



HOLY TRINITY CATHOLIC CHURCH  
FIRST PENANCE AND FIRST EUCHARIST  
2023-2024

*To accomplish so great a work Christ is always present in his church, especially in liturgical celebrations. He is present in the sacrifice of the Mass both in the person of his minister...and most of all in the eucharistic species....He is present in his word since it is he himself who speaks when the holy scriptures are read in church. Lastly, he is present when the church prays and sings, for he has promised "where two or three are gathered together in my name there am I in the midst of them."*

*Sacrosanctum Concilium 7*

The celebration of First Penance and First Eucharist renews and strengthens the life in Christ that was begun in Baptism. As parents, we have a unique and God-given role of helping our children deepen their understanding of these sacraments and making space for the Holy Spirit to nurture their relationship with Jesus Christ. Please read below for ways to support your child's formation and important dates this coming year.

**Ways to support your child's faith formation:**

- Celebrate Mass weekly together as a family
- Celebrate the liturgical year in your home
- Read Bible stories together, especially the Sunday Gospel
- Pray together daily
- Forgive one another and ask for forgiveness
- Participate in your child's faith formation by asking questions about what they are learning
- Set aside time to work through the two sacramental preparation books that will be sent home this year

**Important dates:**

October 15, 2023 – General Parent Meeting, 10:15 am, Trinity Hall

December 10, 2023 – Parent Reflection on the Sacrament of Penance, 10:15 am, Trinity Hall

January 28, 2024 – Parent Reflection on the Sacrament of the Eucharist, 10:15 am, Trinity Hall

February 15, 2024 – Sacrament of Penance: A Review (*optional*), 7:00 pm on Zoom

February 24 or March 2, 2024 – Retreat and First Penance, 9:00 am – 12:00pm

March 10, 2024 – The Eucharist: A Deeper Dive (*optional*), 10:15 am, Trinity Hall

April/ May 2024 – Celebration of First Eucharist at various Masses

*While they were eating, Jesus took bread, said the blessing, broke it, and giving it to his disciples said, "Take and eat; this is my body." Then he took a cup, gave thanks, and gave it to them, saying, "Drink from it, all of you, for this is my blood of the covenant, which will be shed on behalf of many for the forgiveness of sins." Mt 26: 26-28*