

## WHEN CAN MY CHILD MAKE HIS/HER FIRST EUCHARIST?

Your child can make his/her First Eucharist in Grade two or older after he/she receives the Sacrament of Reconciliation and after studying the book, "We Share in the Eucharist."

## WHAT DO I DO AS THE PARENT?

Attend the Parent Information Night at Saint Theresa's Roman Catholic Church.

Help your child prepare for First Eucharist by attending 2 Saturday classes on **May 16 & 23, 2020** with him/her and the Teaching Mass on Thursday evening, **May 29, 2020** at 6:30 pm.

If you miss the First Reconciliation & First Eucharist classes and the Teaching Mass during the Fall or Winter session, you may attend the Spring session classes.

For more information, please call Sister Cristina Naranjo, RVM at 780-463-8646, ext. 2224 or send an email to [srcristina@strcp.com](mailto:srcristina@strcp.com) if you have any questions. THANK YOU.

## NOTE TO PARENTS

Baptism certificate is needed for registration. We cannot print the First Eucharist certificate without Baptism document and registration form. Children must receive First Reconciliation before First Communion. There is a \$20.00 donation to cover the cost of the book and wooden cross.

Please fill out a **NEW** registration form for First Eucharist if you postpone your child's First Communion celebration after attending the classes.

## FIRST EUCHARIST SPRING SESSIONS 2020

### DATES TO REMEMBER

#### 1.) PARENT INFORMATION MEETING

Sunday – March 22, 2020 - 2:00 p.m.  
St. Theresa Church  
7508 - 29 Avenue, Mill Woods

#### 2.) FIRST EUCHARIST

##### Preparation Sessions

Saturday – May 16, 2020 at 10:00 -11:30 a.m.  
Saturday – May 23, 2020 at 10:00 -11:30 a.m.

##### Classes in St. Theresa's Church

(Parents, please sign in when you come for the Saturday classes with your children.)

#### 3.) TEACHING MASS

Friday – May 29, 2020 at 6:30 PM

Teaching Mass will be held at  
St. Theresa's Church.

#### 4.) FIRST EUCHARIST CELEBRATION

⇒Date of Celebration to choose

Saturday – May 30, 2020 at 5:30 PM

or

Sunday – May 31, 2020 at 12:30 PM

Parents are encouraged to  
attend the sessions with their  
child(ren)

Revised: January 2020

# FIRST EUCHARIST



Jesus said to them, "I am the bread of life;  
he who comes to Me will not hunger, and he  
who believes in Me will never thirst.

John 6:35

## ST. THERESA'S PARISH

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Phone: 780 - 463-8646  
Fax: 780 - 450-2431

Website: <https://sttheresa.caedm.ca>

## A MEAL TO REMEMBER:

A new life began for the friends of Jesus, the apostles. Jesus had died but has risen from the dead. His friends often talked together about all that Jesus said and did. They remembered his last meal with them and his beautiful words came back to them. At the end of the meal, Jesus said: "Do this in memory of Me." From then on, when the followers of Jesus shared the bread and wine, they remembered Jesus and he was there with them

Just as Jesus asked, his followers soon began to gather every Sunday, the day of the resurrection, in memory of Him.

## WORDS OF THE CONSECRATION:

These are the same words Jesus said at the Last Supper when he broke the bread, gave it to his disciples: *"Take this, all of you, and eat it: This is my Body which is given for you."*

And then, he gave the cup to his disciples and said: *"Take this, all of you and drink from it. This is the cup of my Blood. It will be shed for you and for all so that sins may be forgiven. Do this in memory of Me."*

## BREAD AND WINE BECOME BODY AND BLOOD OF JESUS:

This miracle takes place during the second half of the Mass – the Liturgy of the Eucharist. This is one major difference between the Catholic Mass and the Protestant Masses. God works this miracle through the priest when he says the words of consecration.

## JESUS IS IN BOTH BODY AND BLOOD:

We receive the entire gift of Jesus from just the Body or just the Blood, but we are encouraged to have both. The Catholic Church teaches: *"Jesus is really and truly present when He gives us His Body and Blood."* (Catechism of the Catholic Church CCC #1375)

## WE NEED THE HOLY EUCHARIST:

**Eucharist means thanksgiving.** Holy Eucharist is a sacred meal when we receive the Body and Blood of Jesus under the appearance of bread and wine.

Through Eucharist, we are nourished and strengthened in mind, body and spirit. Jesus said: *"I am the living bread which has come down from heaven. Anyone who eats this bread will live forever."*

## PREPARING FOR HOLY COMMUNION:

When we invite special guests to our home, we clean and prepare our home for the visit. We must do the same when we prepare to receive Jesus at Holy Communion. We do this by:

1. Eating and drinking nothing (except water) one hour before communion
2. Being in a State of Grace.

## A "STATE OF GRACE"

To be "in a state of grace" means to be free from grave or mortal sin. Sanctifying grace makes us holy and pleasing to God.

## WHAT IF WE ARE NOT IN A STATE OF GRACE?

It is a very serious sin to receive Holy Communion if we are not in a state of grace.

## SACRAMENT AND SACRIFICE:

The Holy Eucharist is not only a Sacrament; it is also a Sacrifice.

A Sacrifice is a prayerful offering made to God by a priest. The great Sacrifice of the Church is the Holy Sacrifice of the Mass.

The people in every Catholic parish, which is also called a Christian community, gather every Sunday or Saturday evening, just as Christians have done since the time of Jesus. Our parish church is the place where we will celebrate our First Communion during Mass.

When we celebrate Mass with our parish family, Jesus is truly there with us. When we go to Mass, also called the Celebration of the Lord's Supper or the Celebration of the Eucharist we look, we listen, we sing and we pray with the priest. We say the Mass prayers in a loud, clear voice.

At Mass, we share our faith in the real presence of Christ.

-adapted for Children from the Catechism of the Catholic Church CCC #1382

