

# Holy Trinity Catholic Church

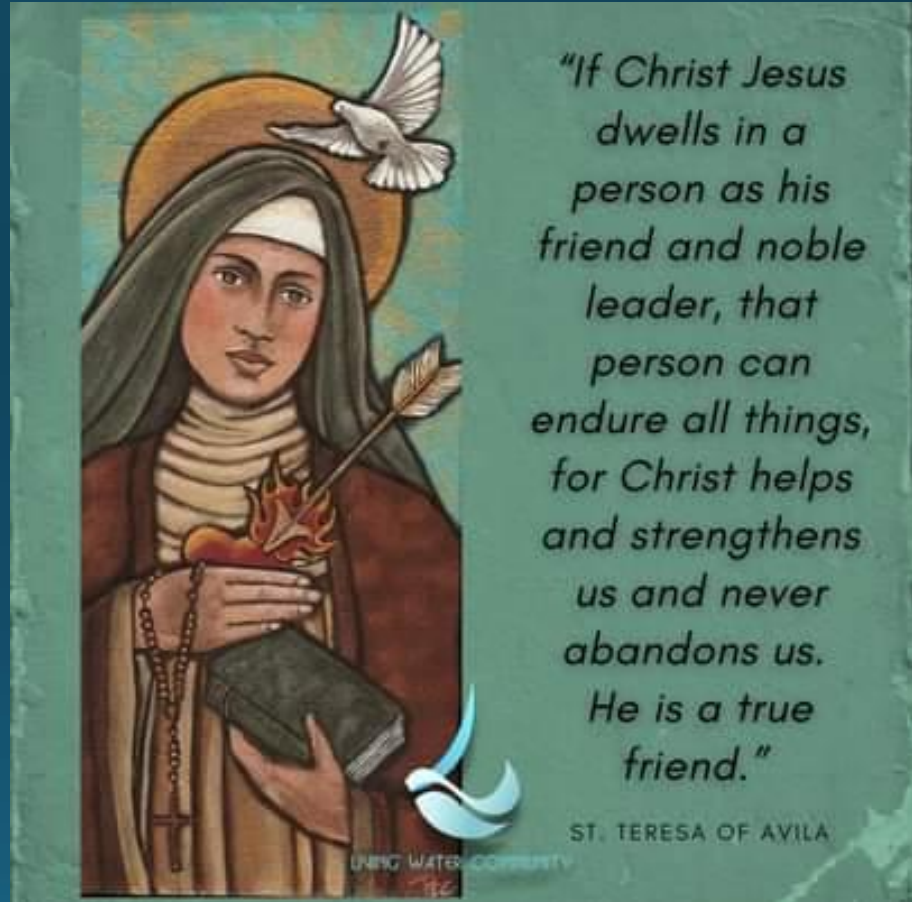
## First Penance & First Eucharist

2024-2025

*Jesus said to them, "I am the bread of  
life; whoever comes to me will never  
hunger, and whoever believes in me will  
never thirst."  
Jn 6:35*



# Welcome & Opening Prayer





# YOUR First Reconciliation & First Communion

- What do you remember?
- Share this with your children in the next week!
- Whose First Communion picture is this?

# Why do we have sacraments?

- Sacred signs given to us by Jesus Christ
- To make the invisible visible
  - The hidden mysteries & presence of God becomes visible in physical signs
- A means through which God showers grace upon us

**To know God's love for us and to live out that love in relationship with God and others**

# Sacrament of...

Conversion

Penance

Reconciliation

Confession

Forgiveness

- *A clean heart create for me, God; renew within me a steadfast spirit. Ps 51:12*

- *Go; first be reconciled to your brother or sister. Mt 5:24*

- *Be reconciled to God. 2 Cor 5:20*

- *[Jesus] said to her, "Your sins are forgiven. The others at table said to themselves, "Who is this who even forgives sins?" But he said to the woman, "Your faith has saved you; go in peace." Lk 7:48-50*

Last Supper

Breaking of Bread

**Eucharist** –  
*Thanksgiving*

Sacrifice

Communion

- “The source and summit of the Christian life” (LG 11)
- “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
- “Do this in memory of me.” Lk 22:19b

# Seven Sacraments

## Initiation

Baptism  
Confirmation  
Eucharist



## Healing

Penance &  
Reconciliation  
Anointing of  
the Sick



## Service or Vocation

Holy Orders  
Marriage



# The Eucharist

- The Eucharist first and foremost unites us more closely to Jesus. It strengthens us to live as Jesus lived.
- It also unites us more closely to one another as the Mystical Body of Christ, renewing and strengthening this incorporation into the Church achieved in baptism.
- In doing so, it both compels and teaches us to recognize Jesus in the world around us, especially in the poor and vulnerable.
- *Amen, I say to you, whatever you did for one of these least brothers*



*or sisters of mine, you did for me.*  
Mt 25:40

The Eucharist brings us into communion with Jesus Christ so that we also might be in communion with one another.



# How do we prepare our children for a lifelong celebration of the Eucharist?

Your role as a parent – you are the primary educators of your children in their faith

- Celebrate Mass weekly together as a family
- Read Bible stories together, especially the Sunday Gospel
- Celebrate the liturgical year in your home
- Forgive one another and ask for forgiveness
- Learn about the saints
- Pray together daily

*Faith that is lived daily in the home becomes a lifelong faith.*



# Overall Preparation & Guidelines

## Child's readiness

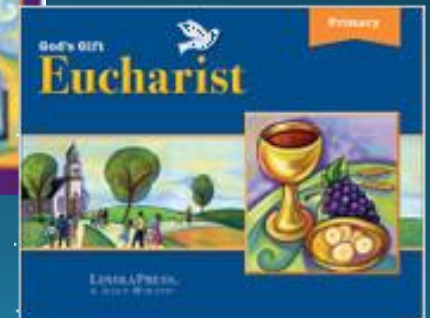
- Age of reason – 7-8 yrs old
- Beginning sense of fairness/ knowledge of right and wrong
- Desire to receive the Eucharist
- Knows that the Eucharistic Bread is not ordinary bread, and the Eucharistic wine is not ordinary wine

## Faith Formation

- Holy Trinity Parish (At Home Catechesis or Sunday Morning classes)
- Holy Trinity School
- Another Catholic School

## At Home Resources (all families)

- God's Gift: Reconciliation  
handed out in December
- God's Gift: Eucharist  
handed out in February



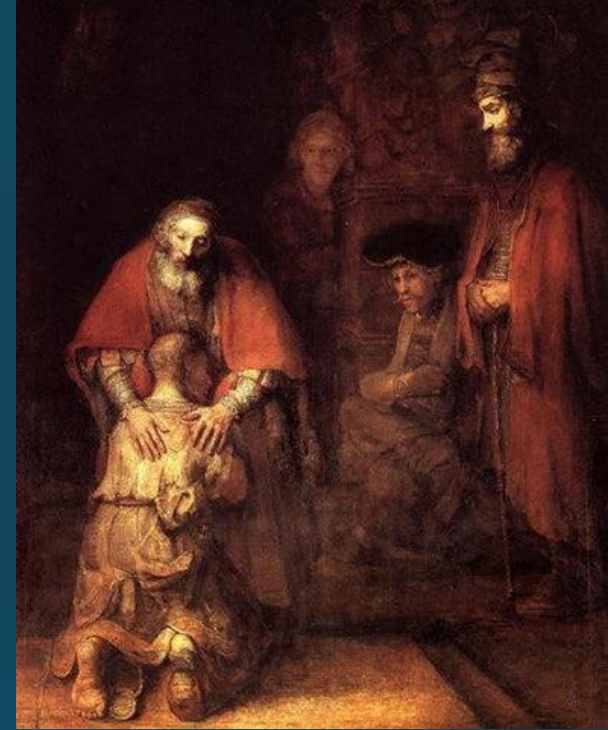
# Important Dates

February 2, 2025 – Parent Reflection on the Sacrament of Penance, 10:15 am Trinity Hall

February 24, 2025 – Sacrament of Penance: A Review 7:00 pm Zoom (Tentative)

March 2, 2025 – Parent Reflection on the Sacrament of the Eucharist, 10:15 am Trinity Hall

March 8 or 15, 2025 – Retreat & First Penance, 9:00 am – 12:00 pm



Late March (TBD) – The Eucharist: A Deeper Dive 10:15 am Trinity Hall

Celebration of First Eucharist

- April/ May 2025
- Sign Up w/ dates will be sent week of 10/7

# Other Notes for First Eucharist

## What to wear ?

- Dress nicely for church
  - Girls generally wear white dresses; other colors are acceptable
  - Boys generally wear dress pants and a button-down shirt (either a polo or dress shirt); a tie and coat may also be worn



## Where to sit?

- Each child sits with their family
- One pew is reserved per family & comfortable fits 8 adults

*Whoever remains in me and I in him will bear much fruit,  
because without me you can do nothing. Jn 15:5b*

*Let us persevere in running the race that lies before us  
while keeping our eyes fixed on Jesus, the leader and  
perfecter of faith. Heb 12:1b-2a*

*I have told you this so that my joy may be in you and your  
joy may be complete. Jn 15:11*

*Perfect love casts out all fear. 1 Jn 4:18*

# Q&A



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