

In our parish, we celebrate First Penance in Advent and we celebrate First Holy Communion during the Easter season. In order to register for the reception of these two sacraments, a child must have completed two consecutive years of religious education in either PREP or in a Catholic School.

First Penance dates for the 2016/2017 school year:

1. Parent's Meeting – Saturday, September 24, 2016 at 9:00 a.m. in St. Ann Church
2. First Penance Retreat – Saturday, November 12, 2016 at 9:00 a.m. (location TBA)
3. First Penance Services – Saturday, November 26, December 3, December 10, and December 17 at 12:00 noon in St. Ann Church

We are excited and happy to partner with you in preparing for your child's First Reconciliation day. We hope that the information here helps to answer any questions you have in anticipation of this very special day for you and your family. It is always our aim to do all we can to make sacrament celebrations reverent and memorable, and we greatly appreciate your cooperation.

The time leading up to the celebration of the sacrament is a very special time of preparation for your child. Bringing our relationship with God to peaceful terms is always a celebration. While adults sometimes struggle with the process, children approach this sacrament with a healthy excitement. It is our hope to make this a memorable occasion for your child and for you. Blessings to all during this time of preparation!

About the Celebration

- This sacrament is celebrated within a brief prayer service.
- The entire celebration lasts approx. 60 minutes.
- Fr. Newns and Fr. Heim will hear confessions.
- A pew will be reserved for each family. Parents and child sit together in Church.
- Children will be directed when to go to a priest for confession.
- When all the children have gone to confession, we will conclude the prayer service.
- Attire should be dressy casual

Children are to memorize:

- The form for receiving the Sacrament of Reconciliation & Act of Contrition
- The Ten Commandments
- Basic Prayers: Sign of the Cross, Our Father, Hail Mary, Glory Be.

Children are to know and be able to explain:

- Examination of Conscience
- Terms and definitions taught in their classes.

Please Remember:

- All children preparing for 1st Reconciliation (and 1st Eucharist) are to attend weekly Mass. The Mass is the center of all we believe and teach as Catholics and has always been the first and most important requirement of sacramental preparation.
- While catechists and teachers present the required content in class, we rely on parents to be the primary catechist for their children, consistently guiding and reinforcing their child's learning at home.

First Holy Communion dates for the 2016/2017 school year:

1. Parent's Meeting – Saturday, February 11, 2017 at 9:00 a.m. in St. Ann Chapel
2. First Holy Communion Retreat/Rehearsal – Saturday, April 22, 2017 at 9:00 a.m. in St. Ann Chapel
3. First Holy Communion will be celebrated after Easter during the regular Sunday Masses (Saturday, April 29, 2017-Sunday, May 28, 2017)

If you should have any questions or concerns, please contact Madelyn O'Hara at 610-639-0923 or stannadulted@gmail.com.

Tips for preparing for Communion



Attend Mass Regularly

By regularly attending Mass with your child, not only are you providing them with a model of love and appreciation of our Lord and Church to follow, but you will help to familiarize them with the Mass. Here are a few tips for attending Mass:

- Sit near the front of the church, close to the altar so that your child can see and more fully participate in the Mass
- Bring your child with you when you go to Communion so that they can witness how to receive the Eucharist
- Use a missalette so that your child can follow along with the prayers and readings
- Participate with your child in the prayers, responses, and song

How to Receive Holy Communion

There are different ways of receiving the Eucharist. Help your child choose which method they would feel most comfortable with, and practice with them.

To receive Holy Communion in your hand (most common):



- Bow head slightly in reverence.
- Hold hands palms up and open, one hand resting on top of the other (dominant hand should be on the bottom).
- Extend hands up and out.
- The Priest or minister of Holy Communion holds the Eucharist in front of you and says, **“The Body of Christ”**.
- You answer, **“AMEN.”**
- The priest places the Eucharist in your hand.
- Step to the side. Using the underneath hand, pick up the Eucharist and put it in your mouth.
- Bless yourself by making the Sign of the Cross.
- Fold hands and (if not receiving from the cup) walk to your pew. Kneel down and pray a thank you prayer.

To receive Holy Communion on your tongue:



- Fold hands together in prayer.
- Bow head slightly in reverence.
- The Priest or minister of Holy Communion holds the Eucharist in front of you and says, **“The Body of Christ”**.
- You answer, **“AMEN.”**
- Tilt head back, open mouth and put tongue out to receive Eucharist.
- The priest places the Eucharist on your tongue.
- Step to the side.
- Bless yourself by making the Sign of the Cross.
- Fold hands and (if not receiving from the cup) walk to your pew. Kneel down and pray a thank you prayer.



To receive from the cup:

- After receiving the Body of Christ, go to the priest or minister of Holy Communion who is offering the cup.
- Bow.
- The priest or minister of Holy Communion will say, "**The Blood of Christ**".
- You answer, "**AMEN**".
- Take the cup in both hands and take a small sip.
- Return the cup to the minister.
- Fold hands and walk to your pew. Kneel down and pray a thank you prayer.