

Saint Catherine of Siena Catholic Church

FAITH FORMATION
SACRAMENTAL PREPARATION

FIRST HOLY EUCHARIST



And he took bread, gave thanks, and broke it, and gave it to them, saying,
"This is my body given for you; do this in remembrance of me.

Luke 22:19

REQUIREMENTS FOR THE FIRST HOLY EUCHARIST

Requirements for First Eucharist

- Parents are required to attend the parent orientation meeting and all sessions for First Holy Communion.
- Candidates are to attend all sessions for the Sacramental Preparation for First Holy Communion.
- Candidates are to attend Mass regularly.
- Candidates are to attend all practices.
- Candidates are to attend Retreat for First Holy Communion.
- Candidates are to know their prayers, sacrament definitions, and the proper procedures for the reception of the Sacrament of Penance and the Holy Eucharist.

Please make sure your child knows how to genuflect.

- Genuflection is an act of reverence or respect. One should genuflect when walking in front of the Tabernacle or when entering a church pew.
- To genuflect, one must kneel with the right knee all the way to the floor. While kneeling, one should make the Sign of the Cross with the right hand.
- If unable to genuflect a profound bow is acceptable.



THE FOLLOWING PRAYERS MUST BE REHEARSED.



The Sign of the Cross

All candidates must know how to make **The Sign of The Cross** correctly:

- Which hand to use.
- Where to place the hand while naming the persons of the Trinity as Sign of the Cross is made.

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.

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

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.

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.

Our Savior Jesus Christ suffered and died for us. In his name, my God, have mercy.

Amen.

THE SACRAMENT OF FIRST HOLY COMMUNION

The Eucharist is the source and summit of the Christian life; it is Jesus himself. In this sacrament, we become what we receive: the Body of Christ. At Mass, Jesus acts through the ministry of the priest to offer the sacrifice of our salvation. *From the Catechism of the Catholic Church #1407-1419*

To receive the Holy Communion worthily we must:

1. Believe that Jesus is present in the Eucharist.
2. Be free from serious sin.
3. Fast, not eating solid or drinking anything except water, for one hour before receiving Holy Communion.
4. When you receive the host and the wine from the Eucharistic minister, they will say, "The Body of Christ" or "The Blood of Christ". Then you say "Amen" loud and clear.

The Proper Way to Receive Holy Communion: Jesus comes to us in the Eucharist to give us new spiritual energy so that we can continue to lead good Christian lives.

- Place your hands together, one on top of the other.
If you are right-handed, place your left hand on top of your right hand so you can receive the Body of Christ in your left hand. Then, pick up the host with your right hand and place the host in your mouth before leaving the altar.
If you are left-handed, place your right hand on top of your left hand so you can receive the Body of Christ in your right hand. Then, pick up the host with your left hand and place the host in your mouth before leaving the altar.
- Hold your hands up high enough for the Eucharistic minister to safely place the Host in your hands.
- After receiving the **Host**, place hands together again.
- If receiving the **Blood of Christ**, walk to the Eucharistic minister with the chalice.
- The minister will say, "**The Blood of Christ,**" and hand the chalice to you. Answer, "**Amen,**" and very carefully take the chalice with both hands, taking special care not to spill or drop it. The minister may help you with this.
- Remember, the wine taste is very strong, so take a very small sip of the Blood of Christ and carefully hand the chalice back to the minister.
- Place hands together when leaving the Communion line. Go back to your seat and kneel. Laughing, swinging arms, and acting disrespectfully after receiving the Body and Blood of Jesus Christ is not proper. Remember, Jesus himself is now inside of YOU! As you kneel, thank Jesus for coming into your heart.

DRESS CODE FOR FIRST HOLY COMMUNION:

GIRLS:

Moderate white dress.

White Veil (optional)

White or natural color socks

White or black shoes (no gym shoes)

NO GLOVES - Boutonnière (lapel flowers), books or rosary beads in hands or worn (distraction)

FIRST HOLY COMMUNION MASS (Please keep in mind the time you have already chosen)

8:00 am. - English / 10:30 a.m. - Spanish

Arrival Time: Please arrive to the Church with your child **one hour prior to Mass**. Seating will be reserved for the child receiving first Holy Communion and parents **ONLY**. Additional family members can be seated at other pews.

PHOTOGRAPHY

Please do not speak or take pictures during Mass, please tell your family, and guests. We will have a professional photographer who will take pictures during Mass. The photographer is available one hour before the start of Mass to take photos of the candidate with his/her close family only. Anyone who wishes to obtain photos of the First Communion there is a cost of twenty-five dollars (\$25.00). More information will be sent to you by email.

MASS PRESENTATION OF NEW COMMUNICANT: The new communicant dressed in their First Holy Communion clothes will be presented by the Priest to the community at your regular Mass Day and Time.

