

# **Make-Up Work for “Welcome Session”**

## **for First Confession and First Communion Sacramental Prep**

(for Candidates in Grades 2-5 on Thursday evenings)  
Revised Spring 2021

### **Notes to Parents for Make-Up Work:**

- Please try to remember to begin and end each “make-up class” with a prayer. Although the use of spontaneous prayer is allowed, the children will have to memorize/recite the memorized prayers (Grade 1 and/or Grade 2) from the prayer sheets we’ve provided. Please review/pray those prayers often throughout the year.
- Please **read and discuss the following information** with your child. If you have questions, please don’t hesitate to call Mrs. Frances at our Church Parish Office (937-6888).
- Please complete the last page of this make-up packet and **return it to our church parish office** so Mrs. Frances can update the attendance chart.

### **Please read through the rest of this packet with your child/candidate:**

#### **Opening Prayer: The Lord’s Prayer**

- Don’t forget to begin and end your opening prayer with the **Sign of the Cross**: In the name of the Father, and of the Son, and of the Holy Spirit.
  - *Reminder: The Sign of the Cross is a prayer in itself, so we should speak clearly and use prayerful thoughts and gestures when “making” the Sign of the Cross. It isn’t a meaningless “air prayer!”*
  - *Dipping our finger in **Holy Water** before marking ourselves with the Sign of the Cross as we enter a Catholic church reminds us that we became children of God at our own **baptism**.*
- In case you need to read through the text of **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.

#### **DVD videos and large/small group discussions:**

Our students and teachers sat in a large group to watch three short online videos about being blessed children of God. All three videos are part of [Session 1](#) (“You Are Blessed”) of Dynamic Catholic’s *Blessed* First Reconciliation (Confession) program. (Click on the blue link in the previous sentence to view the components

of Session 1.) You'll find Video 1 at the top of that webpage. When you are ready to view Videos 2 and 3, scroll down below the Focus/Act/Pray sections to find the rest of the videos in Session 1.

- **Say:** "You are beginning a great journey . . ."
- **Say:** "You are a member of the biggest and most famous family . . ."
- Watch and discuss **Video 1: "Welcome" (4:50)**
  - After the video ends, ask your child:
    - "Who is the King?" (*God*)
    - "What is His family called?" (*the Catholic Church*)
- Watch and discuss **Video 2: "You Are Blessed" (3:32)**
  - **(NEED PEN/PENCIL & PAPER)** After the video ends:
    - Share a few examples of "best gifts" you have received from God. (*Suggestion from the Teacher's Guide: Try not to focus on material blessings. Instead, focus on blessings that often go unnoticed.*)
    - Ask your child to share a few of his/her "best gifts." Make a list of those "best gifts" within a reasonable time limit (5 minutes). (*Suggestion from the Teacher's Guide: If they get stuck, suggest: life, family, friends, school, a favorite toy, food, a favorite sport, music or an instrument, good health, a favorite pet, the Earth, being healthy, summer vacation, Christmas, Easter, a comfy bed, America, and God.*)
- NOTE: We skipped over Video 3 because our time in the classroom was limited.
- Watch and discuss **Video 4: "My Journey with God" (6:25)**
  - **Say:** Most, if not all, of our First Communion candidates have already been baptized. Most of their parents and all of our teachers have already been baptized, too!
  - **Explain:** All of our teachers have already received the **Sacrament of Reconciliation** (*also called Confession*) and the **Sacrament of Eucharist** (*also called Communion*), but none of our Candidates (*including your child*) have done so yet! That's why our Candidates attend these classes! We're going to help you prepare to receive both of those Sacraments.
  - **Ask:** Do you know anyone who has received the **Sacrament of Matrimony** (*also called Marriage*)? (*We certainly hope that parents and grandparents of our Candidates are sacramentally married in the Catholic Church. Without going into a long discussion, you may need to carefully and lovingly explain to your child that people who are married by a Justice of the Peace or Judge are, indeed, legally married, but it's a civil (governmental) marriage. A Sacramental marriage takes place in a Catholic Church in the presence of a Catholic priest who serves as the Church's official witness. A Sacramental marriage cannot take place at the beach or at the park, or in someone's house or back yard.*)
    - NOTE: Fr. Metrejean and our church office staff encourage Catholic parents (and grandparents) who were married "outside of the Catholic Church" to consider taking steps to have their marriage **validated** by the Catholic Church. Of course, that process may be lengthy and require a **Declaration of Nullity** (formerly known as an **annulment**) which, depending upon the circumstances leading up to the date of the wedding, may or may not be granted. However, as a role model for young Catholics, it is always well worth the time and effort to schedule an appointment with a priest to discuss the possibility of validating a marriage.
  - **Ask:** Do you know anyone who has received the **Sacrament of Holy Orders**? (*Some of the Candidates may have family members who have been ordained as priests or deacons. If not, please remind them that Fr. Metrejean is an ordained priest and Dcn. Tim Marcantel is an ordained deacon in the Catholic Church. Both of them attended classes and studied for several years before*

*they could be ordained. Deacons often study/attend classes for four or five years or so before they can be ordained. Priests often study/attend classes for eight years before they can be ordained.)*

- **NOTE:** If your calendar allows, feel free to allow your child to watch the remaining videos in Session 1, but *please* continue working through this make-up packet in a timely manner.

## “Vocabulary” Words regarding the Sacraments

Throughout the next four months, we will often use the following “vocabulary” words in our classroom discussions. Please help us introduce these words, explanations, and/or definitions today.

1. Explain the **Sacrament of Confession** (also called **Reconciliation** or **Penance**)

*Example: On a rainy day, Mom warns you and your brother not to wrestle in the living room. You continue to wrestle and you break a lamp while mom walks to the mailbox. Now you need to make a decision: Should you blame your brother or confess to breaking the lamp? Can you live with the guilt if you blame someone else? Will Mom be more disappointed if you tell the truth now or if she finds out later that you’ve lied? You decide to sincerely tell the truth and confess to your mom. (Great decision!) She sees how truly sorry you are about not following her instructions/rules and knows how much she loves you. She accepts your apology and gives you a big hug. You promise to be more attentive when she tells you what to (or not to) do in the future. However, she expects you to do extra chores for the next month so you can help her buy another lamp. **The Sacrament of Confession is very similar!** We think about the sins we’ve committed, sincerely confess our sins to the priest in the presence of God, ask for God’s forgiveness, promise to do better in the future, and agree to do a **penance** to show how sorry we are for committing sins that disappoint God and often hurt our family, friends, and/or ourselves.*

- a. Define:

**Reconcile:** to make up after a disagreement, argument, or fight

*We must also “make up” with God when we sin! We want and need His forgiveness! That’s why this Sacrament is called Reconciliation!*

**Confess:** tell someone the truth about what you’ve done; helps you feel better and provides a chance to make things right

*In the presence of God, we tell the priest what we’ve done to displease God.*

**Penance:** something we do to show how sorry we are

*Our penance to our parents is usually a chore. Most often, our penance in Confession is a prayer or a set of prayers assigned by the priest.*

2. Explain the **Sacrament of Eucharist** (also called **Communion**)

*Example: Family reunions are great! We share a few family stories and gather for a wonderful meal. We’re grateful for the people who cook the food and share their home with us. They send us home with great memories, a full stomach, and a desire to “come back soon!” **The Mass (and the Eucharist) is very similar to a family reunion!** We gather with many of God’s children, listen to God’s “family” stories (which come from the Bible), and receive a special meal from Jesus. We are very grateful that Jesus was (and is still) willing to provide this special meal for us!*

- a. Define:

**Mass:** the whole Mass is one prayer; it begins and ends with the Sign of the Cross; it is the most important prayer we can pray; it is a prayer of thanksgiving

*We are grateful that God sent His only Son (Jesus) to us. We are grateful that Jesus taught us everything we know about God and His unconditional love for us. We are also grateful that Jesus offered His life as a sacrifice and rose from the dead to give our souls a chance to spend eternity with God in Heaven.*

**Eucharist:** means “thanksgiving”

**Communion:** togetherness between God and the human soul as well as between Christ and those who receive His **Real Presence** in the **Blessed Sacrament** (consecrated host) in Holy Communion

*We need nourishment from Jesus' special meal to grow strong in our faith. We need to "consume" His wonderful characteristics so we can grow to be more like Him. (NOTE: We will discuss His **Real Presence** in the **Blessed Sacrament** in more detail at the next parent meeting in late January/early February).*

3. Discuss: **accidents** and **choices**

**Example 1:** *Several neighborhood children play softball in the large front yard. A foul ball flies up into the air, over the catcher's mitt and into the living room window. It was an **accident**. No one intentionally tried to hit a foul ball into the window.*

**Example 2:** *Several neighborhood children play softball in the large front yard. Mother warns the children that they are setting the bases up too close to the house and suggests that they (1) make the ball field smaller or (2) go play ball at the city park two blocks away. The children decide not to change the size or location of the ball field. One of the players becomes angry when he is put out at 3<sup>rd</sup> base. He picks up the ball and throws it—right into the living room window. This is not an accident! It is a **choice** (decision)—and it's a bad choice.*

Knowing the difference between an **accident** and a **choice** will be important as we prepare for the Sacrament of Reconciliation (when we have an opportunity to make up with God after disobeying His rules). *(Ask: Is it an **accident** when we choose not to attend Sunday Mass? Is it a **sin** when we choose not to attend Sunday Mass? What should we do to please God on weekends? Answer: Attend a Sunday Mass!*

- *Being absent from Mass because of an illness is more like an accident than a choice. We never "choose" to become ill; it just happens. However, the healthy people in the family should still attend a weekend Mass—and there are many Masses and Catholic Churches in our area, so we should be able to find a Mass before going to bed on Sunday night.*
- *Being absent from Mass because you "don't feel like going to Mass" is not an accident. It's a choice—a poor choice—to stay away from God.*
- *Being absent from Mass to go to the movies is a choice—another poor choice to stay away from God. It is not an accident.*
- *Having a flat tire on the way to Mass is an accident, but if you are lazy or disobedient when your parents tell you to get dressed, cause your family to leave at the last minute to go to Mass, and the family arrives late because they experienced a flat tire, that is not an accident. It is another example of a poor choice to stay away from God.*

If possible, play a game to review those vocabulary words and definitions.

### **Closing Prayer: Act of Contrition**

- If you haven't yet received a Grade 2 Prayer Sheet, click on this link to view our [First Communion Prayer Sheet!](#) (Feel free to print a copy of this Prayer Sheet if you don't have a copy yet.) Scroll down to find the **Act of Contrition** in the list of prayers for Grade 2. Your child will have to review/learn/recite all of these Grade 1 and Grade 2 prayers for Mrs. Frances (or one of our Prayer Partners) during this year of Sacramental Prep. More information will be shared when you attend **Parent Meeting #1** to review the Sacrament of Confession.
- Don't forget to begin/end your closing prayer with a respectful **Sign of the Cross!**

## **Parent:**

If you haven't yet done so,  
**you** (or your spouse) will have to attend a  
**parent meeting** to review  
the **Sacrament of Reconciliation**  
(also called **Confession** or **Penance**).

If you need to make up this meeting,  
Mrs. Frances will contact you at some point  
between October and January.

## **Parent:**

**After completing this make-up lesson,  
please complete the form on the last page  
and return it to our church office!**

**Dear Parent/Guardian:**

**Please complete this page and return it to our Church Parish Office as soon as possible so Mrs. Frances can update our attendance records to indicate that you have helped your child make up the work that was missed during the class identified below.**

My child, \_\_\_\_\_, and I have viewed the linked videos and have read/discussed all information included in this make-up packet for the First Communion Prep "Welcome Session."

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Parent/Guardian's Printed Name

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Parent/Guardian's Signature

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Current Date