



# First Communion Retreat

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## SAINT ANDREW CATHOLIC CHURCH

WELCOME TO THE FIRST COMMUNION RETREAT. WE ARE BLESSED TO HAVE YOU WITH US TODAY TO PREPARE TO RECEIVE THE HOLY EUCHARIST—THE SOURCE AND SUMMIT OF OUR CATHOLIC FAITH—FOR THE FIRST TIME.

# Overview of Schedule

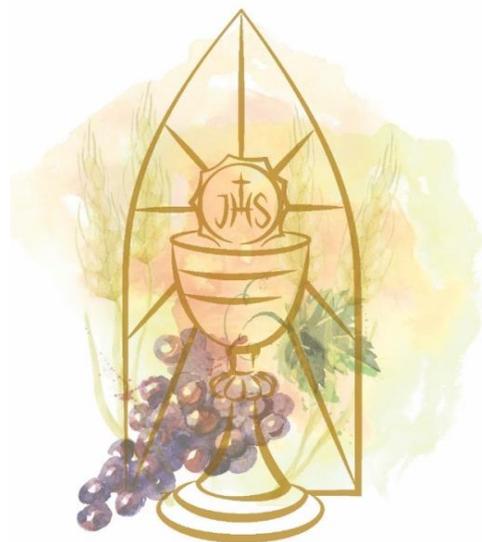
- Check-In: Pick Up Nametags, Rosaries and Booklets** (Gathering Area)
  - Gathering Prayer/Opening** (Sanctuary, Fr. Mark, 15 minutes)
    - Gathering Prayer
    - Introduce Fr. Newton and Jim Thorp
    - Introduction and Overview
    - Watch Eucharist Video as a Family: <https://www.youtube.com/watch?v=QcB7Uem00n4>
  - What Is The Eucharist? Preparing To Receive Communion** (Sanctuary, Fr. Mark, 40 minutes)
    - Manna From Heaven, Bread of Life
    - The Real Presence of Jesus in the Eucharist
    - Preparing to Receive and How to Receive
    - Practice Receiving and Taste the Unconsecrated Bread and Wine
  - Practice Processing** (Sanctuary, Jim Thorp, 15 minutes)
  - First Communion Q&A** (Sanctuary, Jim Thorp, 10 minutes)
  - Blessings of Rosaries and Closing Prayer** (Sanctuary, Fr. Mark, 5 minutes)
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## First Communion Dates and Details

Saturday, April 27, 2018, 5:00PM Mass

Sunday, April 28, 2018, 10:30AM and 12:30 PM (Hispanic) Masses

Parents and first communicants will check in and meet Principal Tom Donlon in the Gym 30 minutes before Mass begins (or with Pat Rosales in the Gathering Area at the 12:30 PM Mass) to receive instructions and line up to process into the church. Parents and first communicants process in and sit together in the front pews to receive the Eucharist from Fr. Mark and Fr. Newton. *Other children or family members will need to sit in back or side pews with other family members or friends.* Please do not take photos or video during the Sacred Liturgy. Both priests will be available for photos after Mass and the certificate ceremony.



# Eucharist: Purpose & Scope

The following information is a guide to support you as you work with your child.

## **Goals:**

- to prepare your child to receive the sacrament of Holy Eucharist.
- to ensure that the child is ready (prepared and disposed) with understanding to celebrate the sacrament.
- to lay the foundation for the positive experience that the sacrament of Holy Eucharist is meant to be.

## **The child's level of understanding of the Sacrament of Eucharist with regard to the following:**

- The Eucharist is the Body, Blood, Soul and Divinity of Jesus Christ.
- It is the greatest gift of God to His Church.
- The Eucharist enables us to receive Jesus into our bodies to nourish our souls.
- Receiving Jesus in the Eucharist gives us grace, which strengthens us and makes us more like Him.
- The Eucharist is truly Jesus, even though the sacrament still looks and tastes like bread and wine.
- The Eucharist is rooted in Sacred Scripture, in the accounts of the multiplication of loaves and fishes, the Last Supper and His passion death and resurrection (see the Gospels of Matthew, Mark and Luke, as well as John, chapter 6).
- The Eucharist anticipated in the Old Testament of Sacred Scripture (see the stories of the exodus from Egypt, manna in the desert, etc.).
- To receive the Eucharist, we must be free from serious sin and must not eat or drink anything besides water or medicine for one hour before receiving.
- If we know of a serious sin, we must go to Confession before receiving Communion.
- We receive the Eucharist reverently in our hand or on our tongue—bowing first, treating it with care, consuming (eating) it immediately, and making the Sign of the Cross.

## **Prayers and motions to commit to memory:**

- When, where, and how to genuflect (the aisle near our pew as we enter or leave the church, genuflect toward the tabernacle marked by the red lamp, by kneeling on our right knee)
- How to receive the Eucharist properly (in the hand or on the tongue)
- The Sign of the Cross, The Lord's Prayer, Hail Mary, the Glory Be, and an Act of Contrition (strive to know these by heart).

# Who Is Jesus?

Jesus is the Son of God and the son of Mary, truly God and truly man. He is the second person of the Holy Trinity: God the Father, God the Son, God the Holy Spirit. He came down from heaven and was born of the blessed Virgin Mary, lived and worked as a man, shared the Good News of God's love and gave Himself on the cross. The mysteries of the rosary are a great way to learn about Jesus's life—and Mary's too! *Adapted from "The Mysteries of the Rosary" on LoyolaPress.com.*

## The Joyful Mysteries

1. **The Annunciation.** Mary says yes to being the mother of Jesus (Luke 1:26-38)
2. **The Visitation.** Mary visits Elizabeth, who rejoices in our Lord (Luke 1:39-56)
3. **The Nativity.** Jesus is born in a stable in Bethlehem (Luke 2:6-20)
4. **The Presentation.** Mary and Joseph present Jesus to God in the temple (Luke 2:22-39)
5. **The Finding of Jesus in the Temple.** Jesus is found in the temple discussing His faith with the teachers (Luke 2:41-52)

## The Mysteries of Light

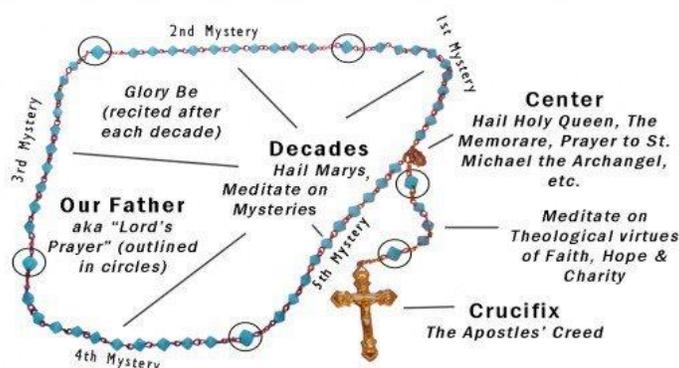
1. **The Baptism of Jesus in the River Jordan.** John baptizes Jesus and God proclaims that Jesus is His beloved Son (Matthew 3:13-17)
2. **The Wedding Feast at Cana.** Jesus performs His first miracle (John 2:1-11)
3. **The Proclamation of the Kingdom of God.** Jesus calls all to repentance (Luke 4:16-21)
4. **The Transfiguration of Jesus.** Jesus is revealed in glory to Peter, James and John (Mark 9:2-8)
5. **The Institution of the Eucharist.** Jesus offers His Body and Blood at the Last Supper (Mark 14:22-26)

## The Sorrowful Mysteries

1. **The Agony in the Garden.** Jesus prays in the Garden of Gethsemane the night before he dies (Matthew 26:36-46)
2. **The Scouring at the Pillar.** Jesus is lashed with whips (Mark 15:15)
3. **The Crowning With Thorns.** Jesus is mocked and crowned with thorns (Mark 15:16-20)
4. **The Carrying of the Cross.** Jesus carries the cross that will be used to crucify Him (Luke 23:26-32)
5. **The Crucifixion.** Jesus is nailed to the cross and dies (John 19:17-37)

## The Glorious Mysteries

1. **The Resurrection.** God the Father raises Jesus from the dead (Mark 16:1-8)
2. **The Ascension.** Jesus returns to his Father in heaven (Mark 16:15-20)
3. **The Coming of the Holy Spirit.** The Holy Spirit comes to the disciples (Acts 2:1-41)
4. **The Assumption of Mary.** At the end of her life on earth, Mary is taken body and soul into heaven (Revelation 12:1)
5. **The Coronation of Mary.** Mary is crowned as Queen of Heaven and Earth (Revelation 12:1)



# Scriptural Readings

## **A reading from the Holy Gospel according to John**

“I am the bread of life. Your ancestors ate the manna in the desert, but they died; this is the bread that comes down from heaven so that one may eat it and not die. I am the living bread that came down from heaven; whoever eats this bread will live forever; and the bread that I will give is my flesh for the life of the world.” The Jews quarreled among themselves, saying, “How can this man give us [his] flesh to eat?” Jesus said to them, “Amen, amen, I say to you, unless you eat the flesh of the Son of Man and drink his blood, you do not have life within you. Whoever eats my flesh and drinks my blood has eternal life, and I will raise him on the last day. For my flesh is true food, and my blood is true drink. Whoever eats my flesh and drinks my blood remains in me and I in him. Just as the living Father sent me and I have life because of the Father, so also the one who feeds on me will have life because of me.”

– John 6:48-57

## **A reading from the Holy Gospel according to Mark**

While they were eating, he took bread, said the blessing, broke it, and gave it to them, and said, “Take it; this is my body.” Then he took a cup, gave thanks, and gave it to them, and they all drank from it. He said to them, “This is my blood of the covenant, which will be shed for many. Amen, I say to you, I shall not drink again the fruit of the vine until the day when I drink it new in the kingdom of God.” Then, after singing a hymn, they went out to the Mount of Olives.

– Mark 14:22-26

## **A reading from the First Letter of St. Paul to the Corinthians**

For I received from the Lord what I also handed on to you, that the Lord Jesus, on the night he was handed over, took bread, and, after he had given thanks, broke it and said, “This is my body that is for you. Do this in remembrance of me.” In the same way also the cup, after supper, saying, “This cup is the new covenant in my blood. Do this, as often as you drink it, in remembrance of me.” For as often as you eat this bread and drink the cup, you proclaim the death of the Lord until he comes.

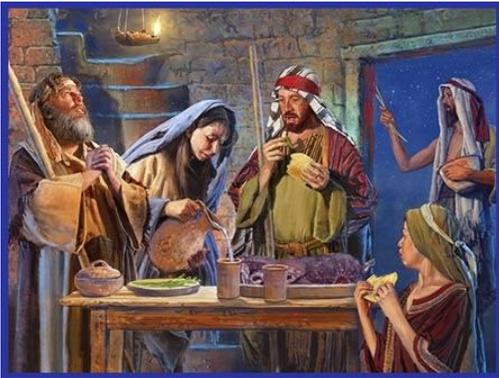
– 1 Corinthians 11:23-26

## **A reading from the Book of Exodus**

Then the LORD said to Moses: I am going to rain down bread from heaven for you. Each day the people are to go out and gather their daily portion; thus will I test them, to see whether they follow my instructions or not. ... Then Moses said to Aaron, “Tell the whole Israelite community: Approach the LORD, for he has heard your grumbling.” But while Aaron was speaking to the whole Israelite community, they turned in the direction of the wilderness, and there the glory of the LORD appeared in the cloud! The LORD said to Moses: I have heard the grumbling of the Israelites. Tell them: In the evening twilight you will eat meat, and in the morning you will have your fill of bread, and then you will know that I, the LORD, am your God. In the evening, quail came up and covered the camp. In the morning there was a layer of dew all about the camp, and when the layer of dew evaporated, fine flakes were on the surface of the wilderness, fine flakes like hoarfrost on the ground. On seeing it, the Israelites asked one another, “What is this?” for they did not know what it was. But Moses told them, “It is the bread which the LORD has given you to eat.

– Exodus 16:4, 9-15

# The Passover, the Last Supper, the Cross and the Mass



The Jewish people celebrate the **Passover** to commemorate the Exodus from Egypt. On the night of the final plague that God brought upon the Egyptians in which all the firstborn died, the Israelites sacrificed an unblemished (perfect) lamb. They ate the lamb with unleavened bread and bitter herbs and painted their doorframes with its blood so that the Lord would spare them from the plague He was bringing against the Egyptians and lead them to freedom from slavery.

Jesus was celebrating an early Passover meal—His own Passover—with his disciples at the **Last Supper** when He instituted (put into place) the sacrament of the Eucharist. He took the unleavened bread, blessed and broke it, and said, “Take and eat; this is my body. He then took the cup of wine, gave thanks, and said, “Drink from it, all of you, for this is my blood of the covenant, which will be shed on behalf of many for the forgiveness of sins” (Mark 14:22-26).



After the Last Supper, Jesus was betrayed by Judas, and the Jewish leaders turned him over to the Romans, demanded He be crucified. Remember when John the Baptist called Jesus the Lamb of God? Jesus died on the **Cross** the very day and at the very hour that the Passover lambs were being sacrificed. Jesus became the unblemished Lamb of God, the perfect sacrifice. By His blood, His people are spared from death and set free from their slavery to sin.

At every **Mass**, the priest stand in the person of Jesus and used His own words—“this is my body...this is my blood”—to make present to us again the perfect sacrifice of Jesus. Because Jesus is God, His words are *effective*: they do what they say! This re-presentation of Jesus’ Passover at the Last Supper begins with unleavened bread and wine, but it ends with each of us receiving Jesus’ Body and Blood in the Holy Eucharist, strengthening us to live and love like Him!



# Celebrating the Lord's Day: An Overview of the Mass

Sunday is the day on which we celebrate the Resurrection of Jesus. Sunday is the Lord's Day. We gather for Mass, rest from work and perform works of mercy. The Mass is the most important sacramental celebration of the Church, and it always follows a set order. *Adapted from "An Overview of the Mass" from LoyolaPress.com.*

## **Introductory Rites: Preparing to celebrate the Eucharist**

- **Entrance Chant:** We gather as a community and praise God in song.
- **Greeting:** We pray the Sign of the Cross. The priest welcomes us.
- **Penitential Rite:** We remember our sins and ask God for mercy.
- **Gloria:** We praise God in song.
- **Collect:** We ask God to hear our prayers.

## **Liturgy of the Word: Hearing God's plan of salvation**

*(based on Jewish worship, sharing the Word of God in the Temple)*

- **First Reading:** We listen to God's Word, usually from the Old Testament.
- **Responsorial Psalm:** We respond to God's Word in song.
- **Second Reading:** We listen to God's Word from the New Testament.
- **Gospel Acclamation:** We sing "Alleluia!" to praise God for the Good News. During Lent, we use a different acclamation.
- **Gospel Reading:** We stand and listen to the Gospel of the Lord.
- **Homily:** The priest or the deacon explains God's Word.
- **Profession of Faith:** We proclaim our faith through the Creed.
- **Prayers of the Faithful:** We pray for our needs and the needs of others.

## **Liturgy of the Eucharist: Celebrating Christ's presence in the Eucharist**

*(based Jesus' words and instructions at the Last Supper)*

- **Presentation and Preparation of the Gifts:** We bring gifts of bread and wine to the altar.
- **Prayer over the Offerings:** The priest prays that God will accept our sacrifice.
- **Eucharistic Prayer:** This prayer of thanksgiving is the center and high point of the entire celebration.
- **Preface:** We give thanks and praise to God.
- **Holy, Holy, Holy:** We sing an acclamation of praise.
- **Consecration:** The bread and wine become the Body and Blood of Jesus Christ.
- **The Mystery of Faith:** We proclaim the mystery of our faith.
- **Amen:** We affirm the words and actions of the Eucharistic Prayer.
- **Communion Rite**
  - **Lord's Prayer:** We pray the Our Father.
  - **Sign of Peace:** We offer one another Christ's peace.
  - **Lamb of God:** We pray for forgiveness, mercy, and peace.
  - **Communion:** We receive the Body and Blood of Jesus Christ.
  - **Prayer After Communion:** We pray that the Eucharist will strengthen us to live as Jesus did.

## **Concluding Rites: Going forth to glorify the Lord by our lives**

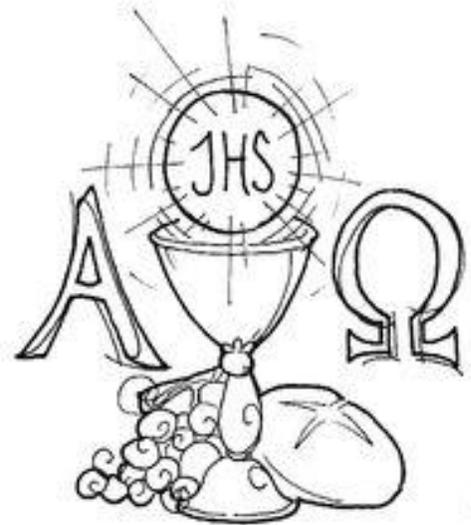
- **Final Blessing:** We receive God's blessing.
- **Dismissal:** We go in peace, glorifying the Lord by our lives.

# Receiving Holy Communion

Adapted from "Celebrating the Mass Lesson - Holy Communion," *The Catholic Toolbox* blog, online at [catholicblogger1.blogspot.com/2011/04/21-holy-communion.html](http://catholicblogger1.blogspot.com/2011/04/21-holy-communion.html).

## Things to Know

To receive Holy Communion we must be free from mortal sin. We also need to have the right intention and we need to obey the Church's laws on fasting before receiving Holy Communion. We are required to fast from all food and drink except water for one hour before we receive Holy Communion. Taking medicine does not break the fast. Holy Communion may also be received without fasting when one is in danger of death or sick or elderly in serious need.



Allow the priest or Eucharistic minister to present the sacred Host and the chalice (cup) to you. Never grab the Eucharist from the minister's hands.

According to *General Instruction of the Roman Missal* #160: When receiving Holy Communion, the communicant bows his or her head before the Sacrament as a gesture of reverence and receives the Body of the Lord from the minister. The consecrated host may be received either on the tongue or in the hand, at the discretion of each communicant. When Holy Communion is received under both kinds, the sign of reverence (a bow) is also made before receiving the Precious Blood.

Although many people make the Sign of the Cross after receiving Communion, it is not required. After receiving the Eucharist, walk back to your seat in a respectful manner with your hands folded. When you come to your seat kneel to pray or for meditation.

## How to Receive Holy Communion

Once the priest, deacons, servers, and Eucharistic ministers have received Holy Communion, the congregation begins to line up. Remain kneeling until it is time for you to line up. Then walk slowly with your hands folded in prayer as you make our way to the priest or Eucharistic minister. Remember to bow to show reverence for the Body of Christ when you stand before the priest or Eucharistic minister.

The priest or Eucharistic minister says:

"The Body of Christ."

The person receiving Holy Communion says:

"Amen."

To receive the Body of Christ, you should hold your hand open with your other hand below it, making a throne for the sacrament. To receive the Body of Christ on the tongue, open your mouth and extend your tongue in a respectful way allowing the sacrament to be placed there before closing your mouth.

Consume the Eucharist immediately and make the Sign of the Cross, then walk slowly with hands folded in prayer to the priest or Eucharistic minister with the chalice (or cup) of the Blood of Christ.

The priest or Eucharistic minister says:	“The Blood of Christ.”
The person receiving Holy Communion says:	“Amen.”

Use both hands to receive the cup. Drink a little and then hand the cup back to the minister.

When the distribution of Communion is over, the priest or deacon purifies the vessels (chalice and paten). The priest may return to his chair, and when he sits down the people can sit down. If appropriate, a sacred silence may be observed for a while, or a psalm or other canticle of praise or a hymn may be sung.

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## **Review Questions for Parents to Ask Students**

1. What must we be free of to receive Holy Communion? (Mortal sin)
2. What must we do for at least one hour before receiving Holy Communion? (Fast)
3. Does drinking water before receiving Holy Communion break the fast? (No)
4. Can a sick person take medicine any time before Holy Communion? (Yes)
5. When can someone receive Holy Communion without fasting? (In danger of death or sick or elderly in serious need)
6. What does a Eucharistic Minister do? (They help the priest administer [give out] the sacrament of Holy Communion or the Eucharist, which is the Body and Blood of Christ.)
7. What do we do until it is time for us to receive Holy Communion? (Kneel)
8. What do you do when you stand before the priest or Eucharistic Minister before you receive Holy Communion? (You bow to show reverence for the Body and Blood of Christ.)
9. Do you consume the Eucharist immediately or can you wait until you go back to your seat? (You consume the Eucharist immediately.)
10. What do you say after the priest or Eucharistic Minister says, “The Body/Blood of Christ.” (Amen)
11. What do you do after you have received the Body and Blood of Christ? (Walk back to your seat and kneel to pray or for meditation.)