

Holy Trinity Catholic Church

First Penance



2019-2020 School Year

PARENT MEETING: FIRST PENANCE AND FIRST COMMUNION

Opening Prayer: O Jesus, who has loved us with such exceeding great love as to give us the gift of the Holy Eucharist, inflame us with a burning zeal to promote Thy glory by preparing worthily the little children who are to approach Thy holy table for the first time. Protect, O Eucharistic Heart of Jesus, these young souls from the assaults of evil, strengthen their faith, increase their love and endow them with all the virtues that will make them worthy to receive Thee. *And we ask Our Lady, The Mother of the Eucharist, to intercede for us and for our children, Hail Mary

What your child should know for First Penance:

- The content of “MY BOOKLET about GOD’S LOVE and FORGIVENESS”
- Confession Quiz – 5 steps, Memorize the Act of Contrition
- Confessional Procedure

When was the Sacrament of Penance established?

- Jesus established the Sacrament of Penance on the first Easter Sunday night when He said, “Peace with you. As the Father has sent me, even so I send you.’ And when He had said this, He breathed on them, and said to them, ‘Receive the Holy Spirit. If you forgive the sins of any they are forgiven; if you retain the sins of any they are retained.’ ” **John Chapter 20:21-23**

What are the effects of the Sacrament of Penance

- Confession strengthens the entire Church (Body of Christ).
- It is not a punishment; it is a privilege to receive grace from this sacrament.
- Going to confession frequently is a way to holiness.
- Confession gives us the grace to overcome sin.
- You should go to confession once a month; you are bound to go at least once a year.
- Confession makes your soul ready for First Holy Communion.

Who hears our confession?

- The reason we confess our sins to Jesus through the priest is because Jesus told His apostles that this is how He wanted it done!
- When Catholics confess their sins in the Sacrament of Penance they are confessing their sins to Jesus Christ. In the sacrament, the priest is in the “person of Christ”.
- The priesthood is the highest dignity on earth. The dignity of a priest surpasses that of emperors, and even angels. *No angel can convert bread into the Body of Christ by the mere power of his word; nor can angels forgive sin.* The priest stands between God and man. He is God’s representative, God’s ambassador. Whatever honor we pay to the priest, we render to God Himself.

Due Dates for First Penance:**Parents:**

- Register with the Religious Education Office.
- Attend First Communion Parent Meeting: 10/3/19
- Turn in a copy of your child’s baptismal certificate, the First Communion Data Form & Letter of Intent to the R.E. office (**not teacher**) by **A.S.A.P.**
- Complete the parent/student “MY BOOKLET about GOD’S LOVE and FORGIVENESS” and turn it into the CCD teacher by **12/15/19**; if your child attends a Catholic School/Home School, please bring it to the Religious Education office by **12/15/18**.
- Assist your child in preparing for quizzes/tests and in committing the basic Catholic prayers to heart.
- Attend the Parent portion of the First Penance Retreat on **1/11/20** 9am-11:30am

Students:

- Holy Trinity First Penitents/Communicants must pass the mid-term and final exam, and commit the basic Catholic prayers to memory.
- Complete the parent/student “MY BOOKLET about GOD’S LOVE and FORGIVENESS” by **12/15/19**
- Attend the First Penance Retreat on **1/11/20** 9am-11:30am
- Pass the Confession quiz by **1/22/20**.
- Receive the Sacrament of Penance (Confession) on **1/25/20** or **2/1/20**

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How to Go to Confession

Prayer Before Confession:

Come Holy Spirit, enlighten my mind that I may clearly know my sins; touch my heart that I may be truly sorry for them, help me to confess them, to do penance for them and to better my life. Amen

Examine Your Conscience (Think about what your sins are)

1. Have I put anything or anyone before God?
2. Have I been selfish?
3. Have I taken God's Name in vain?
4. Have I used bad words?
5. Have I missed Mass on Sunday or Holy Days of Obligation?
(If your parent does not take you to Mass, this is not your sin, but their sin.)
6. Have I talked or "fooled around" during Mass?
7. Have I disobeyed my parents or teachers or "talked back" to them?
8. Have I hurt others or fought with them?
9. Have I been mean to others or made fun of them?
10. Have I looked at bad shows or pictures?
11. Have I taken anything, which did not belong to me?
12. Have I treated others' property with respect?
13. Have I cheated on tests or schoolwork?
14. Have I told lies or said bad things about others?
15. Do I want what others have?

What you say in Confession

Child: **Make the sign of the Cross. Then say, “Bless me, Father, for I have sinned, this is my first Confession. These are my sins..... (Child tells the priest his/her sins.)**

Child: **When finished say: “For these sins, and the sins of my whole life, I am truly sorry.”**

Priest: **Gives advice, gives the child their penance, and says, “Now pray an Act of Contrition.”**

Child: O My God, I am heartily sorry for having offended Thee, and I detest all my sins because I dread the loss of heaven and the pains of hell, but most of all, because they offend Thee, my God, who art all good and deserving of all my love. I firmly resolve, with the help of Thy grace, to confess my sins, to do penance, and to amend my life. Amen. (There are many forms of this prayer. Use the one practiced in the home of the child)

Priest: **Gives absolution: He says, “I absolve you from your sins, In the name of the Father, and of the Son, and of the Holy Spirit. Amen.”**

Child: **Make the Sign of the Cross when the priest gives you absolution. Leave the confessional and pray the Penance the priest gives you. In addition, you may also pray the following prayer:**

Prayer After Confession

I thank Thee, sweet Jesus, for forgiving my sins and giving me the grace I need to never commit these sins again. Amen.

Confession Quiz

Name the five things that you need to do in order to make a good Confession.

1. _____

2. _____

3. _____

4. _____

5. _____

- What do you say when you go into the confessional?
- What do you say after you tell Jesus your sins?
- Recite the Act of Contrition for your teacher.
- What should you do when you leave the confessional?

Confession Quiz Answer Key

Five things necessary for a good Confession:

1. Know what your sins are; & ask the Holy Spirit for help.
2. Be truly sorry for your sins.
3. Make up your mind not to commit these sins again.
(firm purpose of amendment)
4. Confess your sins to the priest.
5. Do the penance the priest gives you.

*Bless me Father, for I have sinned, this is my first confession.

*For these and the sins of my whole life I am very sorry.

*** Act of Contrition**

O my God, I am heartily sorry for having offended Thee. I detest all my sins because I dread the loss of heaven and the pains of hell, but most of all because they offend Thee, my God, who art all good and deserving of all my love. I firmly resolve, with the help of Thy grace, to confess my sins, to do penance, and to amend my life. Amen. (There are many forms of this prayer. Use the one practiced in the home of the child)

* Kneel in a pew and say the penance given by the Priest.

First Penance Ceremonies

Date/Time/Procedure

- Saturday, January 25th, 2020 and February 1nd, 2020.
- Please see page with assigned dates in folder.
- Drop off students in their classroom and then go into the church.
- When entering the church, remember that you are in the House of God and that Jesus is present in the Most Blessed Sacrament of the Altar. There must be **complete silence** in the church. Catholic Churches are places for conversations with God, not places for conversations with people. If you must speak, please go out into the narthex to do so.
- Parents may sit behind the student pews.
- We hope to have a confessional set-up just for parents so that you will have an opportunity to receive reconciliation too and set a good example for the children.

Dress Code

- Students should dress-up for this occasion.
- No jeans or sweatpants will be permitted.
- No T-shirts will be permitted.
- All pants must be worn at the waist.
- No excessively baggy pants.
- No mini-skirts will be permitted.
- No sleeveless or spaghetti strap shirts.
- “Docker” style pants are best for the boys.
- Skirts, dresses, or nice slacks are best for the girls.

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Holy Trinity Catholic Church

First Holy Communion



2019-2020 School Year

What your child should know for First Holy Communion:

- **What must one do to receive Holy Communion Worthily?**
 - Believe the Eucharist is the Body, Blood, Soul and Divinity of Jesus
 - Be in the state of Grace
 - Fast for 1 hour before receiving Holy Communion

- **What does “Be in the state of grace” mean?**
 - You have no unrepentant and unconfessed mortal sin on your soul

- **How do you know if a sin is mortal?**
 1. It must be of a serious matter (“big sin”) (Use the 10 Commandments as a guide)
 2. We must know it is a mortal sin.
 3. We must really intend to commit the mortal sin.

Please note: One may **not** receive Holy Communion if in a state of mortal sin. One must first make a good confession with a firm purpose of amendment.

- **What does “Body, Blood, Soul and Divinity” mean?**

This means that after the consecration (when the bells ring during Mass), only the appearances of bread and wine remain. The consecrated Host continues to look like bread, taste and feel like bread; but it is not bread. The entire substance of bread is changed into the Body, Blood, Soul and Divinity of Christ.

It looks like bread and tastes like bread but we know that the host is the Body, Blood, Soul and Divinity of Jesus because Jesus told us so. This is a mystery of our Faith. A mystery is something we cannot see but we believe because Jesus told us it is true.

- **Read over John Chapter 6:26 & 49-56 and John Chapter 6:66-71**

“You seek me not because you saw signs, but because you ate your fill of the loaves.....; ‘Your fathers ate the manna in the wilderness and they died. This is the bread which comes down from heaven, that a man may eat of it and not die. I am the living bread which came down from heaven; if anyone eats of this bread, he will live forever; and the bread which I shall give for the life of the world is my flesh.’ The Jews then disputed among themselves saying, ‘How can this man give us his flesh to eat?’ So, Jesus said to them, ‘Amen, amen, I say to you, unless you eat the flesh of the Son of man and drink his blood, you have no life in you; he who eats my flesh and drinks my blood has eternal life, and I will raise him up at the last day. For my flesh is food indeed, and my blood is drink indeed; He who eats my flesh and drinks my blood abides in me, and I in him.’

After this, many of his disciples drew back and no longer walked with him. Jesus said to the twelve, ‘Will you also go away?’ Simon Peter answered him, ‘Lord, to whom shall we go? You have the words of eternal life; and we have believed and have come to know that you are the Holy One of God.’ ”

- **What is the Eucharistic Fast?**

One must not eat or drink at least one hour before receiving Holy Communion. Only water and/or medicine may be consumed.

- **Mass Every Week.** We are bound to attend Mass on Sundays & Holy Days of Obligation.
- When we participate in the Mass we are offering a sacrifice to God the Father just as the Hebrews did in the Old Testament. However, we are offering the perfect sacrifice, Jesus’s sacrifice on the cross.
- When we attend Mass we should be thinking of the following:
 - Out of Love, Jesus freely offered himself on the Cross for the atonement of our sins (Think of the Crucifixion, Resurrection, and Last Supper)

Parents should support these truths by the following:

- Attending Sunday Mass weekly and receiving Our Lord worthily in Holy Communion
- Living a life of Christian Love in accordance to Our Lord’s teachings as given by the Catholic Church
- Frequenting the sacrament of Penance
- Following the Precepts of the Church
- Practicing a personal prayer life

- Helping to prepare your child for First Penance and First Holy Communion.
- Dressing up for Mass: We dress up on special occasions and every Mass is a tremendous event because we are before Jesus the Son of God and Son of Man.
- Signing the Letter of Intent

Good Examples that help solidify our children’s belief in the Real Presence of Christ in the Eucharist:

1. Receive Holy Communion worthily and frequently, daily if possible.
2. Take the whole family to confession often to receive Communion more fruitfully.
3. Refer to the Eucharist, not as “it,” but instead as “Him”-Jesus.
4. Adore attentively and wholeheartedly at the words of consecration.
5. Spend time in prayer and thanksgiving after Communion.
6. Genuflect reverently to Jesus in the tabernacle when passing the altar.
7. Make regular visits before the tabernacle with the whole family.
8. Sign up for an hour of adoration when there is Exposition of the Eucharist.
9. Make a sign of the cross whenever driving past a Catholic Church.
10. Read stories of saints who died for their belief in the Eucharist.
11. Invite fallen-away Catholics to come back to the Eucharist.
12. Invite non-Catholics to Mass and offer to explain the Eucharist.

Adapted from: Frank, Father Frank, Beginning Apologetics 3: “How to Explain and Defend the Real Presence of Christ in the Eucharist.” San Juan Seminars, 2014, p 32.

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First Communion Requirements

- Received the Sacrament of Penance.
- Complete the parent/student “MY BOOKLET about THE SACRAMENTS of THE HOLY EUCHARIST” and turn it into the CCD teacher by **3/25/20**; if your child attends a Catholic School/Home School, please bring it to the Religious Education office by **3/25/20**.
- Pass the Holy Communion quiz by **3/25/20**.
- Attend the First Holy Communion Retreat on Saturday, **3/28/20** from **9 am –1:00 pm** (Parents must attend retreat with child).
- Attend the First Holy Communion practice with your class.
- Father Vander Woude will determine dates for testing for Catholic School & Homeschool students (Confession Quiz, Communion Quiz, prayers,etc.)
- Arrive on time for First Holy Communion Mass.

First Communion Retreat

- **Saturday, March 28; 9:00 am – 1:00 pm.**
- **It is expected that one parent attend the retreat with their child.**
- The retreat begins with the 9am Mass.
- The retreat is a requirement for all First Communicants.
- If you cannot attend our retreat, one must be attended at another parish.
- Lunch will not be provided. Please bring a light snack and drink for that day.

Dress Code

- Same dress code as First Penance.

First Communion Practices and Ceremonies

- **Ceremony Date and Time: Saturday, May 2th, 2020 at 10:30 am**
Practice Date and Time: Friday, May 1st, 2020 at 5:00 pm
- **Ceremony Date and Time: Saturday, May 9th, 2020 at 10:30 am**
Practice Date and Time: Friday, May 8th, 2020 at 5:00 pm
- Practice is Mandatory for all students.
- Meet your child's teacher in one of the classrooms on the day of practice; signs will be posted with classroom assignments.

First Holy Communion Ceremonies

- **Arrive no earlier than 30 minutes before the ceremony is scheduled to begin.**
- Drop off your child(ren) in their assigned classroom and then go into the church.
- **When entering the church, remember that you are in the House of God and that Jesus is present in the Most Blessed Sacrament of the Altar. There must be complete silence in the church. Catholic Churches are places for conversations with God not places for conversations with people. If you must speak, please leave the church to do so. Please remind your family and friends!**
- **Saving seats is not permitted.**
- **Picture taking during Mass is prohibited. By order of Bishop Burbidge**
- We will NOT have a professional photographer during Mass. By order of Bishop Burbidge.
- Parents should pick up their child's First Communion Certificate after Mass.

Dress Code

Special clothes highlight a special occasion; however, the coming of Jesus is the most important part of the day. Please keep your child and family focused on the fact that the Sacrifice of Jesus on the Cross is the “Perfect Sacrifice” and thus it is perpetuated with the Mass and Jesus’ giving of His Flesh for the life of the world in Holy Communion.

Girls dress like a bride and boys dress like a groom. This reminds them that when they receive their First Holy Communion, their soul is united to Christ like a bride and groom are united in matrimony. PLEASE FOLLOW THE DRESS CODE. Remember that Girls with no sleeves will have to wear a sweater to cover their shoulders/their dress at First Holy Communion.

If the dress code prescribed below is cost prohibitive, please see the DRE and we will help with getting the needed attire.

Girls:

- White Dress
- Must have sleeves or cap sleeve style on the shoulder
- Length: at or below the knee
- A veil or wreath of flowers on head
- No purses please
- No extra prayer books or rosaries should be brought to Mass
- No gloves
- *The purses, rosaries, prayer books and gloves are great for personal pictures after Mass, but may not be brought into the church (by the child) during Mass.*

Boys:

- Suit or dress pants with a dress shirt
- Tie is required
- Dress shoes required (No sneakers)
- No extra prayer books or rosaries should be brought to Mass

All First Communicants are encouraged to wear these same clothes to Mass **throughout the month of May** so that the parish family can celebrate the reception of their Sacrament!

May Crowning of the Blessed Virgin Mary

- This year we plan to have the May Crowning during the children's final class session.
- Details will be given later.



Corpus Christi Procession

All First Communicants are encouraged to participate in the annual Parish Corpus Christi Procession on Sunday June 14th at 6:30pm. The children will wear the clothing that they wore for their FHC. Details will come, but please mark your planners now.



How I lost my war with the Holy Days of Obligation

by [Joe Williams](#)

There's a great scene from *The Simpsons* that sums up my childhood view of church perfectly. Bart, Lisa and Homer all run out of church triumphantly on a Sunday after services have finished, shouting — and I paraphrase — Hurray! It's the time of the week that is the longest time before we have to go to church again!

And that's how I felt when I was younger. Once Mass was over on Sunday, that was it. I was done. I was no longer a prisoner of the Liturgy and Eucharist, tradition and ritual, dressing up and sitting up. For an entire week I had nothing to look forward to but no church. And then a Holy Day of Obligation would roll around in the middle of the week, ruining everything.

As a kid, not only was I enrolled in Catholic school grades K-8, but I was cosmically enrolled into a very devout Catholic family. And it seemed back then that everywhere I turned there was a Holy Day of Obligation lurking around the corner, a chance for my parents to force me to GO TO CHURCH again for an hour on a weekday, in addition to having already attended the weekend before with my family and during the week with classmates for the school-wide Mass that all the grades had to attend.

Back then it seemed like the Holy Days of Obligation numbered somewhere in the hundreds if not thousands of days a year, where all Catholics just had to GO TO CHURCH outside of the regular weekly obligation. Suffice it to say, these holy days dealt a critical blow to my endless video game matches with Punch-Out's Bald Bull or watching yet another syndicated rerun of *The Simpsons* that I had seen at least ten times before. Having to GO TO CHURCH again in the middle of the week felt forced and unnatural.

From my teens to my late 20s, practicing my faith didn't really mean a lot. The symbolism and meanings were lost on me; the words seemed empty; the buildings themselves just buildings. It wasn't until a few years ago that I actually became interested in attending again.

Seeing the benefits

For an entire week I had nothing to look forward to but *no church*. And then a Holy Day of Obligation would roll around in the middle of the week, ruining everything!

I had always maintained my faith, through prayer and some kind of contemplation, but now something was drawing me back into the actual act of going into a church and participating — as a free man this time, no longer forced but longing. Away from my home and family, the act of entering a church and partaking in the Liturgy made me feel connected not only to my family but, in a spiritual sense, to the world around me.

I started attending with more frequency, and then regularity, not because God wanted me to GO TO CHURCH, but because it actually felt good for the first time in my life. I was beginning to truly get something out of it. Walking into the quiet peace before services began, kneeling and praying and having the chance to take breather from the rest of the world, having the opportunity to pray with a community as well as by myself — these were just some of the benefits I began to see going to Mass could offer.

And then there were those distinctive parts of the Catholic faith I began rediscovering during this period, that I viewed as tools of assistance in my spirituality — the prayers, the sacraments, holy water, confession — and yes, the Holy Days of Obligation.

I began thinking about them for the first time since my childhood, when they had been such a hindrance. They intrigued me. What exactly is a Holy Day of Obligation? Through a little research I discovered that they are feasts in the Church in addition to Sundays, when, as says in Canon 1247, “the faithful are obliged to participate in the Mass. Moreover,” it continues, “they are to abstain from those works and affairs which hinder the worship to be rendered to God, the joy proper to the Lord’s day, or the suitable relaxation of mind and body.”

Basically, one way to look at them is as extra Sabbath days that fall during the week.

The six Holy Days of Obligation

A few years ago when I first began to attend weekly Mass again I decided to make it a point to attend all the extra Holy Days thinking it would be an extra Mass or two a month. To my surprise I discovered there were only 6 (six!) extra days a year, besides Sundays, that were actually Holy Days of Obligation — not the hundreds that it used to seem like to me — and one of them was a day practicing and non-practicing Catholics alike would be going to church anyway — Christmas. Which made me wonder why it ever seemed like such a big deal in the first place.

I can only imagine what my childhood self would have felt if I had lived prior to 1911 when there were 36 Holy Days of Obligation per year! That year pope Pius X narrowed the list down to 11 and since then the American bishops have narrowed it further so that there are six extra Holy Days of Obligation on the current United States Catholic calendar:

Mary, Mother of God — January 1
Ascension — 40 days after Easter
Assumption of Mary — August 15
All Saints Day — November 1
Immaculate Conception — December 8
Nativity of our Lord — December 25

They commemorate special feasts that are integral to the life of the Church — three of the days pertain to Mary (her birth, her motherhood to Jesus, her departing this earth); two are about Jesus (His birth, His departure from earth); and one day is about all those other holy women and men we ask to pray for us, the saints.

My adult self realizes now that six days a year isn’t really all that big a deal — about six extra hours to gather inside a church as part of a community to receive the word of God and Communion.

My adult self realizes now that six days a year isn’t really all that big a deal — about six extra hours to gather inside a church as part of a community to receive the word of God and Communion. If you add to it the 52 hours a year Catholics are asked to attend on Sundays, it’s still just a small fraction of time: 58 hours annually out of 8,760 hours (1/146th of a year). That’s next to nothing in my book. If playing video games and watching Simpsons reruns were a religion — which for me as a kid they might as well have been — the countless hours I’ve devoted in my life to them would have made me the biggest religious freak you’d ever known.

I’ll be in church this Ascension Thursday — I defeated Bald Bull long ago and I’ve already watched every *Simpsons* episode I want to see. Everything else in my life can wait for that extra hour this week, where I get to focus on my faith, have the chance to collect myself, pray for friends and family, and truly celebrate with others the meaning of these unique parts of the Catholic faith. This year, I consider it my privilege to be able to... go to church.

You can find more information about the Holy Days of Obligation under [Canon 1246 on the United States Conference of Catholic Bishops website](#).

Eucharistic Miracle: Lanciano, Italy 8th Century A.D.



Ancient Anxanum, the city of the Frentanese, has contained for over twelve centuries the first and greatest Eucharistic Miracle of the Catholic Church. This wondrous Event took place in the 8th century A.D. in the little Church of St. Legontian, as a divine response to a Basilian monk's doubt about Jesus' Real Presence in the Eucharist.

During Holy Mass, after the two-fold consecration, the host was changed into live Flesh and the wine was changed into live Blood, which coagulated into five globules, irregular and differing in shape and size.

The Host-Flesh, as can be very distinctly observed today, has the same dimensions as the large host used today in the Latin church; it is light brown and appears rose-colored when lighted from the back.

The Blood is coagulated and has an earthy color resembling the yellow of ochre.

Various ecclesiastical investigation ("Recognitions") were conducted since 1574.

In 1970-'71 and taken up again partly in 1981 there took place a scientific investigation by the most illustrious scientist Prof. Odoardo Linoli, eminent Professor in Anatomy and Pathological Histology and in Chemistry and Clinical Microscopy. He was assisted by Prof. Ruggero Bertelli of the University of Siena.

The analyses were conducted with absolute and unquestionable scientific precision and they were documented with a series of microscopic photographs.

These analyses sustained the following conclusions:

- The Flesh is real Flesh. The Blood is real Blood.
- The Flesh and the Blood belong to the human species.
- The Flesh consists of the muscular tissue of the heart.
- In the Flesh we see present in section: the myocardium, the endocardium, the vagus nerve and also the left ventricle of the heart for the large thickness of the myocardium.
- The Flesh is a "HEART" complete in its essential structure.
- The Flesh and the Blood have the same blood-type: AB (Blood-type identical to that which Prof. Baima Bollone uncovered in the Holy Shroud of Turin).
- In the Blood there were found proteins in the same normal proportions (percentage-wise) as are found in the sero-proteic make-up of the fresh normal blood.
- In the Blood there were also found these minerals: chlorides, phosphorus, magnesium, potassium, sodium and calcium.
- The preservation of the Flesh and of the Blood, which were left in their natural state for twelve centuries and exposed to the action of atmospheric and biological agents, remains an extraordinary phenomenon.

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Holy Communion Quiz

1. The _____ is the Sacrament of the real Body, Blood, Soul and Divinity of Jesus Christ.
2. Jesus gave us the Sacrament of the Eucharist at the Last _____.
3. To save us, Jesus made up for our sins by dying on the _____.
4. The Mass is the _____ of Jesus on the Cross offered in our church by the priest.
5. The bread and wine become the Body and Blood of Jesus at the _____.
6. At the elevation of the Sacred Host and Chalice, what prayer should you pray?
7. To receive Holy Communion you must:
-
-
-
8. What is the prayer we recite before the priest distributes Holy Communion?
9. Write on the back of the page a prayer that you would say after you receive Holy Communion.

Holy Communion Quiz Answer Key

1. The **Eucharist** is the Sacrament of the real Body, Blood, Soul and Divinity of Jesus Christ.
2. Jesus gave us the Sacrament of the Eucharist at the Last **Supper**.
3. To save us, Jesus made up for our sins by dying on the **cross**.
4. The Mass is the **Sacrifice** of Jesus on the Cross offered in our church by the priest.
5. The bread and wine become the Body and Blood of Jesus during the **consecration**. (When the priest says, "This is My Body.")
6. "My Lord and My God!"
7. To receive Holy Communion you must:
 - **Know and believe that you are about to receive the Body, Blood, Soul and Divinity of Jesus Christ**
 - **Be in the state of grace**
 - **Observe the Eucharistic Fast of 1 hour**
8. Priest says: "Behold the Lamb of God....." We say: **Lord, I am not worthy that you should enter under my roof, but only say the word and my soul shall be healed.**
9. Write a Prayer to Jesus that you would pray after receiving Holy Communion.
Example: Jesus, I believe in You. Jesus, I hope in You. Jesus, I love You. Jesus, I thank You for having come to me. Welcome to my heart and bless me. You are the same Jesus Who gave Your life for us on the cross and rose from the dead. I am sorry for my sins. Please give me the graces I need to serve you all my life. Amen.

Why Commit Prayers to Memory?

What is prayer? Simply put, prayer is talking and listening to God. When we pray, we lift our hearts and minds to God. Prayer should consist of four things:

Adoration (*telling God you love Him because He is all-good and deserves our love*)

Contrition (*true sorrow for sin because it offends God*)

Thanksgiving (*thanking God for our blessings and crosses*)

Supplication (*petitions-asking for favors from God, prayers for others*)

When a child learns to talk, what does he do first? First, he repeats many phrases or words that the adults in the house use. As a child grows older, you will notice, he still uses many phrases that he learned from an advanced speaker. This is true also, when learning to pray.

Just as one cannot start composing poems and novels when first learning to write, we cannot expect our children to learn how to pray if they do not learn the prayers composed by Our Lord, the angels, and the great saints. These prayers give Our Lord unspeakable joy when prayed with love and devotion.

Just as a student memorizes the multiplication tables to become competent in higher math classes, children must learn their basic Catholic prayers by heart in order to participate in the liturgies of the Church. The basic Catholic prayers teach the dogmas of the Catholic Faith. If a child commits these prayers to memory, he will not be lead astray by heretics.

Start praying every day with your children. If the prayers are not committed to memory as of yet, read them from the prayer sheet every day. In a few days, many of these prayers will be locked into your memory forever.

**Holy Trinity Catholic Church Religious Education Program
Basic Catholic Prayers**

Grades 1 – 8

Sign of the Cross

In the name of the Father, and of the Son, and of the Holy Spirit. 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.

Hail Mary

Hail Mary, full of grace, the Lord is with Thee. Blessed art thou amongst 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.

Glory Be

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.

Guardian Angel Prayer

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. Amen.

Grace Before Meals

Bless us, O Lord, and these Thy gifts, which we are about to receive from Thy bounty through Christ, our Lord, and may the souls of the faithful departed, through the mercy of God, rest in peace, Amen.

Grades 2 - 8

Morning Offering

O Jesus, through the Immaculate Heart of Mary, I offer Thee my prayers, works, joys, and sufferings of this day in union with the Holy Sacrifice of the Mass throughout the world. I offer them for all the intentions of Thy Sacred Heart: the salvation of souls, reparation for sin, and the reunion of all Christians. I offer them for the intentions of our Bishops and of all Apostles of Prayer, and in particular for the intentions of our Holy Father this month. Amen.

Or:

O my God, I offer you this day, all that I shall think, or do, or say, united with what was done on earth by Jesus Christ Your Son. Amen.

Act of Contrition

O my God, I am heartily sorry for having offended Thee. I detest all my sins because I dread the loss of heaven and the pains of hell, but most of all because they offend Thee, my God, Who art all good and deserving of all my love. I firmly resolve, with the help of Thy grace, to confess my sins, to do penance, and to amend my life. Amen.

Grades 3 - 8

The Apostles' Creed

I believe in God, the Father Almighty, Creator of Heaven and earth; and in Jesus Christ, His only Son, Our Lord, who 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; 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 thence He shall 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. Amen.

Act of Love

O my God, I love Thee above all things, with my whole heart and soul, because Thou art all good and worthy of all love. I love my neighbor as myself for the love of Thee. I forgive all who have injured me and ask pardon of all whom I have injured. Amen.

Grades 4 - 8

Act of Faith

O my God, I firmly believe that Thou art one God in three Divine Persons, Father, Son, and Holy Spirit; I believe that Thy Divine Son became man and died for our sins, and that He will come to judge the living and the dead. I believe these and all the truths which the Holy Catholic Church teaches, because Thou hast revealed them, who can neither deceive nor be deceived.

Act of Hope

O my God, relying on Thy infinite goodness and promises, I hope to obtain pardon of my sins, the help of Thy grace, and life everlasting, through the merits of Jesus Christ, my Lord and Redeemer. Amen.

Grades 5 - 8

Memorare

Remember, O most gracious Virgin Mary, that never was it known that anyone who fled to thy protection, implored thy help, or sought thy intercession, was left unaided. Inspired with this confidence, I fly unto thee, O Virgin of Virgins, my Mother: to thee do I come, before thee I stand, sinful and sorrowful. O Mother of the Word Incarnate, despise not my petitions, but in thy mercy hear and answer me. Amen.

Prayer to St. Michael

St. Michael, the Archangel, defend us in battle. Be our protection against the wickedness and snares of the devil. May God rebuke him, we humbly pray, and do thou, O prince of the heavenly hosts, by the power of God, cast into Hell Satan and all the evil spirits who prowl about the world seeking the ruin of souls. Amen.

Grades 6 - 8

Hail, Holy Queen

Hail, holy Queen, Mother of mercy; hail our life, our sweetness and our hope. To thee do we cry, poor banished children of Eve. To thee do we send up our sighs, mourning and weeping in this valley of tears. Turn then, most gracious Advocate, thine eyes of mercy toward us. And after this our exile, show unto us the blessed fruit of thy womb, Jesus. O clement, O loving, O sweet Virgin Mary.

V. Pray for us, O Holy Mother of God:

R. That we may be made worth of the promises of Christ.

Grades 7 - 8

The Angelus

V. The angel of the Lord declared unto Mary.

R. And she conceived of the Holy Spirit.

Hail Mary. . . .

V. Behold the handmaid of the Lord.

R. Be it done to me according to thy word.

Hail Mary. . . .

V. And the word was made flesh.

R. And dwelt among us.

Hail Mary. . . .

V. Pray for us, O holy Mother of God.

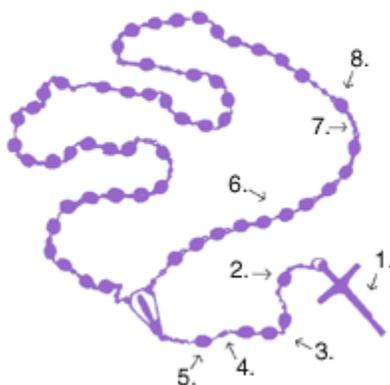
R. That we may be made worthy of the promises of Christ.

Let us pray. Pour forth, we beseech thee, O Lord, thy grace into our hearts, that we, to whom the Incarnation of Christ thy Son was made known by the message of an angel, may by his Passion and Cross be brought to the glory of his Resurrection. Through the same Christ Our Lord. Amen

The Rosary

Know the procedure of How to Pray the Rosary. Explain the Mysteries of the Rosary.

How to Pray the Rosary



1. Make the Sign of the Cross and pray the Apostles' Creed.
2. Pray the Our Father.
3. Pray three Hail Marys.
4. Pray Glory Be to the Father.
5. Announce the mystery for reflection and pray the Our Father.
6. Pray the 10 Hail Marys.
7. Finish the decade with the Glory Be to the Father.

Joyful Mysteries:

1. Annunciation 2. Visitation 3. Nativity 4. Presentation 5. Finding of Jesus in the Temple

Luminous Mysteries:

1. Baptism of Jesus 2. Wedding at Cana 3. Proclamation of the Kingdom 4. Transfiguration
5. Institution of the Eucharist

Sorrowful Mysteries:

1. Agony in the Garden 2. Scourging 3. Crowning with Thorns 4. Carrying of the Cross
5. Crucifixion

Glorious Mysteries:

1. Resurrection 2. Ascension 3. Descent of the Holy Spirit 4. Assumption 5. Coronation of Mary

***Please note that these prayers are cumulative each year. Our teachers' goals will be to help our parents impart to our children an understanding and knowledge of their prayers so as to speak to/with Our Loving God, Father, Son and Holy Spirit in various way.**

J.M.J.

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First Holy Communion Letter of Intent

In renewing my baptismal vows, I profess my Catholic Faith in the Creed and renounce Satan. It is my intent in both faith and practice to embrace the entire law of Christ contained in the Catholic Church, which includes being faithful to the teachings of the Holy Father in regards to issues of faith and morals (i.e. issues such as abortion and contraception). I promise to follow the precepts of the Church both now (during the preparation of my child for the Sacraments of Penance and Holy Communion) and afterwards.

Parent's Signature

Date

Printed Name of Child Receiving Sacraments

Precepts of the Church

- 1.** To assist at Mass on all Sundays and holy days of obligation.
(Jan. 1 – Solemnity of Mary; 40 days after Easter – Ascension Thursday; Aug. 15 – Assumption of Mary; Nov. 1 – All Saints' Day; Dec. 8 – Immaculate Conception; Dec. 25 – Christmas)
- 2.** To fast and abstain on the days appointed.
(The Church's current regulations in the U.S. require fasting and abstinence from meat on Ash Wednesday and Good Friday; and abstinence from meat on the Fridays during Lent. Every Friday is a day of sacrifice. We are obliged to make a sacrifice every Friday; This could be the traditional practice of abstinence from meat or another sacrifice.)
- 3.** To confess our sins at least once a year in the Sacrament of Penance.
- 4.** To receive Holy Communion worthily during the Easter Season.
(To receive Holy Communion worthily, one must: observe the Eucharistic Fast of one hour before receiving Holy Communion; be in the state of grace, believe that Holy Communion is the true Body, Blood, Soul and Divinity of our Lord and Savior, Jesus Christ.)
- 5.** To contribute to the support of the Church.
- 6.** To observe the laws of the Church concerning marriage.

JMJ

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First Holy Communion Data Form

Mail to: Holy Trinity Catholic Church
Attention: Religious Education
8213 Linton Hall Road; Gainesville, VA 20155

All of the information on this form will be hand transcribed into church records. Accuracy and completeness of the information is very important. If you have questions about this form, please do not hesitate to ask office staff or the Religious Education office.

Last Name of the Registered Family: _____

First Communicant's Last Name: _____

Given Name of the Child

First: _____ Middle: _____ Last: _____

**Age that the Child will be at the time of First Communion (years): _____

Date of First Communicant's Birth: _____

Place of First Communicant's Birth (City and State): _____

Father's Proper Full Name: First: _____ Middle (no initial) _____ Last: _____

Mother's Proper Full Name: First: _____ Middle (no initial) _____ Last: _____

Mother's Maiden Name: First: _____ Middle (no initial) _____ Last: _____

Home Phone: _____ Cell Phone: _____

Address: _____ City: _____ State: _____ Zipcode: _____

Email address of primary point of contact: _____ Best way to contact you: email call

Exact Date of Baptism (day, month, year): _____

Religion of Baptism (ex. Roman Catholic, Lutheran , etc...) _____

****Name & address of the church where the Baptism took place (street address, city, state, zip code & country) – Please note it here, even if it is on the certificate. This is very important as we need the address in order to record the child's sacrament.**

PLEASE write legibly. All of this data will be used to generate the records that are required by the Church for the Sacraments.

