

Blessed John XXIII Community
Sacramental Preparation
Minimum knowledge required for reception of the Sacrament of
First Communion

Congratulations! You are seeking to have your child make their First Holy Communion. This is yet another important step in your child's Faith formation. It is with this sacrament that they receive Jesus, Body, Blood, Soul and Divinity for the first time. Eucharist is a special grace that God gives us to aid us toward holiness by strengthening and nourishing us with His own Body.

In order to make one's First Holy Communion, they need to have been baptized and made their First Confession. Confession should become a regular part of their life as a preparation to receiving Holy Communion. Keep in mind that one must refrain from receiving Holy Communion if they are in the state of sin. Confession is the remedy for sin and restores one to the State of Grace (friendship) with God and so are worth to receive Holy Communion.

The procedure to receive the Sacrament of First holy Communion is as follows:

Step ONE:

If you are in the second semester of the 2nd grade, let the pastor know that you desire to make your First Holy Communion.

Step TWO:

Learn, know and be ready to discuss the following information:

What is the Holy Eucharist?

The Holy Eucharist is the sacrament that contains the body and blood, soul and divinity of our Lord Jesus Christ under the appearances of bread and wine.

What do you mean by the appearances of bread and wine?

By appearances of bread and wine I mean the shape, the size, the color, the taste and whatever appears to the senses.

Is Jesus present fully and completely (body, blood, soul and divinity) under both forms of bread and wine?

Jesus is fully present under both forms of bread and wine, with nothing lacking in either form.

Is Jesus present truly as the bread and wine or is the bread and wine just a symbol?

Jesus is present truly as himself, body, blood, soul and divinity under the form of bread and wine.

When did Christ give His priests the power to change bread and wine into His body and blood?

Christ gave His priest the power to change bread and wine into His body and blood during the Last Supper when He said to the Apostles, do this for a commemoration of Me.

When was the first Mass?

The first Mass was at the Last Supper.

When do priests exercise this power to change bread and wine into the Eucharist?

Priests exercise this power to change bread and wine into the Eucharist during the Mass.

What is the Mass?

The Mass is the unbloody sacrifice of Christ on the cross.

Is the Mass the same sacrifice as that of the cross?

The Mass is the same sacrifice of the cross.

How should we assist at Mass?

We should assist at Mass by paying attention to what is going on and by participating fully in all the prayers and actions of the people at Mass.

What is the section of Mass called where the bread and wine are changed into the Eucharist?

The section of Mass where the bread and wine are changed into the Eucharist is called the consecration.

What are the words the priest uses to change the bread and wine into the Body and Blood of Jesus?

The words the priest uses to change the bread and wine into the body and blood of Jesus are, "This is my body", and "This is the cup of my Blood."

The bread and wine being changed into the Body and blood of Jesus is called what?

The bread and wine being changed into the Body and blood of Jesus is called the transubstantiation.

Why did Christ institute the Holy Eucharist?

Christ instituted the Holy Eucharist

1. To unite us to Himself and to nourish our soul with His Body and Blood.
2. To increase sanctifying grace and all virtues in our soul.
3. To lessen our evil inclinations.
4. To be a pledge of everlasting life.
5. To fit our bodies for a glorious resurrection.
6. To continue the sacrifice of the cross in His Church.
7. To be the life and the food of our souls. "He that eateth Me, the same also shall live by me"; "He that eateth this bread shall live forever." (Jn. 6:58,59)

What is Holy Communion?

Holy Communion is the receiving of the Body and Blood of Christ.

What is necessary to make a good communion?

To make a good communion, it is necessary to be in the state of grace and to be fasting for one hour from all food and drink (except for water and medication).

If one is in the state of Mortal sin (not in the state of grace) and they receive Holy Communion, what is wrong with that?

If one is in the state of Mortal Sin, they do not have the friendship of God and so offend God by receiving Him, they do not receive grace and they commit the sin of sacrilege.

What should we do after Holy Communion?

After Holy Communion we should spend some time in adoring our Lord, in thanking Him for the grace we have received, and in asking Him for the blessings we need.

**In the Eucharist, we “break bread that provides the medicine of immortality, the antidote for death and the food that makes us live forever in Jesus Christ.”
St. Ignatius of Antioch**

Step: THREE:

When you believe your child to be ready, call your pastor and make an appointment for an interview.

While you are the first teacher of your child, the Church is the guardian of the sacraments. This interview becomes the overlap of these two responsibilities, your saying your child is ready and the Church confirming that readiness.

What can your child expect in the interview:

- It should not be seen as a test (pass/fail). After the interview, many are determined to be ready, but are given feedback on things they need to continue to work on. This feedback is not to be seen as criticism. We all have need to work on our knowledge and understanding of the Faith.
- If there are any serious gaps in their knowledge or understanding, the pastor may talk to the parents so that they may do more work in teaching in these areas.
- The discussion will be constrained to the information given in this document. There will be no surprises.
- They will not be expected to know it all perfectly.
- They will be expected to have the ability to talk about it to some extent.
- I will often times give them hints if they are struggling. Remember that I am not concerned with them regurgitating the information like a robot. I am
- concerned with what do they know. If I give them a hint and they do well from there, then I know they know it. That is all that matters.
- Some children are shy. I take this into consideration if they are not doing well. If I get the feeling that they know, but are just too shy or scared to tell me, then that is fine too. I am not there to torture or interrogate them.
- This is no insult, but some children are more intellectually astute than others. Some learn better, some may never learn. This is a harsh reality of life. We do not all have the same gifts. I take this into consideration also during the process. If your child has learning disabilities, it is nice if you let me know before hand so I treat the situation appropriately. If a child is one who simply cannot learn, that is taken into consideration also. The goal is not to deprive a child of the sacrament. Sometimes we just get a sense that the child understands right and wrong and so we give them a pass. This is not to say that knowledge is not important. It is. It is the ideal. But if a child is trying and simply can't

do it, we are not going to punish them either.

- It has happened and can happen that a child is not ready to receive the sacrament. This is not a failure. This is not a “you will never receive.” It is simply a postponement as some more work needs to be done. When the work is done, they need to be interviewed again.