

***FIRST RECONCILIATION &  
FIRST COMMUNION  
PARTICIPANT GUIDE FOR 2019—2020***



**SAINT PATRICK PARISH**

THE CATHOLIC COMMUNITY OF HUDSON, WISCONSIN



Welcome to this exciting year of Sacrament preparation!

In this guide, you will find most of the information you need for First Reconciliation and First Communion. At Saint Patrick Parish, we use a three pillar approach for First Reconciliation and First Communion during a 2 year preparation process. First Reconciliation and First Communion are typically celebrated during second grade.

### REMOTE PREPARATION

Remote preparation is Catholic religious instruction. Your child will receive this as a student enrolled at Saint Patrick School, Faith Formation, or Family Discipleship.

### IMMEDIATE PREPARATION

Immediate preparation is First Reconciliation and First Communion education. Your child will receive some sacrament specific catechesis during class at Saint Patrick School, Faith Formation or Family Discipleship.

### FAMILY PREPARATION

All First Reconciliation and First Communion students will receive very special materials to use at home as part of their preparation process. The home component is a crucial element involving the parents. Living and modeling the faith on a daily basis, attending mass, and sharing when and where you have met Jesus in your life contribute to growing in faith and preparing for sacraments. Parents and students will come together for information, catechesis, rehearsals, and reflections during Parent/Student sessions throughout the year.

We are looking forward to a fun, engaging, and faith filled year with you and your child.



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- ◇ Complete Registration form (Faith Formation & Family Discipleship students)

**OR**

- ◇ Data Form (Saint Patrick School students)

- ◇ Submit Baptismal Certificate

We must have a copy of your child's baptismal certificate prior to First Communion.

If your child was baptized at Saint Patrick of Hudson, no action is needed.

If your child was baptized at another parish, you may contact them to fax the certificate to 715-386-0462, email to [lhinz@stpatrickeducenter.org](mailto:lhinz@stpatrickeducenter.org) or, mail to Faith Formation, 403 Saint Croix Street, Hudson, WI 54016, or put in Faith Formation mailbox in church office

- ◇ Pay sacrament fee

All Faith Formation, Family Discipleship, and Saint Patrick School students pay a \$50 sacramental fee. This fee is NOT included in Saint Patrick School tuition.

- ◇ Attend 2 retreats and class regularly

- ◇ Go through Blessed at home

- ◇ Learn Act of Contrition

- ◇ Celebrate First Reconciliation prior to First Communion



<b>Date &amp; Time</b>	<b>Location</b>	<b>What</b>
<b>October 21, 2019</b> 6:30 pm	Church	Sacrament Orientation For parents
<b>December 22, 2019</b>	NA	Begin First Reconciliation count-down on page 12
<b>January 6, 2020</b> 6:00pm	Church	Reconciliation Retreat For parents and their Child
<b>January 18, 2020</b> 10:00am	Church	First Reconciliation For parents and their Child
<b>April 4, 2020</b> 8:30am—12:30pm	Church	First Communion Retreat For parent/s & child
<b>Sunday, April 26, 2020</b> 1:00pm	Church	First Communion Mass For everyone

As you put these dates into your calendar, please take note that parent/s + child sessions are for 1 or both parents and your child preparing for sacraments. Especially for the retreat day, please try to make other arrangements for younger siblings.

Additionally, if you have experienced sacrament preparation with your older children, keep in mind that your 2nd grader did not share that experience with you, or if they did, it was from a different perspective. I encourage you to allow them to experience these first sacraments as their own.

Finally you will notice that there is 1 option for First Communion. This is a special celebration for children and families. **It is a mass and meets your weekly obligation.**



## *FIRST RECONCILIATION*

### *UNDERSTANDING THE SACRAMENT*

Reconciliation is a Sacrament of Initiation of forgiveness and peace. It is one of the ways in which God chooses to forgive our sins. Whenever people sin, and we all do, they separate themselves from God's love. In the sacrament of reconciliation, we return to God, our loving parent.

**Understanding sin:** Children are introduced to the concept of sin within the context of understanding the nature of their relationship with God. They learn about the loving relationship through their existences of family and friendship. Through these experiences and stories about Jesus' special love for them, young children begin to understand the complexity of sin. Sin is presented in terms of how these relationships are changed as a result of willful wrongdoing.

In human friendships, there are serious disruptions in these relationships. There are also less serious offenses which pave the way to carelessness about their relationship. In coming to understand this, children learn that there are offenses that can affect their relationship with God in a similar way.

**Communal aspect of sin:** The church is the family of God. We become part of that family at baptism; at baptism we become children of God.

Any time a member of God's family sins, the entire family is touched by this separation. That is why the sacrament of reconciliation is sometimes a communal celebration where the parish family comes together asking for forgiveness before individual reconciliation.

**Sorrow for sin:** Parents teach children to be sorry for their sins by helping understand the meaning of the words, "I am sorry." This is begun in ordinary family situations. Parents help children experience apology situations by letting the children witness a loving sincerity of words and actions when spouses apologize to one another. Parents should not hesitate to apologize to their children when the occasion arises. This is done not only with words, but also through gestures and behavior.

Perhaps you have noticed that the words "I am sorry" have taken a superficial meaning in our society. Parents can ask themselves how they are teaching their children the meaning of the words "I am sorry."

- Is it a magical formula that can get people out of trouble by simply saying these words?
- Is it a way of showing others that your children are polite?
- Is it simply an automatic response to a stimulus?

In learning what it means to be truly sorry, children must be helped in gradually coming to understand that if a person is sorry, that person:

- tries to change his or her behavior
- does something about the wrong he or she committed; or
- makes promises or resolutions to try not to repeat the wrong.



# FIRST RECONCILIATION

## RECEIVING THE SACRAMENT

### BEFORE

- 1) I prepare to go to confession: I think of my sins and am sorry for my sins

### DURING

- 1) I am greeted by the priest: I go into the confessional. The priest welcomes me.
- 2) We pray and talk: I make the sign of the cross and say “Bless me father, for I have sinned. This is my first confession.” (In the future, I will say “My last confession was {length of time} ago.”)  
The priest may read something from the bible.  
I tell my sins to the priest and end by saying “For these and for all of my sins I am sorry.”  
The priest gives me a penance.  
I say a prayer of contrition.
- 3) I receive God’s forgiveness: The priest gives me absolution.
- 4) I leave: The priest sends me. I promise to do better and say thank you.

### AFTER

- 1) I return to my pew and thank God. If the priest has asked me to say a prayer as my penance, I say that prayer now.

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Review these steps on pages 146—161 in the Blessed book. Note: Step 3 makes more sense to say ‘We *Receive* Our Penance’ as the penance will be *performed* AFTER the time with the priest



## *FIRST RECONCILIATION*

### *EXAMINATION OF CONSCIENCE & ACT OF CONTRITION*

There are questions on page 150 of the Blessed book that can be used for an Examination of Conscience.

We will be using the following version of the Act of Contrition, also found on page 158 in the Blessed book (it is the 2nd prayer on page 158)

*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.*

# *FIRST RECONCILIATION*

## *IN THE HOME*

The church teaches that parents are the first educators and catechists of their children. This means that parents have both the right and duty to instruct their children in the truths of our Catholic faith. God further entrusts you with the task of raising your children to know, love, and serve Him so they can be happy in this world and the next. Parents should do all they can to learn about their Catholic faith so that they can hand it on to their children. No matter what your child learns at school or Faith Formation class, your involvement is vital to his or her understanding of what the sacrament can mean to them. Below are some considerations:

-  Attend Mass together as a family on a regular basis. The Mass provides an opportunity for the community to gather together to be reconciled with one another and God.
-  Form a habit of making peace with each other before going to bed.
-  Show forgiveness and reconciliation in your own life. Your child will learn what it means to forgive when he or she can witness a forgiving attitude towards others.
-  Pray together as a family. Ask for God's forgiveness as a family. Prayer itself can be a very powerful means of achieving reconciliation with God, one another, and with ourselves.
-  Communicate with your child. Listen to your child. Use the workbook and videos. Discuss the process and concerns and practice with your child what he or she will do at his or her First Reconciliation. Remind your child that anything he or she discusses with the priest is private and they don't need to tell you or anyone, what is said.
-  Celebrate the Sacrament of Reconciliation yourself! Parents are encouraged to receive along with their child. How great for your child to witness you receiving God's forgiveness.



## *FIRST RECONCILIATION*

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### *READINESS*

Through experience and everyday living, parents can determine whether their child can distinguish between something that is morally good and morally evil. Parents are in the best position to discern if their child is ready. Does your child:

- Recognize the differences between accidental wrong and deliberate wrong
- Understand the need to say “I’m sorry” when he or she hurts another person
- Forgive others when they hurt him or her



# FIRST RECONCILIATION

## COUNTDOWN

Color in the honeycomb after completing the activity each day. Begin December 22, 2019.

**START**

**DAY 1:** Pray the Lord's Prayer.

**DAY 2:** Ask a trusted adult about his or her First Reconciliation.

**DAY 3:** Pray a Hail Mary.

**DAY 4:** Fast from playing with your favorite toys.

**DAY 5:** Say a prayer for each of your family members.

**DAY 6:** Give someone a compliment.

**DAY 7:** Pray the Act of Contrition.

**DAY 8:** Do a random act of kindness.

**DAY 9:** Pray the Lord's Prayer.

**DAY 10:** Tell someone why you love him or her.

**DAY 11:** Tell someone you're sorry for something you haven't apologized for yet.

**DAY 12:** Pray for everyone making their First Reconciliation.

**DAY 13:** Hold open a door for someone behind you.

**DAY 14:** Donate some canned goods to your local food pantry.

**DAY 15:** Pray a Hail Mary.

**DAY 16:** Give someone a hug who might need it.

**DAY 17:** Say a prayer for the people who take care of you.

**DAY 18:** Forgive someone who has hurt your feelings.

**DAY 19:** Pray the Act of Contrition.

**DAY 20:** Review the Ten Commandments with a trusted adult.

**DAY 21:** Go to Mass with your family.

**DAY 22:** Fast from watching TV, the computer, tablets, and all screens.

**DAY 23:** Say a prayer for someone you know who needs it.

**DAY 24:** Instead of buying a treat for yourself, donate that money to the church.

**DAY 25:** Ask someone to pray for you on the day of your First Reconciliation.

**DAY 26:** Pray the Act of Contrition.

**DAY 27:** Review all of the steps of the Sacrament of Reconciliation with an adult.

**DAY 28:** Receive God's forgiveness in the Sacrament of Reconciliation!

**You've reached your special day!**

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# *FIRST RECONCILIATION*

## *DETAILS*

**First Reconciliation is Saturday, January 18, 2020 at 10:00am.**

(Those unable to attend will receive instructions **after** January 18 for celebrating the sacrament individually)

Children should dress as they would for mass.

Arrive a few minutes early. Parents and child will sit together. Seating in church is not assigned.

The beginning of the rite will be a communal experience. The examination of conscience will be done together.

We invite several priests to attend our service to assist us in celebrating the sacrament. Father John and the other priests will be in the confessionals and spread out in separate areas of the church. There are 2 chairs: one for priest and one for child.

Parents are encouraged to receive the sacrament after their child.

After individual confession, you may take time in a pew to thank God and say a prayer if the priest gave you that as your penance.

There is no further ceremony in the church. Once you are done, please leave quietly out of respect for the other families.

Pick up your child's certificate and First Communion book in the gathering area on your way out.



## FIRST COMMUNION

### UNDERSTANDING THE SACRAMENT

When a toddler moves from the high chair to the family table, it is a big deal. The new seat signifies a change from baby or toddler to that of a “big boy” or “big girl.” The move brings new privileges and allows the child to become a more active participant at the family table. First Communion parallels this move and is just as significant in the journey of faith for your child. Saint Patrick Parish Community welcomes the awesome opportunity to share this powerful sacrament of God’s great love with your child and family.

“The Eucharist is the ritual, sacrament action of giving thanks and praise to the Father. It is the sacrificial memorial of Christ and his body, the Church and is the continuing presence of Christ in his Word and in this Spirit” (National Directory for Catechesis 36A3).

Eucharist is at the heart of the life of the Church. The consecrated bread and wine are truly the Body and Blood of Christ. Jesus gave us the Eucharist at his Last Supper.

Catholics are encouraged to receive Eucharist every time they go to Mass and must be free from mortal sin. Catholics fast from food and drink (except water or medicine) for one hour before receiving Holy Communion.





# *FIRST COMMUNION*

## *HOW TO RECEIVE*

There are different ways to receive Holy Communion—in your hand, on your tongue, and from the cup.

**If you choose to receive Holy Communion in your hand:**

Bow, hold out both hands, palms up with one resting on top of the other

The priest, deacon or Eucharistic minister says, “The Body of Christ,” and places the consecrated host in your hand. You answer, “**Amen.**”

Step to the side. Using the hand that is underneath, take the host in your fingers and place it in your mouth. Swallow the consecrated host.

**If you choose to receive Holy Communion on your tongue:**

Fold your hands in prayer. Bow.

The priest, deacon or Eucharistic minister says, “The Body of Christ.” You answer, “**Amen.**” Open your mouth and put your tongue out to receive the host. Swallow the consecrated host.

**You may also receive the Blood of Christ from the cup:**

After you have received the Body of Christ, go to the priest, deacon, or Eucharistic minister who is offering the cup.

The priest, deacon, or Eucharistic minister will say, “The Blood of Christ.” You answer “**Amen.**”

**After receiving Communion**, return to your place, kneel, and say a prayer of thanks. Join in singing the Communion hymn.



## *FIRST COMMUNION*

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### *IN THE HOME*

-  Attend Mass. Enhance your child's appreciation of the Mass with active participation.
-  Nurture your child's relationship with Jesus Christ in prayer and worship.
-  Become more involved in liturgy as a reader or Extraordinary Minister of Holy Communion.



## *FIRST COMMUNION*

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### *READINESS*

A readiness for communion is obvious when your child expresses a desire for it and is able to distinguish it from ordinary bread and wine. The first question to ask yourself is “Is my child at Mass regularly?” If your child is at Mass each Sunday and is capable of paying attention to what is going on, that’s the first step. When children attend Mass regularly, eventually they want to participate more fully. This is a logical progression that leads the child to ask, “When can I go to communion?” Finally ask yourself, “Does my child understand that this consecrated bread and wine is truly the Body and Blood of Jesus?”



# FIRST COMMUNION

## WEARING APPAREL

Reception of the Eucharist is always a sacred and special occasion. The clothing worn should be appropriate for an important sacramental celebration and reflective of the Easter season. The following guidelines will help you make smart and tasteful choices.

### **Girls**

Dresses or dressy pants outfit, white, as well as pastels

Nice shoes

Veils, ribbons, flowered headdresses are not needed or required

No jeans

### **Boys**

Suits

Dress slacks and blazer

Dress slacks, shirt, tie

Color is a matter of choice

Nice shoes

No jeans

Gloves, prayer books, candles, rosaries, purses and hand held flowers may be added to the outfit. While these certainly add to the spirit of the occasion and make nice additions to photos, these articles are not necessary and should remain in the pew during the reception of the Body and Blood of Christ.

The traditional color of First Communion attire—gowns and suits—is white. They are white on purpose; meant to recall all the symbolism of the baptismal gown. The gown that is given to boys and girls symbolizes purity, joy, and new life. The white also symbolizes one of the effects of Baptism, the washing away of all sins, including original sin.

First Communion is the second of three Sacraments of Initiation and so the links with Baptism are very important. Some note that the white First Communion attire also reminds us of the whiteness of the Eucharistic host that the children will receive.

In Catholic liturgy, white is the color of celebration and triumph worn during the Christmas and Easter Seasons as well as during other feast days. So the white attire finally symbolizes the excitement and celebration that should rightfully accompany a child's First Communion.

With all these elements in mind, you can see how deeply symbolic First Communion attire is. You are not just dressing up your child for a major life event; you are wrapping them up in deep symbolism to present them to their Creator for union with Him and for further initiation into His Church.



# FIRST COMMUNION

## DETAILS

**First Communion will be Sunday, April 26, 2020 at 1:00pm**

### **ARRIVE**

Be at church at 12:15 for a group photo at 12:25

### **SEATING**

Reserved for 3 people per pew ~ First Communicant + 2 adults.

All other family members will sit in the non-reserved areas of the church on a first come basis.

Please communicate needs for hearing impairments, wheelchairs, other special considerations to the Faith Formation office in advance.

### **VIDEOS & PHOTOS**

The sacramental celebration of First Communion is a very important and a sacred experience for our children, their families, and our parish community.

Please designate a picture taker ahead of time.

Pictures can be taken during the procession and Mass. Be attentive that this is a religious celebration. In the spirit of this sacred moment, please be subtle so as to not distract from the reverence of the celebration.

Parents are invited to take pictures with our parish priests/deacons, student friends, catechists and teachers and family members before the celebration until 12:40 and after the celebration.

### **PROCESSION** (will rehearse at retreat on April 4, 2020)

First Communicants go down to social hall at 12:40. Perhaps 1 or 2 parents can wait with them until I get down there.

Introduction;

Process by twos;

Return to seats with First Communicant sitting at the end of the pew next to the aisle.

### **RECEPTION** (will rehearse at retreat on April 4, 2020)

1). Parent/s and First Communicant will come forward to receive the Body of Christ, child first, then parents. Proceed to Blood of Christ, child first, then parents. Return to pew

2). General assembly will be invited forward to receive the Body and Blood of Christ.

## *ABOUT THE RESOURCES*

### **Elements**

Workbooks—Read and explore

Animation—Watch and discuss <https://dynamiccatholic.com/blessed/program-view/>

Parent Component—email program

<https://dynamiccatholic.com/blessed/parent-program/>

Note: text in workbook is repeated in videos

### **Layers**

6 sessions (chapters) with 42 short, animated episodes ranging from 1 to 15 minutes in length. Every session has the following components

- ① Opening prayer—read together, take turns, 1 person
- ② Teachable Moments: Episodes 2, 3, 4, & 6 are the episodes with the primary teaching content
- ③ From the Bible: Every episode 5 will utilize Holy Scripture to illustrate the primary point of the session.
- ④ Show What You Know: child answers true-or-false and fill-in-the-blank questions
- ⑤ Journal with Jesus: This is a prayerful opportunity for your child to have an intimate conversation with Jesus. They can write or draw their thoughts to Jesus.
- ⑥ Closing Prayer

## *THE EXPERIENCE—USING BLESSED AT HOME*

### Get ready!

Gather supplies (suggested)

pencil

colors

candle, lighter

device with internet

Bible, bookmark

water

checklist

### Flexible format options!

See charts below

### Flexible schedule!

Do 1 session section / 1 video per day for 42 days (8—15 minutes)

Or do 1 session / 7 videos per week for 6 weeks (up to 60 minutes)

Or anything in between!

Allow child to look through workbook prior to starting...

If you have 45—60 minutes Videos & Workbook	<ol style="list-style-type: none"><li>1. Opening prayer</li><li>2. Watch + discuss + read <b>OR</b> Read + watch + discuss</li><li>3. Show what you know</li><li>4. Journal With Jesus</li><li>5. Closing prayer</li></ol>
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<p>If you have 8—15 minutes</p> <p>Videos, workbook later on</p>	<ol style="list-style-type: none"><li>1. Watch + discuss</li><li>2. Read (count for school HW reading time, bedtime story)</li></ol>
<p>If you have 15—30 minutes</p> <p>Workbook, videos later on</p>	<ol style="list-style-type: none"><li>1. Opening prayer</li><li>2. Read</li><li>3. Closing prayer as you see fit</li><li>4. Watch session videos throughout the week</li></ol>

Leaflet Missal

976 W Minnehaha Ave.

St. Paul, MN 55104

online: <https://www.leafletonline.com/>

Saint Patrick's Guild

1554 Randolph Ave.

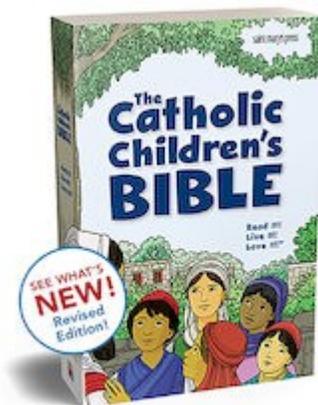
St. Paul, MN 55105

online: <https://www.stpatricksguild.com/>

(I saw these at Saint Patrick's Guild—Confessional Set with Fr. John and Father Leopold Celebrates Mass Lego sets! We have the mass one.)



Bible—Saint Patrick Church uses the New American Translation (NAB). I also like New Revised Standard Version (NRSV) and Good News. In any case, look for a bible that has an Imprimatur, an official license by the Roman Catholic Church.



Saint Mary's Press

# Chime Travelers

FROM LISA M. HENDEY AND SERVANT BOOKS





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