

PARENTS
FIRST HOLY COMMUNION HANDBOOK



“NEED TO KNOW”

ST. ISAAC JOGUES OFFICE OF RELIGIOUS EDUCATION

†
A.M.D.G.

December 2016

Dear Parents/Guardians,

The catechists and I have begun instructions for the children that are geared toward the reception of the sacrament of First Holy Communion. We ask that you participate in your child's preparation by helping him/her to learn, at home, the materials included in this packet, and in their books. Please take the time to continually review the information with your child to ensure his/her understanding and comfort level of all the concepts. Much of the data is to be memorized.

The students will be questioned individually and privately during class time on all the materials that they are required to know by heart. This will determine their readiness to receive our Lord in the Eucharist. It is imperative that they not only memorize, but also understand the theory of the Eucharist in order for us to determine their preparedness to receive the sacrament.

Thank you for your assistance in helping to coach the children for one of the most significant times in their young lives; the reception, for the very first time, of our Lord and Savior Jesus Christ in the Eucharist.

First Holy Communion will be celebrated on Sunday, May 7, 2017 at the 12:00PM Mass, in the church. Candidates should arrive in the AV Room of the Religious Education Building no later than 11:15AM.

If you have any questions, please feel free to contact the Office of Religious Education at (610) 687-2481 or SIJCCD@gmail.com.

*Yours in Christ,
Louis M. Valenti, M.Div.
Director of Religious Education*

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WHAT IS THE HOLY EUCHARIST ?

The Holy Eucharist is the sacrament of the Body and Blood of Our Lord Jesus Christ.

The Holy Eucharist is Our Lord Himself.
He comes to us in Person.
He comes to be Food for our soul.
He comes to live in us.
He comes to stay with us.
He comes to help us always.

Jesus Christ becomes present in the Holy Eucharist during the Sacrifice of the Mass.



We, through the priest, offer bread and wine.
We give our hearts to God.

The priest changes the bread and wine.
They become the Body and Blood of Jesus Christ.

The priest offers them to God.
This tells God we love Him.

Jesus offers Himself as He did on the Cross.
We also offer ourselves with Jesus.
We are willing to suffer with Him.

The Gift of Jesus on the cross pleased the Father,
so the Father raised Jesus from the dead.

Our Gift at Mass pleases the Father too,
so the Father will raise us with Jesus.
Some day we will all be together in heaven.

We do receive Jesus Christ in the sacrament of the Holy Eucharist when we receive Holy Communion.

The Father invites us to His table.

He gives us something to eat.

He gives us what we have given Him.

He gives us the **Flesh** and **Blood of His Son**.

He gives us the **Host** which *looks* like bread,
but which **is Jesus Christ**.

Jesus Christ is the **Food** and **Drink** of our soul.

It makes our souls **strong**.

We DO NOT SEE JESUS CHRIST in the Holy Eucharist because He is hidden under the appearance of bread and wine.

The Eucharist is Christ.

He is really there.

We cannot see nor can we hear Him.

But, **HE IS THERE**.

The **HOST** *looks* like bread.

It is **really** the **BODY OF JESUS**.

The big **HOST** is for the priest.

The small **HOST** is for the people.

Each **HOST** is **JESUS**.

The **CHALICE** contains the **BLOOD OF JESUS**.

It *looks* and *tastes* like wine.

It is **really** the **BLOOD OF JESUS**.

The Mass is an act of love.

Our Lord says to His Father, "I love You."

He tells this to the Father for us.

He wants us to say it with Him.

PREPARATION REQUIREMENTS FOR FIRST HOLY COMMUNION

NEW PRAYERS TO BE MEMORIZED

Prayer to the Guardian Angel

Angel of God,
My Guardian dear,
To whom His love
Entrusts me here,
Ever this day,
Be at my side,
To light and guard,
To rule and guide. Amen

Morning Offering

O my God, I offer You every thought and word and act of today.
Please bless me, my God, and make me good today.

An Act of Faith

O my God, I believe all the truths which the Holy Catholic Church teaches,
because You have made them known.

An Act of Hope

O my God, because You are all-powerful, merciful, and faithful to Your promises,
I hope to be happy with You in heaven.

An Act of Love

O my God, because You are all-good,
I love You with my whole heart and soul.

Prayer Before Communion

MY JESUS, I need You. It is hard for me to be good. Come to make my soul strong.
Give my soul its Food and Drink. Let me grow in love for You.

Prayer After Communion

MY JESUS, I love you. Stay with me always. I need your help to be good.
Change what is bad in me. Make me do my best to be just like you.

The Apostles' Creed (will be reviewed in class)

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 arose again from the dead;
He ascended into heaven and sits 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.

"TRUTHS" TO BE MEMORIZED

The Ten Commandments (in order)

1. I am the Lord thy God; thou shalt not have strange gods before Me.
2. Thou shalt not take the name of the Lord thy God in vain.
3. Remember thou keep holy the Lord's day.
4. Honor thy father and thy mother.
5. Thou shalt not kill.
6. Thou shalt not commit adultery.
7. Thou shalt not steal.
8. Thou shalt not bear false witness against thy neighbor.
9. Thou shalt not covet thy neighbor's wife.
10. Thou shalt not covet thy neighbor's goods.

The Seven Sacraments

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

What is "Transubstantiation"?

By the action of the priest, the bread and wine are changed into the Body and Blood of Christ.

The Mass

- The Two Main Parts of the Mass
 - Liturgy of the Word
 - Liturgy of the Eucharist

Review in Class

- Mass Responses
- The practices of Benediction, Eucharistic Adoration, Holy Hours

CONTINUE TO REVIEW PRAYERS MEMORIZED FOR PENANCE

Please continue to review the following prayers which were memorized prior to the sacrament of Penance. In order to remember them the students *must* continue to say them.

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

Doxology (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

O my God, I am heartily sorry for having offended Thee;
and I detest all my sins, because of Thy just punishments,
but most of all, because they offend Thee, my God,
Who art all good, and deserving of all my love.
I firmly resolve, with the help of Thy grace,
to sin no more and to avoid the near occasions of sin. Amen.

IN ADDITION

*Please make sure the children know, and understand, *by heart*, the answers to all the questions
on the
review sheets, pages 11 and 12.

**FORMAT FOR CONFESSION BEFORE RECEIVING
THE SACRAMENT OF FIRST HOLY COMMUNION**

FORMAT:

Prayer Before Confession

Come Holy Spirit, give me Your light to see my sins, and give me Your help to be sorry for them. Show me why I sinned. Help me never again to sin on purpose. Amen.

Examination of Conscience

- | | |
|------------------------------------------------------|-------------------|
| Did I miss Mass on purpose on a Sunday or Holy Day? | (How many times?) |
| Was I late for Mass on Sunday through my own fault? | (# of times) |
| Did I laugh or talk in church when I shouldn't have? | (...times) |
| Was I disobedient to others? | (...times) |
| Did I talk back to them? | (...times) |
| Did I fight with someone? | (...times) |
| Did I use angry words? | (...times) |
| Did I try to get even with someone? | (...times) |
| Did I use bad words? | (...times) |
| Did I steal something? | (...times) |
| Did I tell any lies? | (...times) |
| Was I unkind to others? | (...times) |
| Did I call anyone bad names? | (...times) |
| Was I mean to others? | (...times) |
| Did I tease someone unkindly? | (...times) |

.....

How to Make a Good Confession

1. I go into the confessional and kneel.
2. I make the sign of the cross and say: "Bless me Father, for I have sinned."
3. I say: "It has beenweek(s), ormonth(s), since my last confession:
4. I confess my sins.("During that time I have....)
5. I listen to what the priest tells me and the penance he gives me.
6. I say the Act of Contrition loud enough for the priest to hear me.
7. I listen to the absolution and penance given to me by the priest and bless myself.
8. The priest says, "Give Thanks to the Lord for He is good," and I respond "For His mercy endures forever.
9. The priest says "Go in peace." I respond "Thanks be to God."
10. I return to the pew and say the penance the priest has given me.

Prayer after Confession

While I look at the crucifix, I say:

"Thank you Lord for suffering for me, and thank you for healing and forgiving my sins."

I say the penance the priest gives me, from my heart, and I ask Jesus to help me to do better.

TO RECEIVE HOLY COMMUNION I MUST...

1. Have my soul free from mortal sin through the sacrament of Reconciliation.
2. Tell Jesus, in prayer, that you are sorry for the venial sins you may have committed and say an Act of Contrition.
3. Not eat or drink anything for one hour before Holy Communion, exception: water (and medication, if necessary) may be taken at any time, before Holy Communion.

People in mortal sin may not receive Holy Communion.

It is a sacrilege if we receive Holy Communion in the state of mortal sin.

The life of **Christ in their soul is dead** and they must first go to sacramental confession.

Venial sin makes the soul **sick**.

We should make an Act of Contrition before we receive Holy Communion in order to be forgiven our venial sins, it is always a good thing to also go to confession.

We must be sorry for our sins, mortal or venial.

This is all to show our love and respect for our Lord.

REMEMBER

I must be free of **mortal** sin to receive Holy Communion.

I must be **sorry** for my sins.

I must not eat or drink anything, except water for **one hour** before Communion.

I may take **water and/or medication** any time before Communion.

WHAT TO DO BEFORE AND AFTER HOLY COMMUNION...

Before Holy Communion I should:

1. Think of Jesus.
2. Say a prayer, especially the Act of Faith and the Act of Contrition or the prayer below.
3. Ask Jesus to come to me.

PRAYER BEFORE COMMUNION

MY JESUS, I need You.

It is hard for me to be good.

Come to make my soul strong.

Give my soul its Food and Drink.

Let me grow in Love for you.

After Holy Communion I should:

1. Thank Jesus for coming to me.
2. Say the penance the priest has given me.
3. Tell Jesus how much I love him.
4. Ask Him to continue to help me.
5. Pray for my family and others.

PRAYER AFTER COMMUNION

MY JESUS, I love You.

Stay with me always.

I need Your help to be good.

Change what is bad in me.

. Make me do my best to be just like You.

FIRST HOLY COMMUNION REVIEW/INTERVIEW QUESTIONS

CANDIDATE'S MUST KNOW ANSWERS BY HEART

1. Who is the man who leads us in the celebration of the Mass? **THE PRIEST**
2. What is the table called on which the Holy Sacrifice of the Mass is offered? **THE ALTAR**
3. At Mass, what is the bread (Host) changed into? **JESUS' BODY**
4. At Mass, what is the wine changed into? **JESUS' PRECIOUS BLOOD**
5. What is the most important part of the Mass in which the miracle of the bread and wine are changed into the Body and Blood of Christ called? **THE CONSECRATION**
6. What is the word used when, by the action of the priest, the bread and wine are changed into the Body and Blood of Jesus? **TRANSUBSTANTIATION**
7. Name the cup that holds the wine to be changed into the Blood of Christ? **THE CHALICE**
8. What do we call the sacrament that takes place at Mass, in which bread and wine are changed into Jesus' Body and Blood, offered to God the Father, and then given to us? **HOLY EUCHARIST**
9. At what meal did Jesus first give us the Holy Eucharist? **THE LAST SUPPER**
10. On what night was the Last Supper held? **HOLY THURSDAY**
11. Jesus comes into our hearts when we receive His Body and Blood at Mass? What do we call this? **HOLY COMMUNION**
12. When we receive Jesus in Holy Communion, we receive sanctifying grace. What is grace? **A GIFT FROM GOD THAT MAKES US HOLY**
13. What do we call the practice of not eating anything for one full hour before we receive Holy Communion? **FASTING**
14. What is the metal box called (on the Altar) that holds Jesus in the Blessed Sacrament? **TABERNACLE**
15. What does the word Eucharist mean? **THANKSGIVING**
16. To receive Holy Communion, I must be in a: **STATE OF GRACE**
(Confess mortal sins
Sorry for all sins)



CHECKLIST
(Required Information)

PRAYERS and TRUTHS

To Be Memorized	Page 5 and 6	_____
To Be Reviewed	Page 6 and 7	_____

HOLY EUCHARIST

What is it ?	Page 3	_____
Who is it ?	Page 3	_____
What is Transubstantiation?	Page 6	_____
To Receive Holy Communion II Must...	Page 9	_____
Before and After Holy Communion	Page 10	_____

QUESTIONS

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First Holy Communion Interview Questions	Page 11	_____

REVIEW

Format for Confession	Page 8	_____
Prayers	Page 5,6,7,	_____
The Seven Sacraments	Page 6	_____
The Ten Commandments	Page 6	_____

PARENTS: Please review the required information with your child. Check each item off as he/she knows the material.

Return to the Office of Religious Education as soon as completed.

THANK YOU!

CANDIDATE NAME: _____
PARENT NAME: _____
TELEPHONE #: _____ DATE: _____