

The Sunday Eucharist is the centerpiece of life as a Catholic. Please make every effort to develop a practice of coming to Mass with your children each week, both now and after they receive their first Communion. Just as we provide our children daily with food at our table, we cannot fail to provide them weekly with food that will sustain them for life – the presence of Jesus Christ in Word and Sacrament.

First Communion Checklist

- 1. My child knows these prayers very well and has good understanding of them.
____Our Father, ____Glory be ____Hail Mary,
- 2. My child knows there are three persons in One God, and can name each person.
(The Father, The Son and The Holy Spirit)
- 3. My child can explain Grace. (God's life in our souls. We need Grace to enter heaven)
- 4. My child can explain what a sacrament is and give an example of one.
(A Sacrament is an outward sign given to us by Jesus to give grace.
Baptism, Eucharist, Reconciliation, Confirmation, Holy Orders, Matrimony, Anointing of the sick)
- 5. My child has a desire to receive Jesus in The Eucharist, and is developing a relationship with Jesus through prayer and Mass attendance.
- 6. My child knows that Jesus gave us The Eucharist at the Last Supper. (Mark 14:12-26)
- 7. My child knows and believes that The Eucharist is Jesus, His Body, Blood, Soul and Divinity, and is hidden under the appearance of bread and wine. This is a miracle!
(Parent note: Catholic's belief in Transubstantiation, which means the substance of the bread and wine are really changed into Jesus only leaving the appearance of bread and wine. John 6:30-58)
- 8. My child knows that Jesus gave priests the power to change bread and wine into The Body and Blood of Jesus. Priests do this when they offer The Sacrifice of The Mass and say the words of Consecration: "This is My Body" and "This is My Blood".
(Parent note: A sacrifice is a gift to God which tells Him we love Him. The Mass is the sacrifice in which Christ, through the priest, offers Himself to The Father and we offer ourselves with Him.)
- 9. My child has a familiarity with the movements, prayers, gestures of the Mass.
Especially the response to the Invitation to Communion: "Lord I am not worthy that you should enter under my roof, but only say the word and my soul shall be healed." (See worksheet #1)
- 10. My child knows how to prepare to receive Jesus worthily?
 1. One hour Eucharistic Fast. 2. No mortal sin. (been to confession recently)
 3. Knows Jesus is truly present in the Eucharist. (See worksheet #2)
- 11. My child knows how to receive The Eucharist Reverently. (1. Bow before stepping close to the priest.
2. Saying "Amen" when the priest says "The Body (or Blood) of Christ." 3. Offering cupped hands and then taking the bottom hand take The Eucharist and place in their mouth **before** moving away from the priest.
Or offer an open mouth with tongue extended and chin up. (Parent can practice with a cracker at home.)
- 12. My child knows to make an Act of Thanksgiving after receiving Holy Communion. They should kneel in their pew after communion to offer prayers of Thanksgiving and asking for blessings for themselves and others. This is the time they will be the closest to Jesus!