First Holy Communion

**Family Handbook**

**Good Teacher Area Faith Community St. Edward & St. Eloi**

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Dear Parents,

We are very excited and happy to be sharing the gift of the Sacramentswith your family. Thank you for giving us the opportunity to learn and grow in the faith along with you and your child. Our children are about to take two of the biggest steps in becoming full members of our Area Faith Community, receiving the forgiveness of Christ through the Sacrament of Penance & Reconciliation, and receiving his living sacrifice when they receive the Eucharist for the first time.

This is a time of joy for our students and for our church’s families. We want to keep this a positive and interactive learning environment so that families and students can learn together. The purpose of the handbook is to provide you with as much information ahead of time as possible. Further information and reminders will be emailed often. Please be sure to check the email you registered your student with often. There is also a Religious Education Family Handbook that you are encouraged to review and understand prior to classes beginning. This handbook can be found on our Good Teacher Area Faith Community website at goodteacherafc.com.

Your child will receive a physical textbook and workbook. Your child will receive this on their first day of class. **Your child will leave their books at home. They will not bring these to class.** Each week your child will have a lesson due BEFORE class. The lessons to be completed for each week will be emailed to the email you registered with your son/daughter. These are simply good measures for triggering critical conversations amongst you and your son/daughter regarding the faith and sacraments they are about to receive. Thank you for your continued support at home!

Lastly, please complete the **Parish Records Information Form (included in the handbook)** and return it to eriannfaris@icloud.com. Please **provide a baptismal certificate if your child** wasn’t **baptized in Minneota or Ghent.** This is information we need for First Communion records.

We look forward to an exciting and successful year!!

Thank you and God Bless,

Eriann Faris, First Communion Catechist

Corissa VanKulen, Religious Education Coordinator

First Sacraments Requirements

**1.** Complete the Parish Records Information Form. This is information we need for First Communion records. (Page 5)

**2.** Provide a baptismal certificate if your child wasn’t baptized in Minneota or Ghent.

**3.** Complete weekly assignments prior to Religious Education classes.

**4.** Attend Religious Education classes, Wednesday evenings from 5:30-6:15 PM at St. Edward Catholic School.

**5.** Attend and participate in Mass. Students will be required to sign up and participate in Mass as Gift Bearers. More information will come via email.

**6.** Receive the Sacrament of Reconciliation on December 2nd, 2023. All students must receive the Sacrament of Reconciliation before receiving First Communion. If you are unable to make this date, you will need to coordinate a First Reconciliation date with Father Todd.

**7.** Attend and participate in the First Communion Retreat on March 18, 2023 from 5:30-7:30 PM at St. Edwards Church in the Church Basement.

Parish Records Information Form

Please complete the following form and return it with your child next week. This is information we need for First Communion records.

Child’s First and Last Name

Father’s First & Last Name Mother’s First Name & Last Name Child’s Date and Place of Birth Date of Baptism

Location of Baptism Age at 1st Communion

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parish making 1st communion at.

Please provide a baptismal certificate if your child wasn’t baptized in Minneota or Ghent.

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Important Dates to Remember

Sept 13 …..........................................................................Classes Begin

December 2 ..….................................. Sacrament of First Reconciliation

February 14 ............................................................. Ash Wednesday Mass

March 18 ………............................................... First Communion Retreat

St. Edwards Church Basement

5:30 PM- 7:30 PM

March 31 ............................................................................. Easter Sunday

April 3 ............................................................ First Communion Rehearsal

April 7 ........................ First Communion Masses @ St. Edward 8:30 AM & St. Eloi 10:30 AM

April 10 ............................................................................. Last Day of Class

First Communion Dress Code

Your child’s First Holy Communion will be Sunday, April 7th at 8:30 am for those of you belonging to the St. Edward Parish and 10:30 am for those of you belonging to the St. Eloi Parish. On this day, your child will be meeting the Lord in this Sacrament. Therefore, your son or daughter should be dressed to the best of their ability to greet the Lord in reverence.

Girls:

• White dresses.

• If they are sleeveless, a sweater or jacket should be worn during Mass to cover the shoulders.

• Straps that are 2-3 fingers wide are appropriate alone.

• Veils and gloves are not required but can be added.

• As for the sandals, we are fine with a nice dress sandal, but just no flip flops.

Boys:

• Boys should wear black pants with a white button up dress shirt with a tie.

• Ties should be solid color or with tasteful, small design (stripes, dots, etc., no cartoon characters)

• The suit coat is optional and will be allowed during Mass if desired. • Black dress shoes & no sneakers please.



First Reconciliation

**First Reconciliations will take place**

***December 2nd, 2023***

All First Sacrament families should plan to arrive and be seated in the church five minutes prior to the start.

We will begin with a short prayer. Reconciliations will take place in the church.

After receiving their First Reconciliations, students can do their penance in the pews while waiting for their families and vice versa.

Reconciliation, like Baptism, must be received before a student can receive their First Eucharist.

Reconciliation can be received multiple times throughout a person’s life. As Catholics, we are required to receive the Sacrament **at least once per year**. However, it is recommended that good Catholics receive Reconciliation **once per month**.

**Anyone who is aware that they have committed a mortal sin must receive Reconciliation before they can receive the Eucharist**, either for the first time, or before receiving Eucharist again during Mass.

Use the enclosed Sacrament of Reconciliation form as a guide for you and your child to rehearse their First Reconciliation. It is important they rehearse what they will be expected to say. Being prepared will help calm your child's nerves.

Your child will need to know the "Act of Contrition" when receiving their First Reconciliation. Father will help them along, but they should be able to say it by themselves.

(If you and your child are unable to attend during this regularly scheduled date you will need to contact Father to schedule a time to complete your child’s First Reconciliation. Refer to the bulletin for their contact information. Your child’s First Reconciliation will need to be completed prior to the Retreat.)

**THE SACRAMENT OF RECONCILIATION**

When entering the Reconciliation Room, Father will greet you.

**Together, you and Father make the sign of the cross and then you say:**

**Bless me Father for I have sinned**

**This is my first Confession**

*(After your first Confession, instead of saying “this is my first confession” you will tell father how long it has been since you last confessed your sins to a priest)*

**These are my sins** – *(tell Father your sins)*

Confess all your sins to the priest. If you are unsure what to say, ask Father for help. When you are finished, conclude with these or similar words:

**“I am sorry for these and all my sins.”**

**Father will propose an act of penance.** The penance might be prayer, a work of mercy, or an act of charity. After you have received your penance, pray an Act of Contrition, expressing sorrow for your sins and Resolving to sin no more.

**Act of Contrition**

**O my God,**

**I am heartily sorry for having offended You.**

**I detest all of my sins**

**because of Your just punishments,**

**but most of all because they offend You, my God Who are all good, and deserving of all my love.**

**I firmly resolve, with the help of Your grace, to confess my sins, to do penance, to sin no more and to avoid the near occasion of sin. Amen.**

The priest will pronounce the words of **absolution**. *“I absolve you of your sins, in the name of the Father, Son, and Holy Spirit”*. You respond,

**“Amen.”**

**Father will respond "*GO IN PEACE*"**

**You respond, “Thanks be to God.”**

You then return to the body of the church and reverently offer your penance, and reflect on this experience of God’s mercy.

**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.**

**THE 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.**

Please take a peek at the attached **Examination of Conscience**. We encourage your child to use this handout and really pray to the Holy Spirit to help them recall any sins they may have committed. There are also some prayers for them to pray after Confession.

**Examination of Conscience**

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Come Holy Spirit. Help me! Give me light to see my sins. Help me to be truly sorry for them and to confess them well so that I can be clean and pure in my soul. Jesus, have pity on me. Forgive my sins and take me to your heart.

Mary, my mother, pray for me.

Dear Guardian Angel, pray for me.

All you Saints in Heaven, pray for me.

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How long has it been since my last Confession?

\_\_\_ How have I acted toward God?

\_\_\_ Do I use God’s or Jesus’ name with respect?

\_\_\_ Do I go to Mass on Sunday?

\_\_\_ Do I do all I can to make Sunday a day of rest and joy for my family?

\_\_\_ Do I participate in Mass, or do I tease or distract others by laughing, talking or playing?

\_\_\_ Do I pay attention to my parents, priests and teachers when they talk to me about God?

\_\_\_ How have I acted toward others?

\_\_\_ Do I obey my parents and teachers quickly and cheerfully, or must I be reminded many times?

\_\_\_ Do I obey the rules of my home and school?

\_\_\_ Do I help my siblings and classmates when they need help?

\_\_\_ Did I hit, kick, or in any way hurt others on purpose?

\_\_\_ Did I make fun or say mean things to anyone?

\_\_\_ Am I kind and willing to play with everyone?

\_\_\_ Do I watch movies/play video games/listen to music that has bad words or violence?

\_\_\_ Do I cheat on tests or a game or copy homework?

\_\_\_ Do I do all my classwork and my chores at home well?

\_\_\_ Do I take care of my health by eating the right food?

\_\_\_ Did I steal or keep something that belonged to another person?

\_\_\_ Am I willing to share my things with others?

\_\_\_ Did I break something that belonged to someone else?

\_\_\_ Do I lie or gossip or say bad things about others?

\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\* **ACT OF CONTRITION**

Oh, my God, I am heartily sorry for having offended you, and I detest all of my sins

because of your just punishments,

but most of all because they offend you, my God who art all good, and deserving of all my love.

I firmly resolve, with the help of your grace

to sin no more and to avoid the near occasion of sin. Amen

**After Confession:**

Thank you, Dear Jesus, for making my soul clean and pure again. I praise You and adore You now and forever! Help me to never sin again because I know it hurts you. And now, Dear Jesus, help me to pray for penance the priest gave to me. May it help to make up for my sins.

(here say your penance)

I join this penance to all the prayers and sufferings of Jesus, Mary, and all the saints. Help me to love You more and more. Help me to live as you want me to live. Dear Angel, my dear guardian and helper, pray for me. Amen.

**Lord Jesus,**

I give you my hands to do your work.

I give you my feet to go your way.

I give you my eyes to see as you see.

I give you my tongue to speak your words.

I give you my mind to think as you think.

I give you my spirit so that you may pray in me. I give you myself so that you may grow in me. I give you my heart so that you may love me. So that it is you, Lord Jesus, who lives and works and prays and loves in me. Amen.

Prayers

**Sign of the Cross** In the name of the Father, and of the Son, and of the Holy Spirit. Amen. Glory be to the Father 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.

**Glory be to the Father** 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.

**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.

**Act of Contrition** O my God, I am heartily sorry for having offended You. I detest all of my sins because of Your just punishments, but most of all because they offend You, my God, Who are all good and deserving of all my love. I firmly resolve, with the help of Your grace, to confess my sins, to do penance, and to amend my life. Amen.

**Prayer to the Guardian Angel** Angel of God, my guardian dear to whom God’s love commits me here, Ever this day be at my side, to light and guard, to rule and guide.

**Apostles’ Creed** I believe in God, the Father almighty, Creator of Heaven and earth, and in Jesus Christ, his only Son, our Lord, wo was conceived by the Holy Spirit, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died, and was buried; he descended into hell; on the the third day he rose again from the dead; he ascended into Heaven, and is seated at the right hand of God the Father almighty; from there he will come to judge the living and the dead. I believe in the Holy Spirit, the holy catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and life everlasting.