

## First Holy Communion Guidelines

### *The "Rite Way": How to Receive the Eucharist*

Because the Eucharist is a universal prayer of thanksgiving to God, it's important that we as Catholics are together in our understanding of how to receive the Body and Blood of Christ.

Communion is received standing. Because communicants are receiving Jesus himself, the U.S. Bishops have instituted as a norm a slight bow of reverence immediately preceding reception of the Eucharist.

You may receive in the hand or on the tongue. At First Communion we receive in the hand. When Communion is received in the hand, the following directions apply:

If the person receiving is right-handed, the left hand should rest upon the right. The person distributing will lay the Host in the palm of the left hand. The Host is then taken by the right hand to the mouth by the communicant. This is reversed if you are left-handed.

The person distributing Communion will say to each person receiving, "The Body of Christ." You should clearly respond, "Amen." It means "So be it" "I agree." "I believe." "It is the Body of Christ." That's what the "Amen" means: I honestly believe that when I receive, it is Christ, and so I say Amen."

Communicants should not reach out with their fingers to take the Host from the priest or extraordinary minister. The Host must be consumed as soon as it has been received. (If you are wearing gloves and plan to receive the Host in the hand you must remove your gloves before receiving. No gloves should be worn at First Communion)

If you are going to receive on the tongue, you should keep certain things in mind. First, the head should be bent back slightly. The tongue should come out over the bottom teeth, equal with the bottom lip, so that the priest has someplace to put the Host.

Upon returning to your seats, communicants should offer a prayer of thanksgiving to God, especially by singing the Communion hymn.

## A Pledge of Commitment for Parents

Recognizing that my involvement as a parent is of special importance in helping to prepare my child to receive the Eucharist...

- † I promise to see that my child attends Mass on Sundays and holy days.
- † I promise to see that my child attends all catechetical sessions and necessary practices.
- † I promise to support and encourage my child in preparation for First Eucharist by participating in family activities and by completing all home assignments.
- † I promise to participate in the sacramental life of the parish, to the degree that I am able, throughout this preparation time, as a witness to my child.
- † I promise to help my child learn the basic prayers of our faith: the Sign of the Cross, the Lord's Prayer, the Hail Mary, and the Glory to the Father.
- † I promise to pray for my child throughout this time of preparation.
- † I promise, with God's help, to continue sharing the gift of myself and the gift of faith with my child, with our family, and with the parish community after this sacramental preparation has ended.
- † I promise to oversee my child's continued religious education by supporting and encouraging attendance at Faith Formation classes or by providing the opportunity for a Catholic school education.

*Please Remember:* When we celebrate the Eucharist, we honor Jesus' command to "Do this in memory of me." The Eucharist is a memorial of the Last Supper. As a memorial, the Eucharist is more than a simple remembering of past events. The Eucharist actually makes present the sacrifice of the cross that Christ offered once and for all people.

## Practical Preparations

Parent Meeting: March 22, 2020 @ 10:30 a.m. in the MPR

Retreat and Practice: At the retreat on March 21, 2020  
9:30 a.m. – 1:00 pm

**First Communion Day:  
May 3, 2020 @ 2:00 p.m.**

### Seating:

Pews on the Georgian Way or Peach Street sides of the church. *Except* in reserved seating for the First Communicants on the Georgian Way side of the church.

### What to Wear

Girls: The majority of the girls wear a white or ivory dress, white socks/tights, and white shoes. Veils or flowers with ribbons in their hair.

Boys: White dress shirts, tie, navy or black dress slacks, black socks, dress shoes. (no sneakers).

(What to Bring, When to Be There)

During Mass, please, keep with you (parents) all purses, gloves, rosary beads, prayer books, coats, hats, etc.

If you have a rosary, a prayer book, or a medal to be blessed Fr. Brian Vossler or Fr. James Power will gladly be of assistance. Contact the Parish Office.

### Pictures

Individual photos begin at 12:45 p.m. in the multi-purpose room.

A group photo will be taken *promptly* at 1:30 pm. in the church.

Please arrive by 1:15 p.m. Children will line up in the gym.

Photos and video taping is permitted only from the pews. Do not block the aisles.