



## FIRST COMMUNION

### ST. JOSEPH CATHOLIC CHURCH

April 28, 2019 – 12:00 Mass

First Communion is a great celebration that takes place within the Catholic Mass and involves the communicant, the family and the participation of the entire church. Children usually wear white, dressy clothes to signify purity. All communicants must have completed their catechism study, confessed their sins and abstained from food and drink for one hour before receiving the Eucharist.

First Communion is the introduction of a sacrament referred to as the Holy Eucharist or Holy Communion. The sacrament of the Holy Eucharist is one of the three sacraments of initiation in the Church. The other two are Baptism and Confirmation. The church describes the Eucharist as bread and wine which has been transfigured into the body and blood of Jesus Christ. The prerequisite to the seven Catholic sacraments, including Communion, is Baptism, the ritual anointment and blessing that welcomes a child or convert to membership in the church and wipes away original sin.

First Communion is preceded by the sacrament of Penance, also known as Confession or Reconciliation. Penance clears the soul of wrongdoing that has occurred since Baptism and prepares it to receive the gift of Christ's body and blood. For a child, the sacrament of Penance is a lesson to be mindful of daily conduct and sincerely contrite for breaking the commandments which places the soul in jeopardy.

Discerning your child's readiness for First Communion takes time, thought and prayer. As your child moves through the immediate preparation for the sacrament, take note of how his or her awareness of the Eucharist grows and changes.

Consider not only what your child knows about the Eucharist, but also how he or she responds to the Eucharist, feels about it, and relates to Jesus in the Eucharistic Liturgy. Here are some questions to help you help your child on this spiritual journey.

Does he care about the Mass?

Is your child on autopilot during the liturgy, or is he beginning to take notice of the parts of the Mass? Does he sing the hymns, pray with the congregation, listen attentively?

Does he understand the meaning of the Eucharist?

Does your child love Jesus Christ, and know that Jesus loves him? Is he trying to live as a disciple of Jesus? Does he understand that when we gather for the Eucharist, the gifts of bread and wine are changed into the Body and Blood of Jesus?

Is he eager to receive First Communion?

Does your child feel a longing or a spiritual excitement about receiving First Communion? Does he ask questions about how we receive Communion? Does he talk positively about his First Communion?

How to help your child Prepare for First Holy Communion:

Attend Mass weekly

Make sure they are faithful in attending Religious Education classes and complete assignments.

Make sure they attend the First Communion retreat in the spring.

Make sure they attend scheduled rehearsal.

Help them prepare for their First Reconciliation.

Help them learn their prayers: Our Father, Hail Mary, spontaneous prayers, Act of Contrition, Apostle's Creed, Prayer after Communion, Mass responses, the Rosary.



**IMPORTANT INFORMATION**  
**FIRST COMMUNION**  
**ST. JOSEPH CATHOLIC CHURCH**

**Baptismal Certificates** – Must submit an official copy of your child’s Baptism certificate unless baptized at St. Joseph Catholic Church

**Registration** – Please complete online registration on [www.stjosephchurch.net](http://www.stjosephchurch.net)

**First Communion Fee:** \$55.00, may be paid via e-giving on the parish website or by check submitted to the parish office

**Retreat and Rehearsal** – April 13, 2019  
9:00 am to Noon  
Main Hall of Family Life Center and St. Joseph Church

**First Reconciliation** – April 13, 2019 - St. Joseph Church

**Photos by Harrington House Photography** – April 27, 2019 - St. Joseph Church

**First Communion Date** – Sunday April 28, 2019 – 12:00 Mass  
Reception to follow – Main Hall of Family Life Center

**First Communion Catechists:**

Colleen Avallone – [colleen@avallone.net](mailto:colleen@avallone.net)

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