

# Preparing for First Holy Communion

Congratulations! You and your child are preparing to celebrate the most beautiful sacrament that is the source and summit of our faith; Jesus, Himself in the Holy Eucharist! The projects and activities described below have been designed to help your child grow in faith and begin to understand what an amazing gift we are given through this sacrament.



## Prayers

Please continue to practice the following prayers with your child:

- Sign of the Cross
- The Our Father
- Act of Contrition
- A morning and evening prayer of your choosing

## Projects for First Holy Communion

### 1. First Communion Banner

**Due on April 12<sup>th</sup> at the First Communion Children's Retreat**

Each child will receive a First Communion Banner kit. Instructions are included and each banner will hang on the Family Pew where your family and your child will be seated during the Mass.

*Kits will be distributed at the First Communion Parent Formation Meeting in January.*

### 2. Acts of Random Kindness worksheet

**Due on or before Sunday, February 16<sup>th</sup>**

This project is designed to help the children understand the importance of serving others as Jesus did.

- Using the worksheet provided, please **have your child write their act of kindness, and neatly color the picture.**
- Alternately, they can use the worksheet without the picture, **and they can draw and color their own picture with their act of kindness**
- Suggestions for simple Acts of Random Kindness is provided.

*The worksheets will be laminated and displayed in a book placed in the church for First Communion.*

### 3. Mass Attendance

**The Mass, the Eucharist, is the source and summit of our Catholic faith.**

Regular family Mass attendance reinforces and puts into practice the faith and formal instruction presented in the classroom.

*Parents are encouraged to attend Mass with their children frequently.*



# *On the Day of Your First Holy Communion*

Receiving the Holy Eucharist for the first time is both a joyous occasion and a time for reverence. Please try to leave enough time for your child to have something to eat and dress with the least stress possible. This will allow them to focus on the sacrament they are going to receive and enjoy the experience.

**PLEASE ARRIVE FOR FIRST COMMUNION AT LEAST 15 MINUTES PRIOR TO THE BEGINNING OF THE SERVICE.**

## **Children's attire for First Holy Communion:**

**Girls:** White Communion dress, white shoes, simple jewelry (small cross, small earrings). Girls may wear flowers in their hair, a veil or other appropriate hair decorations.

- **NOTE:** Gloves and flower bouquets are lovely, but the girls may not wear gloves or carry flowers during the First Communion Mass. Please save them for pictures after Mass.

**Boys:** Suit with a collared shirt, dress shoes. Please no sneakers.

**The Office of Faith Formation will provide white ties for the boys receiving First Holy Communion.**