

# *THE SACRAMENT OF HOLY EUCHARIST*

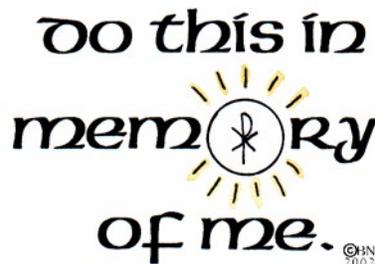
## *(FIRST HOLY COMMUNION)*

Holy Eucharist is the sacrament of the Body and Blood of Jesus Christ. It is a lifelong and ongoing sacrament, a sign of unity and community.

Through the sacrament of the Holy Eucharist, Catholics remember the past, celebrate the present, and place their hope in the future. Eucharist is a sacrifice. The Christian family gathers at Mass to remember the sacrifice of Jesus on the cross. At Mass we proclaim, "Christ has died, Christ has risen, Christ will come again."

The first Eucharist was celebrated by Jesus at the Last Supper. While sharing the Passover supper with his apostles, Jesus took bread, blessed it and broke it and gave it to them. He told them to take the bread and eat it for "this is my Body". He did the same with the cup of wine, blessing it and sharing it, telling them "This is my blood".

It was at the Last Supper that Jesus celebrated the first Mass. That night, the apostles received their First Holy Communion. Jesus also gave them the power to change bread and wine into his Body and Blood; a practice done each week by the priest at Mass.



Because this sacrament unites the child with the community of the faithful, this sacrament is received in the presence of the whole parish community. First Holy Communion takes place during the celebration of the regular Sunday liturgy each spring. Schedules for First Communion are handed out during the school year and parent meetings are held with the religious education coordinator shortly after Christmas. The details of the Communion ceremony will be discussed at that time and general instructions and information will be given to parents.

These will include:

**DRESS:** Girls- White dress, veil or headpiece, white tights or socks, white shoes.  
Boys – Dark suit, white dress shirt, white tie, white Communion arm band, dress shoes.

**PHOTOGRAPHY:** No flash photography is allowed during the celebration of the Mass itself, however picture taking is allowed during the procession and as the children leave. Pictures are also allowed after the ceremony in the church, as time permits.

As a service to parents, we do offer you the opportunity to order a videotape/DVD of their child's ceremony through professional photographer, AMR Productions.

AMR uses dual digital cameras to capture the entire ceremony.

Order forms will be given out during the school year.

**ACCESSORIES:** Children are not allowed to carry bibles, rosaries or flowers during the ceremony. Girls should not wear gloves or capes. Parents are asked to hold any religious articles or accessory items for their children until after the ceremony is over.

**PRACTICES:** Practices are very important and we typically hold two practices for each First Communion class. We consider these practices to be mandatory as it ensures that children are aware of their responsibilities the day of the ceremony and feel comfortable with what is expected of them. Practice schedules are available during the school year.

**MASS ATTENDANCE:** All students are expected to attend Mass regularly. This is especially true of students who seek sacraments from the Church. It is the parent's responsibility to foster a relationship between their child and God's Church, fulfilling the promises made at the child's baptism.

