

*St. Teresa of Avila*

*First Reconciliation  
First Communion  
Parent Packet*



## *Parent Prayer*

Dear God our Father,  
you have called all Christian families  
to be a sign of your love to the world.

Help us to be generous with the gifts of life and love  
that you have showered on our family.  
May we share them so that our homes become  
true signs of unitive and fruitful love.

Let us never forget to thank you each day  
for all that sustains us and to look to Christ,  
who comes to us in the events of family life,  
in the sacraments of the Church,  
and in service to the poor.

In all of this, our family becomes  
a living expression of your Church,  
a hallowed home of life and love.  
By the power of the Holy Spirit, may all of us  
—spouses, parents, and children—  
share, as members of his Body,  
in Jesus' mission to build a civilization of love.

Father, we ask this in Jesus' name  
in union with the Holy Spirit.

Amen.

## *Responsibility of Parents*

- ☀ Parents are the primary educators of their children and are responsible for initiating their children into the Sacramental life.
- ☀ Serve as a model for their children in their Christian Life.
- ☀ Receive the Sacrament of Reconciliation regularly with their families.
- ☀ Help children form a good conscience and Christian code of morality.
- ☀ Model forgiveness and apology situations.
- ☀ Are asked to take time with their child to talk about reconciliation, to read Bible stories and pray together.
- ☀ Are asked to determine their child's readiness for Reconciliation.

## *Preparing Children for Reconciliation*

In preparing children for Reconciliation, families teach many things through their everyday lives. Some family experiences that children in primary and middle grades learn forgiveness and peace are:

Being forgiven

Forgiving others

Sharing

Cooperating

Making friends

Helping others

Being loved

Loving others

Making good decisions

Have children understand the meaning of "I am sorry".

Know that God loves each of us and is always ready to forgive us.

## *Prayers the Children need to know*

### **Act of Contrition**

Oh 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 the help of your grace,  
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, dear God forgive me. Amen.

### **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.

# The Ten Commandments

1. I, the Lord, am your God. You shall not have other gods besides me.
2. You shall not take the name of the Lord, your God, in vain.
3. Remember to keep holy the Sabbath Day.
4. Honor your father and your mother.
5. You shall not kill.
6. You shall not commit adultery.
7. You shall not steal.
8. You shall not bear false witness against your neighbor.
9. You shall not covet your neighbor's wife.
10. You shall not covet anything that belongs to your neighbor.

## *How to go to confession:*

- ✿ Greet Father
- ✿ Make the sign of the Cross
- ✿ Tell the priest how long it has been since your last confession
- ✿ Listen to the priest read or tell you God's Word (optional)
- ✿ Confess your sins. When you finish say, "I am sorry for my sins"
- ✿ Receive your penance
- ✿ Pray the Act of Contrition out loud
- ✿ Receive Absolution
- ✿ The priest says "Go in Peace"
- ✿ You answer "thank you Father"
- ✿ Go back to your seat and Thank God for His forgiveness
- ✿ Do the penance the priest gives you



- ✿ Think of my sins.
- ✿ Be sorry for my sins.
- ✿ Tell my sins to the priest.
- ✿ Make up my mind not to sin again.
- ✿ Do the penance the priest gives me.

## *An Examination of Conscience for Children Using the Lord's Prayer*

### **Our Father who are in heaven, hallowed be Thy name.**

- How often do I think about God?
- How often do I say my prayers?
- Do I pay attention and participate at Mass?

### **Thy Kingdom come, Thy will be done on earth as it is in heaven.**

- Am I kind to others?
- Do I do what Jesus wants me to do?
- Do I share with others?
- Am I helpful to my family and neighbors?
- Do I show respect to my teachers and classmates?

### **Give us this day our daily bread.**

- Do I remember to say thank you?
- Am I sometimes greedy?
- Do I appreciate the good things I have in my life?
- Do I think of ways to help those who have no food, clothes, shelter or money?
- Do I take things that don't belong to me?

### **Forgive us our trespasses as we forgive those who trespass against us.**

- Do I say I'm sorry when I have been wrong?
- Do I forgive and forget when someone does something bad to me?
- Do I help solve problems between my friends or do I cause more trouble?
- Do I say bad things about people who have hurt me?

### **Lead us not into temptation, but deliver us from evil.**

- Do I play fairly in sports and games?
- Do I cheat in school?
- Do I tell the truth?
- Do I let other kids tempt me to do things I know I shouldn't do? Do I tempt others?

### **Jesus teaches us, "Love the Lord your God." It is His first great commandment. Check the ways in which you show love for the God.**

- Do I pray every day?
- Do I use God's name with respect?
- Do I pray with others?
- Do I go to Mass on Sundays?
- Do I study my religion well?
- Do I try to understand what God asks of me?

### **Jesus teaches us, "Love others as yourself." This is His second great commandment. Check the ways in which you show love for others and for yourself whom God created.**

- Do I try to make my parents happy?
- Do I obey them right away?
- Do I help at home?
- Am I friendly?
- Do I behave in class?
- Do I tell the truth?
- Do I share with others?
- Do I take care of my health?
- Do I do my best at school, home and at play?

*Preparing for First Holy communion*  
*11 Tips for Parents as First Communion Catechists*

“Do you believe in God?” the catechist asked.

The child replied, “Yes!” “Why do you believe in God?”

The child thought a moment, “I don’t know why. I think it runs in the family.”

Moms and dads, if you’re asking the question, “How can we - in our home church - prepare our child for first Communion?” then, your child is already growing up in the atmosphere where believing, knowing and experiencing God just runs in the family. It is part of the fabric of our everyday life. And in reality, that is the first and foremost “thing to do” to prepare your child for first Communion:

1. **Realize that you already have been preparing your child for first Communion since the day he or she was born.** Eucharist is about the absolute love of God for us. The ways you have loved, cared for and modeled forgiveness speak of the unconditional love of our God. Our most intimate experiences of God’s presence with us often occur within the everyday moments, interactions and relationships of family life. The challenge is that sometimes we are so busy that we miss them. Family life is holy, is sacred. That is where God is.
2. **Talk together.** Tell stories about your God times. Use scripture stories, the wonderful children’s literature. Answer their questions, even the ones they’re not asking! 3. Stress the connection of baptism and Eucharist. Get out your photo albums and recall your child’s baptism. Unpack the baptismal garment and tell its history: when and where you bought it or who made it, who else wore it. Attend the Easter Vigil as a family.
4. **Celebrate the liturgical seasons at home:** Advent wreaths, putting up the crib, Epiphany house blessing, reading scripture stories, celebrating baptismal anniversaries, talking about family members’ baptism and first Communion photos, etc.

5. **Put a little extra into family meals** (they have a big connection to Eucharist!) Let your child decorate the table for an evening meal. Talk about special meals your family has shared.

6. **Pray as a family** – often and as a natural part of family life: mealtimes, bedtimes, happy times, worrisome times, after an argument, when someone is in trouble, always on special occasions (Thanksgiving, birthdays, baptismal days.)

7. **Make Mass a family event.** Sit near the front. Point out one or two things each week for your child to watch for. Talk about the homily on the way home. Before liturgy talk with your family about who you want to pray for during the General Intercessions; and what you want to thank God for during the Eucharistic Prayer.

8. **Grow together in appreciation of God's Word.** On Saturday evenings, read the scriptures you will hear at Mass. What is God saying to your family this weekend?

9. **Take a tour of your church.** Point out to your child where he or she was baptized, show him or her the altar up close, the tabernacle, the oils, etc.

10. **The Catechism of the Catholic Church reminds us the Eucharist commits us to the poor** (#1397.) Together fix a meal for a neighbor in need, sort through toys and clothing for gifts to the poor, visit a nursing home, add pennies to a charitable donation.

11. **Keep first Communion first.** It should be just what we call it: first. Don't put so much emphasis on this one. It's important because it is the first of many, the first of a lifetime of coming to the Table. In reality, most of these suggestions are not just about preparation for first Communion, they are about living the wonder of our Catholic family all the time.

## *Dates to Remember*

February 24, 2018	1 <sup>st</sup> Reconciliation Retreat and Sacrament 9:00 AM
April 28, 2018	1 <sup>st</sup> Communion Parent and Child Retreat 9:00 AM
May 11, 2018	1 <sup>st</sup> Communion Rehearsal
May 12, 2018	1 <sup>st</sup> Communion Mass (English) 11:00 AM
May 13, 2018	1 <sup>st</sup> Communion Mass (Spanish) 2:00 PM
May 13, 2018	May Crowning TBD

### Contacts

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## *Preparation at St. Teresa of Avila*

In our second grade classes, the first part of the year will focus on preparation for the Sacrament of First Reconciliation. The second half of the year will focus on preparation for First Eucharist. In these pages, you will find a schedule, information about the sacraments, tips on your role as a parent, and prayers your child should know.

*If you have not already done so, please make sure that our office has the following:*

- **Baptismal Certificate:** We must have copy of your child's Baptismal certificate before First Reconciliation. If your child was baptized at another parish, we can make a copy of the original or the parish can fax a copy to our office at 706 863-5001 or email [mmartin@st-teresa.com](mailto:mmartin@st-teresa.com)
- If your child was baptized here at St. Teresa, please give us as much information as you can so that we can locate your family in our registry.