

First Eucharist Guidelines: An Overview

The candidate is expected to have been previously involved in both the liturgical and sacramental life of the faith community and participated in the process of faith formation, giving particular attention to regular attendance at Mass.

PARENT(S)

- Provide the lived experience of sacraments within the family and witness to lived Catholic Faith.
- There is an expectation that parents participate in parent sessions.

PRE-REQUISITES BEFORE DIRECT PRE PARATION

- The child is expected to have been previously involved in the liturgical life of the parish faith community by regular attendance at Sunday Eucharist with his/her parents/guardians.
- The child is expected to have participated in parish faith formation or Catholic school religious education classes for at least one year, e.g., First Grade.

DIRECT PREPARATION

Direct Preparation is distinct from regular parish faith formation or Catholic school religious education and is the responsibility of the parish. Both the Catholic school and public school students are expected to participate jointly in all direct parish preparatory events. Catechesis should include:

- some knowledge of God as creator and loving parent, Jesus as God's son, and the Holy Spirit as the giver of gifts who helps us to share our gifts and live good lives and some knowledge of the life, death and resurrection of Jesus
- an ability to distinguish between consecrated bread and ordinary bread--to recognize that Jesus is present in the Eucharist in a special way
- an understanding that the Eucharist is the Body and Blood of Christ under the appearance of bread and wine
- a realization of his/her participation in the parish faith community
- a desire to participate in the Eucharist and to receive Holy Communion.

There should be a clear and distinct separation between the Sacrament of Penance and the Sacrament of Eucharist.