



# FIRST COMMUNION

## *Act of Contrition*

O my God, I am heartily sorry for having offended you, and I detest all my sins, because of Your just punishments, 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.

St. Mary, Our Lady of the Lake

Religious Education

## FIRST COMMUNION

Welcome to First Communion preparation! What a wonderful and exciting time!

This year we will focus on gaining a deeper understanding of the Mass. It will be very important that you attend Mass on Sunday with your child. Teach them and show them your love for the Blessed Sacrament.

You will also need to work with your child to prepare them for First Reconciliation, which can many times be much more nerve wracking than First Communion.

## CONTACT

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## SPECIFICATIONS

First Communion preparation is a two year process. If your child was not enrolled in 1<sup>st</sup> grade RE class or Catholic school prior to enrolling in 2<sup>nd</sup> grade please contact Eileen Wickham (eileenwickham@gmail.com) to see where your child should be placed.

This year we are going to learn how to make a good confession. We will practice examination of our souls. We will learn on a deeper level what is happening during Mass. And, of course, prepare our students to receive Communion.

## FIRST COMMUNION REQUIREMENTS

- Student should be in 2<sup>nd</sup> grade or above and at least 7 years old.
- Student must have been enrolled in religious education program for at least one year prior (1<sup>st</sup> grade RE or Catholic school). If student was not enrolled in RE prior please contact Eileen Wickham (eileenwickham@gmail.com) to determine eligibility.
- Student must attend two years of religious formation through the RE program (1<sup>st</sup> and 2<sup>nd</sup> grade) with no more than two absences per semester.
- Students should participate in Mass on Sundays and more often if the opportunity presents itself.
- Student must turn in a copy of Baptism certificate.

In addition students should have knowledge of:

- How to behave during Mass
- Make the Sign of the Cross
- How to pray Our Father, Hail Mary, Glory Be
- Before First Reconciliation the student will need to be able to pray Act of Contrition and do an examination of conscious.
- Reverence for Mass and the Eucharist

## DRESS CODE FOR FIRST COMMUNION

Girls:

- white dress
- veil
- white shoes
- gloves optional

Boys:

- dark pants
- white shirt
- jacket and tie are optional

## DAY OF COMMUNION GUIDELINES

- An unlit candle may be carried in the procession.
- Students will be given a Mass book set from the Church.
- There will be a few reserved seats for parents so come early!
- Group pictures will be taken after Mass. Please do not take pictures during Mass. This is a sacred time and St. Mary's will have a photographer.
- A reception will immediately follow Mass.