

## *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. We are thankful for Jesus in our lives.

## *Bread and Wine Become Body and Blood..*

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 Services. God works this miracle through the Priest when he says the Words of Consecration.

## *The Words of Consecration*

These are the same words Jesus said at the Last Supper when he broke the bread, gave it to his disciples, and said:

*“Take this, all of you, and eat it: this is my body which will be given up 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, the blood of the new everlasting covenant. It will be shed for you and for all so that sins may be forgiven. Do this in memory of me.”*

## *We Need Holy Eucharist*

Through Holy 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.’*

## *Jesus is in both Body and Blood*

You receive the entire gift of Jesus from just the Body or just the blood but you are encouraged to receive both.

During First Eucharist, the children will receive both the Body and Blood of Jesus.



# *FIRST EUCHARIST*



## **St. Mary's Parish**

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## Who is this for?

*It is for Parents to help prepare their children for 1<sup>st</sup> Eucharist (Holy Communion) & Reconciliation*

*This group is for those who have been Baptized Catholic and in Grade 2 (age 7 or older)*

## Parents complete all sessions with your child.

*It is important for families to share and deepen their understanding of the Catholic faith.*

## Reconciliation (Confession):

*1 Orientation Session (online)*

*2 Preparation Sessions (online)*

*1 "Ready for Reconciliation?" Session (online)*

*1<sup>st</sup> Reconciliation Sacrament with a Priest*

## 1<sup>st</sup> Eucharist (Holy Communion):

*4 Preparation Sessions (online)*

*1 "Is My Child Ready?" Session*

*1<sup>st</sup> Eucharist Mass in small groups at the Parish*

*Your child needs to have received 1<sup>st</sup> Reconciliation **BEFORE** they can receive 1<sup>st</sup> Eucharist, if possible.*



## *What do I do as the Parent?*

- Register your child for the Sacraments ONLINE. (usually in September of each year)
- Register with the Parish - check web site on how to register
- **Need a copy of your child's Baptism Certificate**
- A small fee to cover the cost of materials/retreats.
- **Recent Wallet sized Photo** of your child (scan and send to [charmaine.marcinek@rdcrs.ca](mailto:charmaine.marcinek@rdcrs.ca) )
- Complete all ONLINE and any in Class Sessions with your child. Ensure that your child is ready for their Sacraments.

## *Please have available to Register ONLINE:*

[www.stmarysparishreddeer.com](http://www.stmarysparishreddeer.com)

Click under Sacraments,

Then click 1<sup>st</sup> Reconciliation/1<sup>st</sup> Eucharist

Read information and download any Documents needed

- Your child's Baptism Certificate - scan and send to [charmaine.marcinek@rdcrs.ca](mailto:charmaine.marcinek@rdcrs.ca)
- Newcomers Form – if new to the parish or for updates
- \$\$ to defray the cost of the resources/materials used

## Preparation is shared by Parents, Parish & School

## How does the Parish & School work together?

The Parish and Teachers/School support each family as they prepare their child for the Sacraments. The Sacraments are held in the Parish. Teachers also create opportunities for students to learn additional information about faith throughout the year. If Parents need assistance, they can contact the Parish for additional help.

**We all work together to journey towards the Sacraments**