



### My Communion Prayer

Dear God, I know that You give me many gifts. The gift of Your Son, Jesus Christ in Holy Communion is the greatest of all. How can I ever thank You enough for this special gift?

At Mass we are called to be like Jesus, by loving and serving one another in the world. As I become more like Him, please continue to help me.

Show me the places and ways that I can bring Your love, kindness, and peace to others.... in my family, in my neighborhood, in my community, with my friends.

I ask this in Jesus' name. Amen.



## Sacramental Preparation



### *St. Henry Catholic Church* *2022-2023*

Welcome to this year of Sacramental Preparation. The Sacrament Preparation Program for children is a special time. The goal is not just to teach about the sacraments, but to encourage our children to participate fully in the life of the Catholic Church. We help the child develop an understanding of their faith and a desire to receive the sacraments of Reconciliation and Eucharist for the first time.

Sacramental preparation brings an awareness of the Father's love for each of us. We are not passive, but active participants in embracing the Grace that Christ pours out to us.

The Sacraments of the Church are tangible signs of the sacred. The Sacraments are not only signs of God's Presence in our lives, but they are signs of God's action in our world. All the Sacraments contain rich symbols and meaning that can nourish a deeper relationship with God.

Classes meet Oct. 2, 2022- May 14, 2023  
(with time off through the holidays)

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Session 1: You Are Blessed

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Session II: The Best Version of Yourself

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Session III: God Sent Jesus to Save Us

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Session IV: Forgiveness and Healing

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Session V: Your First Reconciliation

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Session VI: It's Only the Beginning

*WINTER BREAK Begins Dec 25.....Classes Return January 8, 2023*

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Session I: Sunday is Special

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Session II: the Greatest Event on Earth

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Session III: The Word of God

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Session V: Your First Communion

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Session VI: God's Family

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**We gather on Sunday mornings from October to May. It is required that a parent or other adult relative attend class with their student.**

**Candidates for First Holy Communion will have had at least one year prior religious education before beginning Sacramental Preparation.**

**We are excited to share in this special celebration of your child's life.**

**Reconciliation** preparation is the first formal sacrament preparation experience for young children. It is crucial that children have a sense of belonging to a church community that is warm and welcoming before beginning this preparation.

**Preparation** of children for Reconciliation begins in the second grade level and is a joint effort between parent and catechist. Instruction includes preparation curriculum, with a focus on Reconciliation. The Sacrament of Reconciliation reminds us that Jesus began His work on earth by calling people to repentance and faith. Children learn that faith is expressed by being forgiven and forgiving others. Learning about and receiving the mercy of God can be one of the most powerful experiences in our life.

**The example** of the parent is of the utmost importance because parents are the primary educators of their children. You are responsible for initiating your children into a sacramental life in the church.

**Providing** instruction on the sacraments of Reconciliation and Holy Eucharist helps children understand that they are experiencing God's unconditional forgiveness and through the Eucharist they are nourished spiritually and are united intimately with God.

**Eucharist** ...The Sacrament of the Holy Eucharist is the heart of Catholic Christian life. The Eucharist is "the Sacrament of Sacraments". Here we receive the food of eternal life.

**First Eucharist** is life itself in the Catholic Church. It marks an important milestone in your child's life; because to receive the Holy Eucharist is to receive the Body, Blood, Soul and Divinity of Christ.