of First Holy Communion.

Listed below is some of the information that your child will be learning in our Faith Formation program. It is important that we work together to reinforce at home what your child is learning in our Parish program.

The Sacraments: Your child should have a basic understanding of the meaning of a Sacrament. At a child's level of understanding, the seven Sacraments are seven visible signs of God's love for us. Jesus gave us the Sacraments to help us be closer to God. Your child should be familiar with the Sacraments of Baptism, Reconciliation, and Eucharist.

The Eucharist: All of what your child is learning this year relates to the Eucharist, but the following are specific points that he or she should understand.

1. Why do we celebrate the Eucharist?

Jesus gave us the Eucharist so that we could remember that He gave His life for our salvation, and so that we could experience the continuing presence of Christ in his Word and in his Spirit. The Eucharist is the ritual, sacramental action of giving thanks and praise to God the Father.

2. What happens to the bread and wine during the Mass?

In the Eucharistic prayer, the priest transforms the bread and wine into the Body and Blood of Jesus.

3. How do we prepare ourselves to receive the Holy Eucharist?

We come with a clear conscience, ready to receive Jesus and take Him out to the world.

4. What are the proper ways to receive the Holy Eucharist?

You may receive the Body of Christ in your hands or on your tongue. You drink the Precious Blood from the Chalice. The Body of Christ is Sacred and should be taken immediately into your mouth when received.

The Mass: Your child should have a basic understanding of the Mass, including the following points.

1. *Why do we go to Mass?*

We attend Mass to join with our community to honor God and receive the Eucharist. Weekly Mass is our Parish community's central act of worship, through which Christ unites us to Himself and to one another.

2. *What are the two parts of the Mass?*

The Liturgy of the Word and the Liturgy of the Eucharist.

3. *How do we participate in the Mass?*

We listen, we pray, we sing, we praise, we receive Christ in the Eucharist, we take Christ out to the world.

The Life and Teachings of Jesus: Your child should know about the basic life and teachings of Jesus, especially as they relate to the Eucharist. Important biblical stories include "*The Last Supper*" (Luke 22:7-20) and "*The Beatitudes*" (Matthew 5:3-12).

Church: We are all a part of the mystical Body of Christ. We are a part of the Parish community of The Basilica of Regina Pacis. Your child should understand as a part of the mystical body of Christ, we come to Mass to celebrate the Sacrifice of Jesus in the Eucharist. They should understand that we have responsibilities toward the Church, our Parish Community.

Christian Service and Living: Your child should understand that the Eucharist calls us to a life of Christian morality and service.

Prayers: Your child should know the basic Catholic prayers:

"The Sign of the Cross",
"The Lord's Prayer",
"Hail Mary",
"Glory Be (Doxology)",
"The Apostles' Creed",
and
"The Act of Contrition."



Make It A Memorable Occasion

Talk with your child about your hopes and plans for the day of their First Holy Communion. Tell your child about your own First Eucharist. What was important to you? What did not matter, but seemed important at the time? Ask any other children in the family to do the same.

- ◆ Be sure that your child attends Mass every week and discuss the readings of the week.
- ◆ Talk with your child about why and how you chose his or her Baptismal name. If the name has a special meaning in your family, be sure to share that with your child. If the name is also the name of a Saint, read them a story about the life of that Saint.
- ◆ Think about ways that you can reflect Christian living in your home. Decorate your home for the Liturgical seasons and discuss those changes in your home at dinner.
- ◆ Plan a family service project during Advent or Lent. Make sure your child plays an active role in determining the project.
- ◆ Initiate some special prayer time as a family. If you have never had a special prayer time together, you might begin at bedtime or before meals. It is always meaningful to gather as a family to pray the Rosary.
- ◆ As parents, take time to discuss and reflect on the upcoming ceremony and consider ways you can grow in faith together.
- ◆ Ask your child to share with you their hopes and concerns for the celebration. Discuss plans for the celebration and make sure you include your child in the decisions about the day, such as who to invite, and the reception/party plans for after the Mass. This is a truly joyous occasion – pull out the stops and really celebrate!

Helpful Words to Know

- Absolution:** The element of the Sacrament of Penance where Jesus forgives our sins through the words of the priest.
- Agnus Dei:** “Lamb of God.” A title for Jesus that reminds us that he offered his life through suffering and death to take away our sins.
- Altar:** The table of the Eucharist. The Liturgy of the Eucharist is celebrated at the altar.
- Altar Server:** A person who helps the priest and deacon during Mass.
- Ambo:** The reading stand from which the Scriptures are proclaimed. It is also called the lectern.
- Baptism:** One of the three Sacraments of Initiation. Baptism gives us new life in Christ and makes us members of the Church.
- Baptismal Font:** A bowl-shaped container or pool of water used for Baptism. The word “font” means “fountain.”
- Bible:** The special book that God has given to us, that tells us (reveals) who God is. The Bible is the holy book of the Church.
- Blessed Sacrament:** Another name for the Body and Blood of Jesus.
- Book of the Gospels:** A decorated book containing the readings from the four Gospels used during the Liturgy of the Word.
- Cantor:** The leader of song during the Mass and other celebrations.
- Chalice:** The special silver or gold cup used at Mass to hold the wine that becomes the Blood of Christ.
- Chrism:** The oil blessed by the Bishop used in the Sacraments of Baptism, Confirmation, and Holy Orders.
- Christian:** The name given to people who are baptized and follow Jesus.
- Church:** The community of all baptized people who believe in God and follow Jesus. Jesus started the Church to continue His mission to share the Good News and God’s mercy with everyone.
- Ciborium:** The special silver or gold container used at Mass to hold the smaller consecrated Hosts for communion. A covered ciborium also holds the Blessed Sacrament in the Tabernacle.
- Confirmation:** One of the three Sacraments of Initiation. It is the Sacrament that strengthens the life of God we received at Baptism and seals us with the gift of the Holy Spirit.

Consecration:	The part of the Eucharistic Prayer when, through the prayers and actions of the priest and the power of the Holy Spirit, the gifts of bread and wine become the Body and Blood of Jesus.
Cruets:	Small pitchers or containers that hold the water and wine used at Mass.
Deacon:	A man who is ordained to serve the Church. Deacons may baptize, proclaim the Gospel, preach, assist the priest at Mass, and do works of charity.
Dignity:	The great value that all people have because they're created in God's image and likeness.
Easter:	The most important day of the Church year when we celebrate Jesus's rising from the dead after three days in the tomb.
Eucharist:	One of the three Sacraments of Initiation, the Eucharist feeds us and makes us one with Christ. Jesus's Body and Blood are really present in the Eucharist. The word "Eucharist" means "thanksgiving."
Faith:	Something we believe about God and his actions, but we do not understand how it happens. Believing without seeing.
Grace:	The gift of God's life and love that helps us become like His Son, Jesus. An important way we receive grace is through the Sacraments.
Holy Communion:	The Body and Blood of Christ that we receive in the Eucharist.
Holy Trinity:	The mystery of three Persons in one God: God the Father, God the Son, and God the Holy Spirit.
Homily:	A talk given by the priest during the Mass that helps us to understand the Scriptures and helps us to learn to follow Jesus.
Host:	A round piece of unleavened bread used at Mass. When the host is consecrated at Mass, it becomes the Body and Blood of Christ.
Last Supper:	The last meal that Jesus shared with His disciples on the night before he died. The First Holy Eucharist.
Lectionary:	The book of Scripture readings used at Mass.
Lector:	A person who proclaims God's word at Mass or other celebrations. The word "lector" means "reader."
Lent:	The forty days before Easter during which we grow closer to Jesus as we pray, fast, and give alms.

- Liturgy of the Eucharist:** The second part of the Mass, when, through the Holy Spirit, the priest consecrates the bread and wine to become the Body and Blood of Christ. We remember and give thanks for all of God's gifts, especially for Jesus's life, death, and Resurrection.
- Liturgy of the Word:** The first part of the Mass, when the Holy Word of God is read and the priest talks to us about the readings of the day.
- Mass:** The name given to the special time when we gather as God's family to give thanks and worship God in prayer and receive Jesus in the Eucharist. The word Mass means "sent." After we celebrate Mass together, we are sent out to share Jesus with everyone we meet. All Catholics are expected to come to Mass every Sunday, no matter where we are. Attending daily Mass is a wonderful thing, too!
- Mother of God:** Mary is the special woman that God the Father chose to be the mother of His Son, Jesus.
- Original Sin:** The first sin committed by the first humans, Adam and Eve.
- Paschal candle:** Another name for the Easter Candle that is lit at the Easter Vigil.
- Paten:** The silver or gold plate or dish that is used at Mass to hold the large host.
- Pentecost:** The Feast that celebrates the coming of the Holy Spirit on the apostles and disciples fifty days after Easter. We celebrate this day as the beginning of the Church.
- Prayer:** Talking and listening to God. It is raising our minds and hearts to God.
- Priest:** A servant of God. A man who is ordained to serve God and lead the Church as its shepherd and leader. He offers the sacrifice of the Mass and the other Sacraments, presiding at Mass, and caring for the people who are members of our Parish.
- Resurrection:** God raised Jesus back to life three days after Jesus's death.
- Sacrament:** A visible sign of God's grace. There are seven Sacraments given to us by Jesus. The three Sacraments of Initiation are Baptism, Confirmation, and Holy Eucharist. The Sacraments of healing are Anointing of the Sick and Penance & Reconciliation. The Sacraments of Service are Holy Orders and Marriage.
- Sanctuary:** The part of the church where the altar and ambo are located. The word "sanctuary" means "holy place."
- Tabernacle:** The special place set aside in a Church to hold the bread and wine that have become the Body and Blood of Christ. It is located in the sanctuary behind the altar. A candle in a red glass container is kept burning every day, 24 hours a day beside the Tabernacle as a sign that Jesus is present. The word "tabernacle" means "meeting place."
- Vestments:** The special clothing worn by the priest and some others for Mass and other liturgical celebrations.

Prayers to Know By Heart



The Sign of the Cross

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

The Lord's Prayer

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.

The Glory Be (Doxology)

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.

The 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.

The Act of Contrition

Oh my God, I am heartily sorry for having offended You. And I detest all my sins because of Your just punishment, but most of all, because they offend You, My God, who are all good and deserving of all my love. I firmly intend, with the help of Your grace, to sin no more, and to avoid the near occasion of sin. Amen.

Invitation to Communion

Priest: "This is the Lamb of God who takes away the sins of the world. Happy are those who are called to his supper."

All: Lord, I am not worthy that you should enter under my roof, but only say the word and my soul shall be healed.

