

CHECKLIST FOR
FIRST PENANCE AND FIRST COMMUNION

1. Practice prayers with your child (in teacher packet) now & before Penance _____
2. Practice "Reconciliation" procedure (White sheet) with your child _____
3. Pay First Penance & Communion fee by January 15, 2025 _____
4. **BOYS ONLY**- If interested, ordering thru Religious Ed., white tie order by January 15, 2025 (**WHITE TIE IS REQUIRED TO WEAR**) _____
5. **GIRLS ONLY**-If interested, ordering thru Religious Ed., white anklet socks order by January 15, 2025 (**WHITE ANKLETS ARE REQUIRED TO WEAR**) _____
6. First Penance: arrive 4:30pm, January 22, 2025 in church _____
7. Communion Banner kit to be distributed, see our instruction page, due January 22, 2025 at First Penance check in. _____
8. Child to attend two Communion practices April 16 & April 30, 2025, from **4:30 to 6:00 pm**. _____
9. **Parent's First Communion Checklist signed & returned upon completion no later than April 9, 2025.** _____
10. First Communion: Child to Memorial Hall by 9:45 am, May 3 , 2025 _____
Each child will be assigned a pew with them sitting on the end near the aisle.
Only seven guests are allowed with your child. Tickets may need to be distributed at practice.
(See Communion instructions-must call for additional tickets-first come basis) _____

*****Please: you must call the office if you have someone in need of the handicapped entrance for First Communion Day so we can give you the proper instructions by April 16, 2025.**

**THANK YOU FOR ALL OF YOUR SUPPORT AND ALLOWING US TO
HELP YOU
ENRICH YOUR CHILDREN IN OUR FAITH.**

RECONCILIATION PRACTICE

Please make sure your students know the format for Penance (reconciliation) so they will be well prepared for their First Reconciliation (and thereafter).

Step 1: Examine your conscience. (Ask yourself if you followed the rules, did what you were supposed to, etc.)

Step 2: The priest welcomes you. Next, **make the sign of the cross**. Then, You say, **“Bless me father, for I have sinned. (My last confession was...”)** [(...)This part is only for those reviewing these practice notes, you do not say- My last confession was... for First Penance.]

Step 3: Confess your sins. (When you finish say: **“I am sorry for these sins and the sins of my whole life.”**)

Step 4: Listen to the priest and receive your penance.

Step 5: Say the Act of Contrition. (Unless this is said beforehand in a Service or Class.)

O my God, I am heartily sorry
for having offended You,
and I detest all my sins
because of Your just punishments,
but most of all because
they offend You, my God,
Who are all-good and deserving
of all my love. I firmly resolve,
with the help of Your grace,
to sin no more and to avoid
the near occasions of sin.

Step 6: Father will give you an absolution. **Respond by making the sign of the cross.**

Step 7: Father will say: “The Lord has freed you from your sins. Go in peace.” You respond: **“Thank you, Father.”**

Holy Family Religious Education
P.O. Box 56
Union Beach, New Jersey 07735
732-264-7043

September 11, 2024

RE: FIRST PENANCE AND FIRST HOLY COMMUNION FEE

Dear Parent/Guardian:

The sacramental fee for First Penance and First Holy Communion will be \$125.00.

Please fill in the form below and return it, with a check made payable to Holy Family, to your respective teacher no later than **January 15, 2025**.

Thank you for your prompt attention to this matter. We look forward to making these days memorable for you and your child.

Cut Here

FIRST PENANCE AND FIRST HOLY COMMUNION FEE

Child's Name _____ Parent(s) Name _____

Child's Class _____ Teacher's Name _____

Amount Due: \$ 125.00 Ck# _____

**PLEASE RETURN TO RESPECTIVE TEACHER IN AN ENVELOPE. BY
JANUARY 15, 2025. THANK YOU.**

TO: PARENTS/GUARDIANS OF FIRST COMMUNION BOYS & GIRLS

FROM: RELIGIOUS EDUCATION OFFICE

RE: WHITE TIE or WHITE ANKLET SOCK ORDER FORM

DATE: SEPTEMBER 11, 2024

If you would like to order a White Adjustable Tie (BOYS ONLY) or White Anklet Socks (GIRLS ONLY) thru our office for First Communion please fill out the form below and return it to our office (thru child's teacher) with a check for the amount due, made out to Holy Family, **no later** than the **January 15th, 2025 class. A white tie is required for the boys to wear and white anklet socks for the girls, ordering thru our office is optional. The price is \$10.00 thru us. You may send in the payment together with the Sacramental Fee.**

NAME: _____ CLASS _____

Please place an order for the following First Communion item:

	<u>AMOUNT</u>	<u>QUANTITY</u>
Chalice Brocade Tie, Satin Brocade:	\$ 10.00	_____
White Anklet Socks	\$ 10.00	_____

Please make check payable to Holy Family, return to PREP office NO LATER than, January 15th, 2025.

September 11, 2024

RE: SACRAMENT OF FIRST PENANCE: January 22, 2025

Dear Parent(s):

Please make note of the following updated directives:

1. The Sacrament of First Penance will be celebrated on Wednesday, January 22, 2025 at 4:30 P.M. in Holy Family Church. Check in upon arrival at the front doors of church.
2. **Attendance by Parent(s) only with your child. If possible keep smaller ones home.**
3. Your children should be wearing their "Sunday Best" for church on Wednesday.
4. **Registration**-Please use only the **Main Entrance** of the church (the doors closest to Hwy.36, up stairway) to register your child before entering the church. Those who will greet you there will provide the Act of Contrition card memoir.
5. Please bring your child's First Communion Banner with you at First Penance to be given to the person that check's you in. The banner will be on the assigned family pew for First Communion.
6. **Seating** – You will be seated by your teacher upon check-in on a first come basis. Each family will have a half pew. Your child sits at the end of the row near aisle.
7. **Reception of Sacrament** – One Parent will be asked to walk their child to the Priest and introduce them. Parent should then go back to the aisle and stand and wait there for their child to return. You and your child will then return to your pew together at which time your child should kneel to recite their Penance to themselves and our Lord. PLEASE REMEMBER TO KEEP A SOLEMN AND PRAYERFUL ATTITUDE DURING THE RECEPTION OF THIS SACRAMENT. NO PICTURES PLEASE. **When finished please leave the church quietly exiting to the back of the church. Please do not walk across the front of the church where Penance is being received.**

Thanking you in advance for your cooperation.

Sincerely,

Eileen Pacifico
Administrative Assistant

Cc: Barbara Hardiman

Communion Banners should be done in a **Vertical** Position with the kit we will provide to you, nothing larger.

We will be hanging it on your child's pew.

Your child's first name should appear on the front of the banner as part of the picture that represents to them a symbol of their Communion. They can use felt, stickers or marker to create their banner;

please try **not to use** glitter or any heavy objects on the banner, it tends to fall off.

Your last name & class should be written on the back of the banner.

Please bring it with you at First Penance: **January 22, 2025**

Thank You.

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 believe 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!

Checklist

(Required Information)

Prayers and Truths

To be Memorized	Page 5 and 6
To be Reviewed	Page 6 and 7

Holy Eucharist

What is it?	Page 4
Who is it?	Page 5
What is Transubstantiation?	Page 7
To Receive Holy Communion I Must..	Page 11

Questions

What are the two main parts of the Mass?	Page 6
First Holy Communion Interview Questions	Page 12

Review

Format for Confession	Page 9
Prayers	Page 5, 6, 7
The Seven Sacraments	Page 7
The Ten Commandments	Page 7

Parents: Please Review the required information with your child. Check each item off as he/she knows the material.

Return to the office of Religious Education as soon as completed.

Thank You!

Candidate Name: _____
Parent Name: _____
Telephone#: _____



TO: FIRST COMMUNION PARENT(S)/GUARDIANS
FROM: FAITH FORMATION OFFICE
DATE: September 11, 2024
RE: DIRECTIVES FOR FIRST HOLY COMMUNION May 3, 2025

Dear Parents,

A few things you need to be aware of:

Communicants will be seated with their family. The children will process in and sit at the end of their assigned pews. (We will provide a row number at practice, your child's banner will identify your row, please pay attention to Left side or Right side)

FIRST HOLY COMMUNION DAY, Saturday, May 3, 2025 10:00 A.M. MASS

The children should arrive in Memorial Hall by 9:45 a.m.

All others must enter thru front door of church, which will also open at 9:45 a.m. You will all check in with an usher at the front door giving your child's name. No more than 7 guests per child in their pew. Please be on time, procession will begin promptly for 10:00 Mass to begin. Requests for additional seating would be on a **first come basis** only with tickets, **you must call our office by APRIL 16, 2025.**

RECEPTION OF COMMUNION

Each child will receive the Eucharist along with their parents.

Please follow the directives of the teachers as to when your row will be going forward.

Child steps out-parents with him/her at the front of aisle before Father. Child receives the Eucharist first, then parents, other family members go after all children have received by row.

Proceed back to pew along the window side of the church.

At the completion of Mass **ALL** will leave as directed by Father Pfleger. There will be no procession out with the children.

DRESS FOR HOLY COMMUNION DAY

All students should dress as follows:

GIRLS: White Dress, White Veil, **White anklets**, White shoes. No spaghetti strap/strapless dresses.

BOYS: Navy Blue Suit, **White Shirt**, **White Tie**, **Dress Shoes**.

NO flowers/boutonnieres may be worn or carried in church.

NO shawls, sweaters, gloves, pocketbooks, or Rosary Beads will be allowed in the church.

NO dangling earrings may be worn for the Sacrament.

MOMENTO

The FIRST COMMUNION CERTIFICATE will be placed in each assigned pew before the Mass, please **make sure you take it with you after Mass along with the Banner hanging from your pew.**

NO PICTURES OR VIDEOS MAY BE TAKEN DURING THE COMMUNION MASS.