



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 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 guidelines and answers to frequently asked questions.

What to wear?

- Dress nicely for church
 - Girls generally wear white dresses; other colors are acceptable.
 - We ask that girls not wear a veil or gloves during the Mass; these tend to be distracting. However, you may have these on for pictures after Mass.
 - Flowers may be worn in the hair.
 - 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?

- One pew is reserved per family & comfortably fits 8 adults. Your child's name will be on the outside of the pew.
- Children celebrating First Communion will sit with their family and sit in the space closest to the inner aisle of the church.
- Any family members who do not fit in the reserved pew will need to find seats elsewhere in the church.
- If you have a family member in a wheelchair or who needs access to handicap seating, please let Anne Marie know.

When to arrive?

- We ask that families arrive 20 minutes before the start of Mass.



When and how to receive Communion?

- Communion will happen as it normally does during Mass. Children will exit their pew followed by their family members.
- While not always observed, the Rite for Communion includes a small bow as we approach the celebrant. This shows that we are recognizing and honoring the presence of Jesus.
- We place one hand under the other to receive Communion and respond, "Amen", to "The Body of Christ" and the "The Blood of Christ."
- Children are invited to receive the Blood of Christ from the chalice. You may want them to taste wine first at home and remind them to use two hands to hold the chalice.
- If your child needs a gluten-free host, please let Anne Marie know as well as one of the ushers when you arrive at Mass. If any other family members need gluten-free hosts, please let one of the ushers know when you arrive at Mass.
- Any family members or guests who are not receiving Communion are invited to come forward and cross their arms over their chests to receive a blessing.

May I take pictures?

- We encourage you to take pictures before or after Mass and to be present in the moment during the liturgy.

Other questions?

- Please contact Anne Marie Kaufmann, akaufmann@trinity.org.

We pray that your child's celebration of First Eucharist is joyous and deepens both their and your relationship with Jesus and awareness of God's loving presence in your lives.

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