

# ST. MARY AND ST. ROSE

## RELIGIOUS EDUCATION PROGRAM SACRAMENT PREPARATION PARENT HANDBOOK

2<sup>ND</sup> - 12<sup>TH</sup> GRADES  
2025 - 2026



Remember  
Me

Reconciliation

Baptism



# COMMUNION OF FAITH



Dear Parents and Guardians,

Can you remember when you received the Sacrament of Reconciliation for the first time? What about your First Communion? Or maybe it was the celebration of a Baptism? Celebrating a Sacrament for the first time is an important step in the life of your child as a Catholic. Most of us have clear memories of celebrating these Sacraments tucked away somewhere; you may even have your dress or Mass booklet in a special place. St. Mary and St. Rose Religious Education Formation Program is excited and honored to help in the preparation of your child for the Sacrament(s).

This Parent Handbook will provide you the information about the catechesis your child will be receiving, how you can help your child at home, and give the details about the upcoming liturgies to celebrate each Sacrament. **Please take time to read through the handbook.**

Parent participation and support is crucial in the spiritual development of each child. As a family, attendance at weekly Mass is the best form of support and education you can provide your child. It will bring the classroom teachings alive as your child can experience all that s/he is being taught. Your family has four opportunities to celebrate Mass:

Saturday	5:15	p.m.	St. Mary
Sunday	8:30	a.m.	St. Rose
Sunday	11:00	a.m.	St. Mary
Sunday	5:15	p.m.	St. Mary

If you have questions throughout the year, please feel free to contact Father Francis, your child's Catechist, or Parish Office Staff at any time.

God bless and thank you,

Father Francis

and your child's Religious Education Catechists

## Sacrament Information 2025-2026

- **2<sup>nd</sup> Grade Class** will be preparing for First Reconciliation.
- **3<sup>rd</sup> Grade Class** will be preparing for Confirmation and First Holy Communion (Eucharist).
- **3<sup>rd</sup> – 12<sup>th</sup> Grade OCIC 1<sup>st</sup> Year Class (This is a two-year program.)** will be preparing for **First Reconciliation**.  
Next year will be the preparation for **Confirmation and Eucharist**.
- **3<sup>rd</sup> – 12<sup>th</sup> Grade OCIC 2<sup>nd</sup> Year Class (This is the second year of the two-year program.)** will be preparing for **Confirmation and First Holy Communion (Eucharist)**.

### Catechist and Aide List

2 <sup>nd</sup> Grade	3 <sup>rd</sup> Grade	3 <sup>rd</sup> – 6 <sup>th</sup> Grade OCIC Year (1)	3 <sup>rd</sup> – 6 <sup>th</sup> Grade OCIC Year (2)
Roselie Valdez Pat Lopez Jessica Howard	Chris Valdez Nefer Garcia	Cindy Blanco Ellen Williams Adrianna Benevidez	José Gonzales Yolanda Flores

### Program Outline of Requirements and Eligibility

To be eligible to enter preparation to receive the **Sacrament of Healing (Reconciliation)** and the completion of the **Sacraments of Initiation after Baptism, known as the Sacraments of Confirmation and Eucharist** at St. Mary Church and St. Rose Church, an individual must meet the following qualifications:

- Be a baptized Catholic;
- Be part of a registered family in the Religious Education Program at either St. Mary Parish or St. Rose Parish;
- Provide copies of Birth Certificates and Baptismal Certificates (if not baptized at either of the two parishes) to the office upon registration; and provide copies of other sacraments (if not received at either of the two parishes);
- Be registered and instructed in the Faith through Religious Education Classes;
- Maintain regular attendance in the Religious Education Classes;
  - Combination of six absences are allowed (excused and/or unexcused);
  - Disenrollment will occur after the sixth absence;
  - Attend Sunday Mass and provide proof to DRE each Wednesday with a **signed Bulletin or “Holy Heroes”**
- Attend and participate at the practice for the Sacrament;
- Have knowledge of prayers which are required for each grade level;
  - Testing will be conducted by the Catechist to ensure that the student has a basic understanding of the Sacrament s/he will be receiving;
  - Pass an evaluation for Sacramental readiness by the Catechist or Director of Religious Education and/or Pastor;
- If any portion of these requirements is not met, the Sacrament may be delayed until a later date.
- **PARENTS/GUARDIANS: Your attendance and participation at the parent meetings is respectfully requested.**

## Sacrament Schedule 2025 – 2026

2nd Grade

3rd - 12th OCIC Year One

Required Dates

Parents	Students	Religious Education Classes		
	X	All Wednesdays,		St. Mary's Education Center
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		Reconciliation Practice		
X	X	Wednesday,	March 25, 2026 - 5:30 p.m. - 7:00 p.m.	St. Mary Church
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		1st Sacrament of Reconciliation Celebration with Father Francis		
X	X	Saturday,	March 28, 2026 - 9:00 a.m.	St. Mary Church
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## Sacrament Schedule 2025 – 2026

3rd Grade

3rd - 12th OCIC Year Two

Sacrament of Confirmation and First Communion (Eucharist)

Required Dates

Parents	Sponsor	Students	Religious Education Classes		
		X	All Wednesdays,		St. Mary's Education Center
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			Retreat, 7th - 12th Grade		
		X	Friday	January 30, 2026 February 1, 2026 Starts 5:00 p.m. Ends 1:00 p.m.	St. Mary Parish Hall
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			Retreat, Confirmation Sponsor and Parent Required		
X	X	X	Sunday,	March 1, 2026 - 10:00 a.m. - 4:00 p.m. Sponsor Paperwork Due	St. Mary Parish Hall
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			Saint Presentation		
X	X	X	Wednesday,	April 22, 2026 - 5:30 - 7:00 p.m.	St. Mary Parish Hall
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			Communion and Confirmation Practice		
X	X	X	Friday,	April 24, 2026 - 5:30 - 7:00 p.m.	St. Mary Church
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			Confirmation and First Communion Mass with Bishop Wall		
X	X	X	Saturday,	April 25, 2026 - 11:00 a.m.	St. Mary Church
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# Practice the Sacrament of Reconciliation with Your Child

1. Explain to your child that Reconciliation is a Sacrament of healing in which our sins are forgiven and in which we are reconciled with God and the Church.
2. Teach your child that God is a loving merciful Father who is waiting for us in the Sacrament of Reconciliation.
3. Explain that Jesus granted the apostles and their successors (priests) the authority to forgive and retain sins.
4. Teach your child how to make an examination of conscience and have him/her make it at the end of the day as part of their night prayers.
5. Make sure your child learns the **Act of Contrition** and that s/he understands Reconciliation as a way of preparing her/his soul to receive Jesus in the most holy Sacrament of the Eucharist.
6. Emphasize that the priest will never tell anyone about your child's confessed sins.

## (An Example of The Act of Contrition – Contemporary Version)

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.

## (An Example of The Act of Contrition – Traditional Version)

O, my God, I am heartily sorry for having offended you.  
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 resolve, with the help of Your grace,  
to sin no more and to avoid the near occasion of sin. Amen.



# PROCEDURE

## Receiving the Sacrament of Reconciliation

When your child is ready to receive the Sacrament s/he will be asked to walk into the Confessional:

- When each child approaches the priest, s/he begins with the Sign of the Cross and tells the priest how long it has been since the last confession, or say, “**Forgive me Father for I have sinned, this is my first Reconciliation.**”
- The priest will guide your child through the Sacrament of Reconciliation. The child will tell the priest his/her sins and answer any questions that might be asked.
- The priest might give your child some advice, and then he will give your child a **penance**.
- Your child will pray **an Act of Contrition**.
- The priest will **absolve** your child of his/her sins.

Your child will thank the priest and leave the Confessional. He or she will return to the pew, kneel and recite (do) the penance given in the Confessional.



# EXAMINATION OF CONSCIENCE

1. When I make choices, do I sometimes forget to think first about what God wants me to do?
2. Have I done what God wants?
3. Have I used the name of God or Jesus in a bad way?
4. Did I worship God at Mass each Sunday?
5. Have I disobeyed the grown-ups who take care of me?
6. Have I been angry with or cruel to others?
7. Have I forgotten to show respect for my body and the bodies of others?
8. Have I taken anything that is not mine, or have I treated others unfairly?
9. Have I always told the truth?
10. Have I hurt someone by what I have said or done?
11. Have I been jealous of others?
12. Have I refused to help people who are in need?
13. Have I been selfish?

## DIFFERENT TYPES OF SIN

**Mortal Sin: A very big sin that kills all life of Grace in our souls.**

- A serious offense against God;
- Destroys the virtue of charity within us;
- Involves serious immoral acts, or grave matter such as the breaking one of the Ten Commandments;
- Can cause eternal separation from God;
- Requires full knowledge and complete consent.

**Venial Sin: A small sin that makes a soul less pleasing to God.**

- Less serious because they do not destroy our relationship with God;
- Wrong acts committed without full knowledge of just how wrong they are.



# PRAYERS TO BE MEMORIZED



## THE SIGN OF THE CROSS

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

## 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.

## 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.

## 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 shall be, world without end.  
Amen.





## **COMMON PRAYERS AND BELIEFS— to be familiar with:**

### **THE SEVEN SACRAMENTS**

1. Baptism.
2. Reconciliation
3. Holy Eucharist
4. Confirmation.
5. Marriage
6. Holy Orders
7. Anointing of the Sick

### **THE TEN COMMANDMENTS**

1. I am the Lord your God. You shall not have strange gods before me.
2. You shall not take the name of the Lord your God in vain.
3. Remember to keep holy the Lord's Day.
4. Honor your father and your mother.
5. You shall not kill.
7. You shall not commit adultery.
8. You shall not steal.
9. You shall not bear false witness against your neighbor.
10. You shall not covet your neighbor's wife.
11. You shall not covet your neighbor's goods.

### **THE GREAT COMMANDMENT**

You shall love the Lord your God with all your heart, with all your soul, with all your strength, and with all your mind; and your neighbor as yourself.

### **GRACE BEFORE MEALS**

Bless us, O Lord, and these Thy gifts which we are about to receive from Thy bounty; through Christ Our Lord. Amen.

### **GRACE AFTER MEALS**

We give you thanks almighty God, for all the benefits, we have received, through Christ our Lord. Amen.

### **GUARDIAN ANGEL PRAYER**

Angel of God, my Guardian dear, to whom God's loves and commits me here. Ever this day, be at my side, to light, to guard, to rule, and guide. Amen.

### **BEDTIME PRAYER**

Now I lay me down to sleep. I pray the Lord, my soul to keep. Guard me safely through this night. Wake me with the morning light. God bless..... (*Mom, Dad, John, Sarah, etc...*). Amen.

### **THE APOSTLES' CREED**

I believe in God the Father Almighty, Creator of heaven and earth; and in Jesus Christ, His only Son, our Lord; Who was conceived by the Holy Spirit, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died, and was buried. He descended into hell; the third day He rose again from the dead; He ascended into heaven, and is seated at the right hand of God, the Father Almighty; from thence He shall come to judge the living and the dead. I believe in the Holy Spirit, the holy Catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and life everlasting. Amen.

### **SAINT MICHAEL THE ARCHANGEL**

St. Michael the Archangel, defend us in battle. Be our defense against the wickedness and snares of the Devil. May God rebuke him, we humbly pray, and do thou, O Prince of the heavenly hosts, by the power of God, thrust into hell Satan, and all the evil spirits, who prowl about the world seeking the ruin of souls. Amen.

Student's Name \_\_\_\_\_

Required for Reconciliation, Communion, and/or Confirmation		Parent	Catechist	DRE
<b>Prayers to *Memorize</b>				
R, Com, Conf	Sign of the Cross*			
R, Com, Conf	Our Father*			
R, Com, Conf	Hail Mary*			
R, Com, Conf	Glory Be to the Father*			
R, Com, Conf	Act of Contrition*			
<b>Prayers to Become Familiar/Belief or Precept of the Roman Catholic Church</b>				
R, Com, Conf	The Seven Sacraments			
R, Com, Conf	The Ten Commandments			
R, Com, Conf	The Great Commandment			
R, Com, Conf	Two Types of Sins			
R, Com, Conf	St. Michael the Archangel Prayer			
R, Com, Conf	Bedtime Prayer			
R, Com, Conf	Grace before/after Meals			
R, Com, Conf	Guardian Angel Prayer			
R, Com, Conf	The Apostles' Creed			
R, Com, Conf	The Four Parts of the Mass			
R, Com, Conf	How to Pray the Rosary			
Com, Conf	The Real Presence of Jesus in the Eucharist			
Com, Conf	The Five Precepts of the Catholic Church			
Conf	How to Pray the Chaplet of Divine Mercy			
Conf	Fruits of the Holy Spirit			
Conf	Gifts of the Holy Spirit			
<b>Project for Reconciliation, First Communion, or Confirmation</b>				
R, Com, Conf	Project (Reconciliation: Lamb/Letter; First Communion: Banner: Confirmation: Saint Presentation)			
Com, Conf	Reconciliation prior to First Communion and Confirmation			
Conf	Confirmation Name			
Conf	Confirmation Sponsor (not a parent)			
<b>REQUIRED</b>				
R, Com, Conf	Birth Certificate and Baptism Record on File			

**This “report card” is due to the DRE before the student can participate in and receive his/her sacrament(s).**