

# First Eucharist Parent Packet 2020



Faith Formation Office  
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# FIRST EUCHARIST DATES & INFORMATION

**First Eucharist Textbook:** Must be completed by student and turned in at the Eucharist Experience Day on Sunday, March 29, 2020.

**Mass Journals:** Candidates need to complete at least 7 journals.  
Due at Eucharist Experience Day, March 29, 2020

**Eucharist Experience Day (Retreat)**  
Sunday March 29, 2020 1:30pm-4:00pm  
**Parents need to arrive at 3:45pm for short meeting**

**Eucharist Interviews:**  
April 20th 3pm – 4:30pm (no later than 4:15pm) Place: Church  
Or  
6:30pm – 7:30pm (no later than 7:15pm) Place: Church

**Mass Assignments** – candidates will be assigned to a mass time by lottery. The Faith Formation Office will not change a mass time for a candidate. If you are in need of a mass change you may find someone to change with and then inform the Faith Formation Office.

- The mass assignment list will be sent out by second week of February.

**Eucharist Rehearsal:**  
April 26<sup>th</sup> Sunday  
9am Candidates 1:30pm  
11am Candidates 3:00pm

**Eucharist Celebration:**  
May 2nd Saturday  
9:00 am Church (reception to follow in the Activity Center)  
11:00 am Church (reception to follow in the Activity Center)

**Dress:**  
Girls: Traditional white dress. Veil or headpiece optional.  
Boys: White shirt, dark tie, dress slacks. Jacket optional.

**Photography:** Idlewild Photography will be taking a picture of each candidate receiving the Eucharist for the first time. Please see sheet for photographer information included in this packet.

[www.idlewildphotography.com](http://www.idlewildphotography.com)

## WHAT TO TELL YOUR CHILD ABOUT FIRST EUCHARIST

The minimum knowledge required for the child actually is that he or she be able to tell the difference between ordinary food and the food that is given during what we call **Communion**.

Your children are very much aware that they, along with a lot of other people, leave their homes on Sunday to go to Church. Talk to them about the fact that the **Church is also a home**, but a bigger one than yours. A **family gathers there too**, but it is now not just your family, **it is God's family and God's people**.

Talk to your child about the special meal that Jesus had with His apostles, the **Holy Meal**, the Passover. The Passover was a night when all the Jews held a very special dinner, like a birthday party or an anniversary party at which they ate lamb to remind them that they were poor slaves in a strange land until God led them to freedom.

It was this meal which Jesus and his friends were celebrating when He did something different... He took bread into His hands and said, "**Take and eat, this is My Body**". He took the cup of wine and said, "**This is My Blood**". He then gave this special food to His Apostles . This is the essence of what the children should know, and more important, that this very same thing is done for them as it is done for you.

A child may wonder how this can be true. It is true because Jesus is not only our brother and most special friend, but because Jesus is also God. We may not be able to fully understand it, but all Catholic people do believe that what Jesus said He really did mean. In order that your child and all God's family might have this tremendous gift, Jesus gave to His church, in His priests, the power to do exactly what He did.

### **THE FAMILY MEAL IS AN EXCELLENT OPPORTUNITY FOR A LEARNING EXPERIENCE.**

Try to make use of your own family meals to teach your children how you show that you are all one in your own family by eating the food that is provided, but that you thank Our Father for it. Speak of God as Your Father, too.

Birthday parties are also good opportunities for a learning experience. They are times when a child invites their special friends to share in a celebration. Our Father invites your child and you, His special friends, to dine with Him. Because Jesus loves each one of us, He found a way to be with us always, a way by which the invitation of the Father, could be given to those who love Him. Jesus does this in the celebration of the Mass and reception of Communion. Jesus wants your child and each one of us to not only know that He loves us, but to come to Him and show that we love Him too, by eating the meal which He provides for us.

## **THE EUCHARISTIC FAST**

The purpose of this fast is a sign that we hunger for the Lord and to emphasize a separation from ordinary food and drink. Thus the church requests that normally speaking, we do not eat or drink (except water) for an hour before Communion.

## **RECEPTION OF THE EUCHARIST IN THE HAND**

Communion in the hand is one of the oldest traditions for reception of the Eucharist, from the early Church when the followers of Jesus met in private homes to share the Supper of the Lord.

Since we are able to feed ourselves, all are welcome to receive Christ in our own hands. It is proper, however, to use two hands in receiving Holy Communion, usually the left hand opened over the right. The Eucharist is placed on your hand with the greeting, “The Body of Christ,” to which you respond, “Amen”.

## **THANKSGIVING AFTER COMMUNION**

Following Communion, we are encouraged to enter into the community thanksgiving, i.e., singing, etc., and to use the period of silence to personally thank God for the great gift of Himself, to express our own needs and the needs of others.

## **FAMILY REMEMBERING**

You might start something like this....

Since you are starting your preparation for First Eucharist, it is a good time to talk about when you were baptized, because these two sacraments have a connection to each other.

- Share some of your memories of when your child was expected. Speak about the joy and anticipation everyone felt. Speak about how happy everyone was when he/she finally arrived.
- Explain how his or her name was chosen. Explain that this is the name God calls her/him by, and that this name is recorded forever in the records of the Catholic Church because he or she will be a member all of her/his life.
- Share how the godparents were chosen.
- Share why you desired to pass on your faith by having your child baptized.
- Talk about how, just as a new baby comes into a family and is made a part of it right away, he or she must also “grow” into the family by living with the other members and learning through the years, gradually taking on more responsibility and growing in relationship to others in the family. Relate this to the faith family of the Church and our relationship with Jesus as on ongoing learning and growing.

## INTERVIEW QUESTIONS FOR FIRST EUCHARIST

In your own words be able to talk about what Holy Communion is.

1. What miracle happens during the mass during the Liturgy of the Eucharist?
  - a. Ordinary bread and wine are transformed into the Body and Blood of Jesus Christ.
2. When did Jesus give us the Holy Eucharist?
  - a. Jesus gave us the Holy Eucharist at the Last Supper, the night before He died.
3. Who were present with Jesus at the Last Supper?
  - a. The 12 apostles were with Jesus at the Last Supper.
4. What did Jesus do at the Last Supper?
  - a. Jesus changed ordinary bread and wine into his Body and Blood to share it with his followers and with us.
5. When must you go to Mass?
  - a. Every weekend and on Holy days.
6. Jesus shares his own life with us in Holy Communion. How does this change us when we leave mass?
  - a. We carry Jesus' own life with us and we should try our best to be like Jesus.
7. How often should you go to Holy Communion?
  - a. Every time I go to Mass.
8. When should you not receive Holy Communion?
  - a. When you have committed a serious sin and have not received the sacrament of Reconciliation.
9. What three things should you do to prepare for Holy Communion each time you receive?
  - a. I should not eat or drink (except for water) for one hour before Holy communion,
  - b. I should want to receive Jesus
  - c. I should be without serious sin.
10. What is another word for Holy Communion?
  - a. The Eucharist.

Students will need to know the following prayers:

### **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 Hail Mary:**

- Hail Mary, full of grace! The Lord is with thee (you). Blessed art thou (you) 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.

(more on back of this page)

**The 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.

**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.

***Optional additional ending***

Our Savior Jesus Christ

Suffered and died for us.

In his name, my God, have mercy.



Dear St Leos First Communion Parents,

Idlewild Photography will be photographing each child receiving their first communion on Saturday May 2nd during the ceremony. Approximately a few days later, still photos of each child will be posted on our secure on-line store and will be available for viewing and purchase. (We will send out another email once they are posted, provided we have your correct email address). Please remember that **flash photography is NOT allowed in the church.**

**Online ordering Instructions:** When the photos are ready, we will send you a link via email that you can click or paste into your browser that will take you to our ordering page. (**St Leo's First Communion 2020**). You may get a prompt asking for your email and Event Access Code (password). Your password is either **"9AMCommunion2020"** OR **"11AMCommunion2020"** (without the quotes) depending on the gallery.

### **\*\*\*\* Important \*\*\*\***

**Photos can be ordered for two weeks from the time they are posted on-line without the shipping charge. These photos can be picked up at the St Leo's business office. We will send out an email notifying you that they have arrived. All photos ordered after the initial 2-week period will require the shipping charge and will be delivered directly to your door approximately one to two weeks after ordering. If you are ordering before the 2-week deadline and will be picking up your photos from the St. Leo's office, be sure to click the check box beside "Pick Up At St Leo's Church" under the "Shipping Method" in the secure checkout section to avoid a \$7.00 shipping fee. Otherwise, your credit card will be charged a NON-REFUNDABLE \$7.00 fee on your order. If you prefer to receive your photos sooner by having them delivered directly to you regardless of when you order, simply pay the \$7.00 shipping charge. Thank you for your attention to this matter.**

**Please make sure the church has your correct email address, Otherwise we will not have anyway of notifying you when photos are ready!**

#### **A la carte Print pricing:**

4x6:	\$12.00
5x7:	\$20.00
8x10:	\$30.00
(8) wallets:	\$15.00

**We also offer a variety of larger sizes for wall hangings as well as photos on canvas. Photo Packages will be available at the on-line store as well. Feel free to contact us if you have questions.**

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