

SANTA SOPHIA - FIRST EUCHARIST
PREPARATION SCHEDULE
2011-2012

CMO (619) 463-6011

MARCH 4 PARENT MEETING, SUNDAY @ 9:45-10:30 AM
(PARENTS ONLY) IN THE DEMOOR ROOM
*CHOOSE FIRST EUCHARIST DATE & PICK UP CHILD'S BOOK.

Formation for First Eucharist (First Communion) takes place by parents in the home.

**“PARENT ONLY” SESSIONS WILL BE OFFERED ON
THE FOLLOWING TUESDAY EVENINGS:**

These sessions are designed to provide ideas, background, and additional resources (activity master handouts) to enhance a successful preparation.

► **MARCH 13** CHAPTER 1 - WE BELONG
CHAPTER 2 - WE GATHER
CHAPTER 3 - WE ARE FORGIVEN
LEVEL II: CHAPTER 7 - WE BELONG
CHAPTER 8 - WE GATHER
CHAPTER 9 - WE ARE FORGIVEN

7-8PM, IN CMO BUILDING, ROOM #4

This session is optional.

► **MARCH 27** CHAPTER 4 - WE LISTEN
CHAPTER 5 - WE PREPARE
CHAPTER 6 - WE REMEMBER AND GIVE THANKS
LEVEL II: CHAPTER 10 - WE LISTEN
CHAPTER 11 - WE PREPARE
CHAPTER 12 - WE REMEMBER AND GIVE THANKS

7-8PM, IN CMO BUILDING, ROOM #4

This session is optional.

► **APRIL 17** **Parents choose a First Eucharist Review Date (see note below)**

CHAPTER 7 - WE SHARE A MEAL
CHAPTER 8 - WE GO FORTH
LEVEL II: CHAPTER 13 - WE SHARE A MEAL
CHAPTER 14 - WE GO FORTH

7-8PM, IN PRENDERGAST HALL

This session is required.

NOTE: At least one parent/guardian and the candidate for First Eucharist are required to come to a First Eucharist Review. Select one of four dates.

► **APRIL 24**
► **MAY 1**
► **MAY 8**
► **MAY 15**

REVIEW NIGHTS - Each evening is limited to 12-15 candidates. Each candidate will visit 5 stations for 10 minutes each. The evenings will be held in Prendergast Hall, 6:45 – 8:00pm. There are no surprises. See the attached sheet for the Desired Outcomes of First Eucharist preparation.

PREPARATION STATIONS:

1. SHARING WITH FR. PETER
2. PRAYERS – CATECHIST
3. BANNERS – CATECHIST
4. HOW TO RECEIVE THE BODY & BLOOD OF CHRIST – CATECHIST
5. MAKE A CRAFT – CATECHIST

REHEARSALS AND CELEBRATION DATES:

ALL REHEARSALS TAKE PLACE IN THE CHURCH ON A FRIDAY OR THURSDAY.
AT LEAST ONE ADULT MUST ATTEND REHEARSAL WITH THE CANDIDATE.

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| JUNE | 1 | REHEARSAL | 6:00PM – 6:45PM 7:00PM – 7:45PM 8:00PM – 8:45PM | (6/2 – 4:30 PM Mass group) in church (6/3 – 8AM Mass group) in church (6/3 – 11AM Mass group) in church |
| JUNE | 2 | CELEBRATION OF SACRAMENT @ 4:30PM MASS, IN CHURCH PICTURES IN THE DANIELS ROOM – 2:30PM TO 4:30PM (ALSO after mass) | | |
| | 3 | CELEBRATION OF SACRAMENT @ 8AM MASS, IN CHURCH PICTURES IN THE DANIELS ROOM – AFTER MASS | | |
| | 3 | CELEBRATION OF SACRAMENT @ 11AM MASS, IN CHURCH PICTURES IN THE DANIELS ROOM – 10AM TO 10:30AM (ALSO after mass) | | |
| JUNE | 7 | REHEARSAL | 6:00PM – 6:45PM 7:00PM – 7:45PM 8:00PM – 8:45PM | (6/9 – 4:30 PM Mass group) in church (6/10 – 8AM Mass group) in church (6/10 – 11AM Mass group) in church |
| JUNE | 9 | CELEBRATION OF SACRAMENT @ 4:30PM MASS, IN CHURCH PICTURES IN THE DANIELS ROOM – 2:30PM TO 4:30PM (ALSO after mass) | | |
| | 10 | CELEBRATION OF SACRAMENT @ 8AM MASS, IN CHURCH PICTURES IN THE DANIELS ROOM – AFTER MASS | | |
| | 10 | CELEBRATION OF SACRAMENT @ 11AM MASS, IN CHURCH PICTURES IN THE DANIELS ROOM – 10AM TO 10:30AM (ALSO after mass) | | |

Desired outcomes (What are children expected to know?):

- Be able to explain the difference between simple bread (unconsecrated hosts) and wine and the Body and Blood of Christ.
- Know that it is the Father who sends the Holy Spirit to change the bread and wine into the Body and Blood of Christ at the request of the priest during the Eucharistic Prayer of the Mass.
- Know that the priest is an essential part of the Mass/celebration of the Eucharist. Without the priest, there would be no Mass. Know that bread and wine must be used in the celebration of the Eucharist because that is what Jesus used at the Last Supper with his disciples. No one, not even the priest, may substitute anything else for the bread and wine.
- Be able to demonstrate the proper way to receive the Body and the Blood of Christ, including the slight bow/act of reverence. For the Body of Christ, the child may choose to receive in the hand or on the tongue, but he/she must know both ways.
- Know that, at Mass, one may decide to receive the Body of Christ alone, or the Body *and* the Blood of Christ. If just the Body of Christ is received, one still receives ALL of Christ (not just “half” of him). NB: in rare circumstances (e.g., when a communicant is allergic to wheat), one may receive the Blood of Christ alone. In this case, one still receives ALL of Christ (not half...).
- Know that the Church asks Catholics to celebrate the Eucharist once a week, usually on Saturday evening or Sunday. To choose not to celebrate the Eucharist on a Saturday night/Sunday is a serious sin. More importantly, if we truly believe that we hear the very Word of God and receive the Body and Blood of Christ at Mass, why would we even think of missing Mass on the weekend? Is anything in our life more important or more valuable?
- Know that in order to prepare ourselves to receive the Eucharist, Catholics are asked to not eat or drink anything (other than water or medicine) one hour before receiving Holy Communion.
- Be able to explain the symbols he/she placed on his/her banner made during the process of preparation for the reception of First Eucharist.
- Know, recite and correctly pray the following prayers: Sign of the Cross, Our Father, Hail Mary, Glory Be, and Act of Contrition.

CATHOLIC PRAYERS TO KNOW

SIGN OF THE CROSS

In the name of the Father, and of the Son,
And of the Holy Spirit.
Amen

THE LORD'S PRAYER

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 you!
Blessed are you among women,
And blessed is the fruit of your womb, Jesus.

Holy Mary, Mother of God, pray for us sinners,
Now and at the hour of our death.
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

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.