



Blessed Sacrament Parish

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Dear Parents and Guardians,

I hope that you have been coping well during these extra-ordinary times and that the school year has been manageable. We, as a parish community, continue to pray. It is good for us to be reminded that even as we have been unusually distanced from each other, God remains present and active in our lives. With that in mind, I welcome you to the celebrations of the sacraments of First Reconciliation and First Communion for your child.

Because of the continuing changes in pandemic public protocol, we do not have dates for the celebrations yet. Decisions will be made once we have a clearer knowledge of the number of registrations and public policy.

Preparation for these sacraments is different from other years due to pandemic restrictions. We rely on you to help your children practise the words and actions they will need for Confession and Communion. Please find below, some simple resources to help your child understand the sacraments and how to go about participating in them.

Preparing your child for Penance and the Eucharist should not be a difficult or onerous undertaking. Your child's school teacher does their part to educate your child under the circumstances. **Your role as parents and guardians is to put that teaching and our faith into practice in your family life. It is your example that will best prepare your child for the gift of forgiveness and Communion. If your child sees Mom and Dad praying, watching mass on TV or the internet, seeking forgiveness from God and others, they will quickly learn to do the same. Our Catholic Faith is something that is meant to be lived each and every day of our lives. Hopefully, in preparing your child for these two great Sacraments, your own faith will be enlivened.**

If you wish to present your child for the Sacraments of Reconciliation and First Communion, please complete the enclosed registration form and attach their Baptism Certificate and return it to Blessed Sacrament Church by **March 12, 2021.** It can be returned by email, Canada Post or in the rectory mailbox on the front porch of the house.

Keep in mind that while your child's school will be helpful in preparing your child for Reconciliation and First Communion, the Sacraments will be administered at Blessed Sacrament Parish. ***Please do not assume that because your child is in grade 2, that he or she is automatically enrolled for the Sacraments.***

I pray that the coming weeks of preparation for the Sacraments will be a time of great grace and blessing for your child and your entire family.

Yours in Christ,

Rev. Lawrence Parent, Pastor

WHAT IS THE SACRAMENT OF RECONCILIATION?

1. A Sacrament is “an outward sign, instituted by Christ, to give grace.” Simply put, a sacrament is an opportunity to share in the very life of God.
2. The Sacrament of Reconciliation (Penance or Confession) is our joyful celebration of God’s continuing forgiveness. It implies for us a change of heart, and the desire to turn to God again.
3. God calls us to live a life of happiness (grace), united with Him and with one another. Although we long for this happiness, we find that we keep going against God and hurting others, instead of living with them in peace and love. This is what we call sin.
4. The fact that we keep turning back to God means that we don’t accept this sinfulness. When we honestly admit that we have failed, we open ourselves to the pardon and reconciliation that Christ won for us. The healing presence of God is always with us, giving us assurance that sin can be overcome.
5. In seeking forgiveness, we open our hearts once again to God and allow ourselves to be filled with His presence and peace.

CELBRATION OF THE SACRAMENT OF PENANCE

Priest: † In the name of the Father, and of the Son and of the Holy Spirit.
Amen.

Child: Bless me Father for I have sinned. These are my sins.....
(The next time they come to confession the child says how long it
has been since his/her last confession.)

The child now tells the Priest his/her sins. At the end he/she says:

For these and all my sins I am truly sorry.

Priest: *The Priest will now talk with the child about their sins and about trying to do better.
Then the Priest will give the child his/her penance.*

Act of Contrition:

Priest: *The Priest will now ask the child to make an Act of Contrition.*

Child:

O my God, I am truly sorry for all my sins,
for what I have done and for what I have failed to do.
I will sincerely try to do better.
Please help me to walk by your light. Amen

Priest: *The Priest says the Prayer of Absolution, forgiving the child's sins, ending with
"Go in the peace of Christ"*

Child: Thank you, Father.

*The child goes to a pew in the church or the kneeler pads by the Tabernacle,
kneels down and says his/her penance.*

WHAT IS THE SACRAMENT OF THE EUCHARIST

1. The Eucharist is our celebration of Christ's continuing presence among us, His followers, whom He has called to be a loving, caring community.
2. The Eucharist is the sacrificial banquet of Christ, in which we are invited to share. It is the loving act of reconciliation with God the Father and each of us.
3. The Eucharist is the Bread of Life, in which we receive Jesus Himself. The Eucharist is truly Jesus, present under the appearance of bread and wine.
4. Preparation for your child's First Communion begins at an early age, with his/her very first experiences of being loved and cared for by you. Gradually, from the love that surrounds your child, he/she becomes aware of the love of God, who has given His son, Jesus to us in the Eucharist.

Please watch this little video to help:

[How to Receive Your First Holy Communion - YouTube](#)

(You may need to cut and paste this link to watch it.)

The Eucharist and How to Receive

The Eucharist is our family meal. Family meals provide us an opportunity to experience life as a unit; as a family community. It is here where we tell our stories and share our experiences which make our family unique. As a Church we are nourished by Christ himself. Our unique families are joined by others around the same altar. Communion with Jesus and one another forms us into the Body of Christ.

How to Receive the Eucharist:

When you move forward, bow your head as the person in front of you receives Jesus. This is a reminder that we are doing something very special and are asking Jesus to strengthen us for the week ahead.

The Minister of the Eucharist will say to you: "The Body of Christ."

We respond: "AMEN"

What does AMEN mean? It means "Yes, I believe". I believe that this bread has been transformed into Christ's body by the Holy Spirit. It means I believe in Jesus.

In order to receive the Eucharist, we must make a throne for Jesus with our hands. Our writing hand is placed under the other hand and forms a cup. Keep your hands curved but open so that there is a place for the Minister of the Eucharist to place Jesus.



Use your writing hand (the one underneath the cupped hand) to put Jesus in your mouth. Gently chew and swallow.

Normally you may also receive Jesus on your tongue. But during the pandemic we are not receiving the Eucharist this way.



Prayer after Communion

After you return to your seat, take the time to say a prayer of thanks to God and or join in the singing. You could also ask him to help you in the coming week to be more like Jesus. Be respectful as others in the church family move forward to receive Jesus.

Prayers for Confession

Act of Contrition

O my God, I am truly sorry for all my sins,
for what I have done and for what I have failed to do.

I will sincerely try to do better.

Please help me to walk by your light. Amen



HAIL MARY,
FULL OF GRACE,
THE LORD IS WITH YOU.
BLESSED ARE YOU AMONG WOMEN
AND BLESSED IS THE FRUIT OF
YOUR WOMB, JESUS.

HOLY MARY,
MOTHER OF GOD,
PRAY FOR US SINNERS NOW
AND AT THE HOUR OF OUR DEATH.
amen

Glory Be To The Father

Glory be to the Father, and to the Son
and to the Holy Spirit.

As it was in the beginning, is now and
ever shall be world without end.

Amen.



Prayers at Mass

Glory to God

Glory to God in the highest, and on earth peace to people of good will.
We praise you, we bless you, we adore you,
we glorify you, we give you thanks for your great glory, Lord God, heavenly King,
O God, almighty Father.
Lord Jesus Christ, Only Begotten Son,
Lord God, Lamb of God, Son of the Father,
you take away the sins of the world, have mercy on us;
you take away the sins of the world, receive our prayer;
you are seated at the right hand of the Father, have mercy on us.
For you alone are the Holy One, you alone are the Lord.
you alone are the Most High, Jesus Christ
with the Holy Spirit, in the glory of God the Father. Amen

Holy, Holy, Holy

Holy, holy, holy Lord, God of hosts,
Heaven and earth are full of your glory.
Hosanna in the highest.

The Apostles' Creed

I believe in God, the Father almighty, Creator of heaven and earth,
and in Jesus Christ, his only Son, our Lord,
who was conceived by the Holy Spirit, born of the Virgin Mary,
suffered under Pontius Pilate,
was crucified, died and was buried; he descended into hell;
on the third day he rose again from the dead;
he ascended into heaven, and is seated at the right hand
of God the Father almighty; from there he will come to judge
the living and the dead.
I believe in the Holy Spirit, the holy catholic Church,
the communion of saints, the forgiveness of sins,
the resurrection of the body, and life everlasting. Amen

The Lord's Prayer

Our Father, who art in heaven, hallowed be Thy name.
Thy Kingdom come,
Thy will be done on earth as it is in heaven.
Give us this day our daily bread and forgive us our trespasses
as we forgive those who trespass against us
and lead us not into temptation but deliver us from evil. Amen

Lamb of God

Lamb of God, you take away the sins of the world, have mercy on us.
Lamb of God, you take away the sins of the world, have mercy on us.
Lamb of God, you take away the sins of the world, grant us peace.



FIRST SACRAMENTS REGISTRATION FORM

Please take the time to print clearly, print this page and attach a copy of your child's Baptism Certificate. You can email, Mail or drop off in the mail box at the church by:

March 12, 2021

Student's Name _____
Last First

Student's Baptism _____
Church City/Province

Date Religion/Rite

School: Our Lady of Grace John Sweeney Msgr. Haller Blessed Sacrament

Other _____
Name of School

Father's Name _____
First Last Religion/Rite

Mother's Name _____
First Last (BEFORE marriage) Religion/Rite

Complete Mailing Address _____

City

Postal Code

Phone Number

Email

If your child's baptism was in a church other than
Blessed Sacrament Church, Kitchener,
a copy of the baptism certificate **MUST** accompany this application.

Signature of Parent/Guardian

Date