

Sacred Heart Church
2nd Grade Parent Handbook
English Mass
First Eucharist and
First Reconciliation
2018-2019

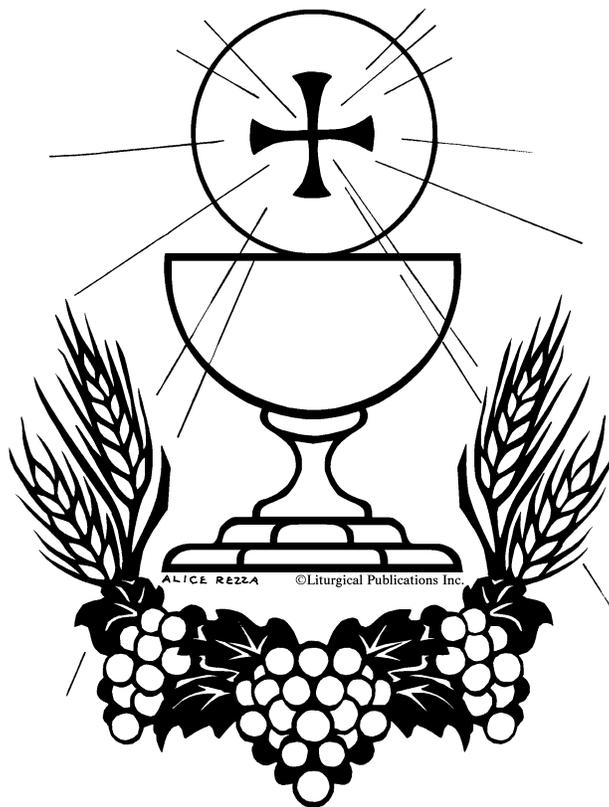


Table of Contents

Preparation at Sacred Heart Church	4
Calendar for Reconciliation and Eucharist	5
First Reconciliation Preparation	7
• Details	8
• Understanding the Sacrament	8
• Examination of Conscience	10
• Act of Contrition	11
• Receiving the Sacrament of Reconciliation	12
• Suggestions for Parent Involvement	13
• Family Prayer for Forgiveness	14
First Eucharist Preparation	16
• What Your Child Will Learn	17
• Make It a Memorable Occasion	19
• First Eucharist Rehearsal and Mass Details	20
• Words To Know	21
• Prayers To Know	22
Contact Information	24

Preparation at Sacred Heart

Our second grade classes held during Wednesday CFF and 2nd grade classes at Sacred Heart School will focus on preparation for the Sacrament of First Reconciliation during the first few months of the school year. The second half of the year will focus on preparation for First Eucharist. In these pages, you will find a schedule, information about the sacraments, tips on your role as a parent, and information regarding requirements.

If you have not already done so, please make sure that our office has the following:

- **Baptismal Certificate:** We must have copy of your child's Baptismal certificate before First Reconciliation. If your child was baptized at another parish, we can make a copy of the original or the parish can fax a copy to our office at 515-225-0286. *If your child was baptized at Sacred Heart, please note that our records are organized by date, NOT NAME. We must have the date of the baptism to locate the record in the files at Sacred Heart Church.*
- **Data Form:** You must complete a Data for Sacramental Register form. We need this form to file the sacrament at your child's Parish of Baptism.
- **Sacramental Activity Fee:** We no longer charge a Sacramental Activity Fee.
- **Blessing Cup Cost:** Instead of the Sacramental Activity Fee, we will charge for the Blessing Cup. The fee is due at the blessing cup workshop or at Glazed Expression when you pain your cup. The cost for the cup is \$20.

*All documents must be received by the
Children's Faith Formation office
prior to First Reconciliation!*

Calendar

English Mass

First Reconciliation and First Eucharist

2018-2019

This calendar is for the entire year, for the celebration of First Reconciliation and First Eucharist during the 2nd grade year. Please make note of all events on your family calendar.

<p>Sunday (Spanish) November 4, 2018 Parish Center 2:00 p.m.</p>	<p><u>2nd Grade Parent Meeting (Spanish)</u>: This is a required meeting for parents of 2nd grade students who will receive First Eucharist on Sunday, April 28, 2019. Parent involvement, deadlines, forms, activities and the 2nd grade retreat are a few of the details we will discuss. <i>2nd graders should not attend.</i></p>
<p>Wednesday (English) November 28, 2018 6:30 p.m. Church</p>	<p><u>2nd Grade Parent Meeting (English)</u>: This is a required meeting for parents of 2nd grade students who will receive First Eucharist on Sunday, May 5, 2019. Parent involvement, deadlines, forms, activities and the retreat are a few of the details we will discuss. <i>2nd graders should not attend.</i></p>
<p>Wednesdays January 9, 2019 (SHS) January 16, 2019 (CFF) Church</p>	<p><u>First Reconciliation</u>: Wednesday CFF students will receive the sacrament on a Wednesday during CFF on January 16, 2019. SHS students will receive the Sacrament during the school day on January 9, 2019. <i>Parents are welcome to attend.</i></p>
<p>Saturday (English) February 16, 2019 9-11:30 am Parish Center</p>	<p><u>Blessing Cup Workshop</u>: Our students have the opportunity to paint a blessing cup as a keepsake for First Eucharist. 2nd grade children, accompanied by a parent, can arrive at any time between 9-11 am. This date is for children who are in 2nd grade and will attend First Eucharist on May 5, 2019. Students who cannot attend on this day are welcome to go to Glazed Expression before April 1 and paint a cup. <i>The fee of \$20 for the cup is due at the time of painting at either the workshop or at Glazed Expressions (Glazed Expressions will set their own fee if painted there).</i> If a cup was painted by the child, it will be in the pew at the First Eucharist Mass.</p>
<p>Sunday (Spanish) February 17, 2019 2-4 pm Parish Center</p>	<p><u>Blessing Cup Workshop</u>: Our students have the opportunity to paint a blessing cup as a keepsake for First Eucharist. 2nd grade and TakeOff children, accompanied by a parent, can arrive at any time between 2-3:30 pm. This date is for children who are in 2nd grade or TakeOff and will attend First Eucharist on April 28, 2019. Students who cannot attend on this day are welcome to go to Glazed Expression before April 1 and paint a cup. <i>The fee of \$20 for the cup is due at the time of painting at either the workshop or at Glazed Expressions (Glazed Expressions will set their own fee if painted there).</i> If a cup was painted by the child, it will be in the pew at the First Eucharist Mass.</p>

<p>Saturday March 2, 2019 9 am Parish Center <i>This is for 2nd grade CFF or SHS ONLY</i></p>	<p><u>First Eucharist Retreat:</u> This retreat provides an opportunity for our 2nd graders to learn more about the Eucharist and make some special items to help celebrate this important sacrament. <i>We are in need of many parents, grandparents or youth volunteers on this day.</i></p>
<p>Wednesday (Spanish) April 24, 2019 5:30 pm Church/Parish Center</p>	<p><u>First Eucharist Rehearsal for April 28 Mass:</u> The First Eucharist rehearsal is a <i>dress rehearsal</i>, pictures are taken on this day. Please arrive promptly at 5:30 pm to take the group picture first. We will not wait for late arrivals.</p>
<p>Sunday (Spanish) April 28, 2019 at 3:00 pm Church <i>Please arrive at 2:30 pm</i></p>	<p><u>First Eucharist:</u> We will have our celebration of First Eucharist in Spanish on April 28, 2019. Mass will be held at 3:00 pm. Children and a parent should arrive 30 minutes before the service and go directly to the Social Room. Parents and guests can go to their assigned pews.</p>
<p>Wednesday (English) May 1, 2019 5:30 pm Church/Parish Center</p>	<p><u>First Eucharist Rehearsal for May 5 Mass:</u> The First Eucharist rehearsal is a <i>dress rehearsal</i>, pictures are taken on this day. Please arrive promptly at 5:30 pm to take the group picture first. We will not wait for late arrivals.</p>
<p>Sunday (English) May 5, 2019 at 3:00 pm Church <i>Please arrive at 2:30 pm</i></p>	<p><u>First Eucharist:</u> We will have our celebration of First Eucharist in English on May 5, 2019. Mass will be held at 3:00 pm. Children and a parent should arrive 30 minutes before the service and go directly to the Social Room. Parents and guests can go to their assigned pews.</p>

First Reconciliation Preparation



First Reconciliation Details

Children in the Wednesday Children's Faith Formation program and from Sacred Heart School will receive preparation in the classroom. We encourage you, as a family, to spend time in preparation, as well. Wednesday CFF students will receive the sacrament on a Wednesday during CFF. SHS students will receive the Sacrament during the school day.

Understanding the Sacrament

Reconciliation is the sacrament of forgiveness and peace. It is one of the ways in which God chooses to forgive our sins. When people sin, they separate themselves from God's love. In the sacrament of reconciliation, we return to God, our loving parent.

Understanding Sin: Children are introduced to the concept of sin within the context of understanding the nature of their relationship with God. They learn about the loving relationship through their experiences of family and of friendship. Through these experiences and stories about Jesus' special love for them, young children begin to understand the complexity of sin. Sin is presented in terms of how these relationships are changed as a result of willful wrong doing.

In human friendships, there are serious disruptions in these relationships. There are also less serious offenses which pave the way to carelessness about their relationship. In coming to understand this, children learn that there are offenses that can affect their relationship with God in a similar way.

Communal Aspect of Sin: The church is the family of God. We become part of this family at Baptism. At Baptism we become children of God.

Any time a member of God's family sins, the entire family is touched by this separation. That is why the sacrament of Reconciliation is sometimes a communal celebration where the parish family comes together asking for forgiveness before individual reconciliation.

Sorrow for Sin: Parents teach children to be sorry for their sins by helping them understand the meaning of the words, "I am sorry." This is begun in ordinary family situations. Parents help children experience apology situations by letting the children witness a loving sincerity of words and actions when spouses apologize to one another. Parents should not hesitate to apologize to their children when the occasion arises. This is done not only with words, but also through actions and behavior.

Understanding the words "I am sorry" has taken a superficial meaning in our society. Parents have to ask themselves how they are teaching their children the meaning of "I am sorry."

- Is it a magical formula that can get people out of trouble by simply saying the words?
- Is it a way of showing others that your children are polite?
- Is it simply an automatic response to a stimulus, similar to the quick "Thank you" and "Excuse me"?
- In learning what it means to be truly sorry, children must be helped in gradually coming to understand that if a person is sorry, that person: tries to change his or her behavior; does something about the wrong he or she committed; or makes promises or resolutions to try not to repeat the wrong.

Below are some suggested Bible stories you may enjoy reading and discussing with your child:

- The Lost Sheet (Luke 15)
- The Prodigal Son (Luke 15)
- The Paralyzed Man (Matthew 9)
- The Woman at the House of the Pharisee (Luke 7)
- The Woman at the Well (John 4)



Examination of Conscience

- Have I kept God in my mind and prayed to Him?
- Have I missed Mass on Sundays without a good reason?
- Have I used the name of God with disrespect?
- Have I obeyed my parents?
- Have I tried to be helpful to my parents?
- Have I fought with my brothers, sisters or friends?
- Have I shared with my brothers, sisters or friends?
- Have I tried to be helpful to people who asked me for help?
- Have I lied to anyone?
- Have I taken anything which did not belong to me?
- Have I destroyed another person's things?
- Have I used the things of God's world with care?
- Why did I do things which I shouldn't have done?

Act of Contrition

My God,
I am sorry
for all my sins
with all my heart.
In choosing to do wrong
and failing to do good,
I have sinned against you
whom I should love above all things.
I firmly intend
with your help
to do penance,
to sin no more,
and to avoid whatever leads me to sin.
Amen.

Receiving the Sacrament of Reconciliation

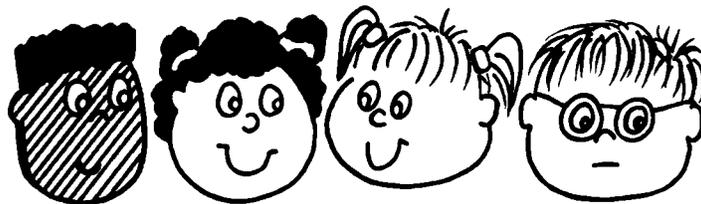
I prepare to go to confession: I think of my sins. I am sorry for my sins.

I am greeted by the priest: I go into the confessional or reconciliation room. I receive a warm and kind welcome from the priest.

We pray and talk: I make the sign of the cross. The priest invites me to trust God. Sometimes the priest reads something from the Bible. I tell my sins to the priest. I accept the penance the priest gives me.

I receive God's forgiveness: Sometimes the priest says a few words to me. The priest gives me absolution.

I leave: I promise to try to do better. I say "thank you" and leave.



Suggestions for Parent Involvement

No matter what your child learns at school or on Wednesday night during CFF, your involvement is vital to their understanding of what the sacrament can mean to them. Below are listed some suggestions for parent involvement:

- First and foremost, attend Mass together as a family on a regular basis. The Mass provides an opportunity for the community to gather together and be reconciled with one another and with God.
- Show forgiveness and reconciliation in your own life. Your child will never learn what it means to forgive if he or she is witness to an unforgiving attitude toward others. Our lives as Christians should be models of reconciliation in all that we do.
- Pray together as a family. Ask God's forgiveness as a family. Prayer itself can be a very powerful means of achieving reconciliation with God, with one another, and with ourselves.
- Know what your child is learning in class. Maintain regular communication with your child's catechist or religion teacher. Ask your child to bring home his or her work each week. Try to reinforce at home what your child is learning in the classroom.
- Listen carefully to your child. Discuss the process, concerns your child might have, and practice what he or she might do at Reconciliation. Remember to reinforce that your child's conversation with the priest is private and that they don't need to tell you, or anyone, what is said.
- Celebrate the sacrament of reconciliation yourself! Even 2nd graders can detect a double standard if they are asked to do something that you don't.

Reconciliation

©2003 LPI

Family Prayer for Forgiveness

Reader: Jesus taught us something very special when He told us to pray *The Lord's Prayer*. Whenever we pray the "Our Father" we ask God to forgive us as we forgive others.

We gather here as a family to ask God and each other for forgiveness. After each prayer I read, we will all say: "Forgive us, Lord, and help us to love and forgive one another."

For the times we are selfish, lazy or greedy, we pray...

All: Forgive us, Lord, and help us to love and forgive one another.

Reader: For the times we hurt one another by our words and actions, we pray...

All: Forgive us, Lord, and help us to love and forgive one another.

Reader: For the times we did not try to do our best as parents, children, brothers or sisters, we pray...

All: Forgive us, Lord, and help us to love and forgive one another.

Reader: For the times we were not honest with ourselves and each other, we pray...

All: Forgive us, Lord, and help us to love and forgive one another.

Reader: For being impatient, angry or mean, we pray...

All: Forgive us, Lord, and help us to love and forgive one another.

Reader: For not doing our part to make this a happy family, we pray...

All: Forgive us, Lord, and help us to love and forgive one another.

Reader: For all our sins, we pray...

All: Forgive us, Lord, and help us to love and forgive one another.

Reader Our Father, who art in heaven.....Amen
and All

Reader: (Blessing) May God bless all of us and watch over us, in the name of the Father, and of the Son, and of the Holy Spirit.

All: Amen.

Reader: Jesus came to bring us peace. He said to His apostles and friends, "Peace I leave you, My Peace I give you." (Please give each other the sign of peace).



First Eucharist Preparation





What Your Child Will Learn

Your child will begin the preparation for First Eucharist immediately following the celebration of First Reconciliation. During the next few months, your child will be experiencing a very important part of his or her spiritual growth. We want to support your child, and your entire family, to get the most out of the experiences of the next few months.

We have listed some of the information that your child will be learning over the next months. Please try to reinforce at home what your child is learning in class.

The Sacraments: Your child should have a basic understanding of the meaning of a sacrament. At a child's level of understanding, the sacraments are special events (usually taking place at church) that bring us closer to God. Your child should be familiar with the sacraments of Baptism, Reconciliation, and Eucharist.

The Eucharist: All of what your child is learning relates to the Eucharist, but the following are specific points that he or she should understand.

- Why do we celebrate the Eucharist?
- What happens to the bread and wine during the Mass?
- How do we prepare ourselves to receive Holy Communion?
- What are the proper ways to receive Holy Communion?

The Mass: Your child should have a basic understanding of the Mass, including the following points:

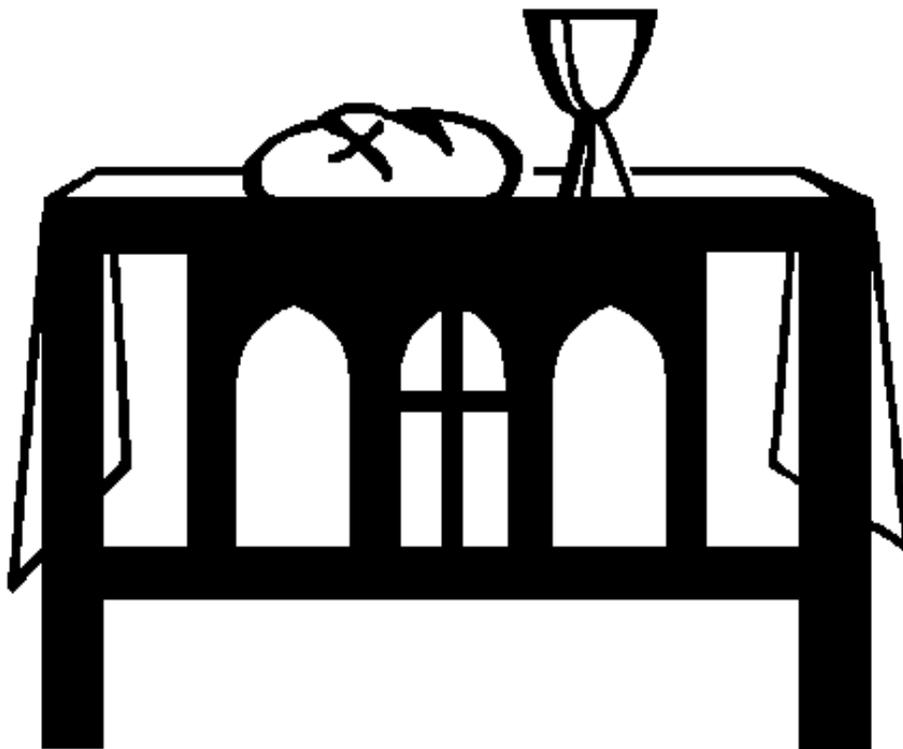
- Why do we go to Mass?
- What happens at Mass? What are the two parts of the Mass? (i.e., the Liturgy of the Word and the Liturgy of the Eucharist)
- How do we participate in the Mass?

The Life and Teachings of Jesus: Your child should know about the basic life and teachings of Jesus, especially as they relate to the Eucharist. Important biblical stories include the "Last Summer" (Luke 22:7-20) and the "Beatitudes" (Matthew 5:3-12).

Community: Your child should understand what “community” means, and what kinds of communities we belong to, including our Church. Your child should understand that the Eucharist is a community celebration in which all Christians participate. Your child should also understand that we have responsibilities toward the communities to which we belong.

Christian Service and Living: Your child should understand that the Eucharist calls us to a life of Christian morality and service.

Prayers: Your child should know basic Catholic prayers, especially the “Our Father” and “Hail Mary.”



Make it a Memorable Occasion

Talk with your child about the hopes and plans for the day of their First Eucharist. Tell your child about your First Eucharist. What was important to you? What didn't matter, but seemed important at the time? Talk about what went wrong and what went right. Ask any other children in the family to do the same.

- Be sure that your child attends Mass every week, and discuss the readings of the week. Talk about the homily, the songs that were sung and how they relate to the Bible story that was read.
- Talk with your child about why and how you chose his or her Baptismal name. If the name has a special meaning in your family, be sure to share that with your child. If the name is from a saint, read the story of the life of that saint.
- Think about ways that you can reflect Christian living in your home. Decorate your home for the Liturgical seasons and discuss those changes in your home at dinner.
- Plan a family service project during Advent or Lent. Make sure your child plays an active role in determining the project.
- Initiate some special prayer time throughout the process as a family. If you have never had a special prayer time together, you might begin at bedtime or before meals. It is always meaningful to gather as a family to pray a Rosary.
- As parents and as a couple, take time to discuss and reflect on the event in terms of each of you personally, and as a family, and consider areas in which your relationship can grow in faith together.
- Ask your child to share with you their hopes and fears for the Celebration. What is important and what does not matter. Discuss plans for the preparation for the day and make sure you include your child in the decisions about the day such as who to invite, party plans after the celebration. Make the day a very special day.

First Eucharist Rehearsal Details

This rehearsal is a dress rehearsal. Pictures will be taken at the rehearsal. You should arrive no later than 5:30 p.m. since the group pictures will be taken first, and we cannot wait for late arrivals.

During the rehearsal, the children will practice processing into the church and sing the Psalm as they will at the First Eucharist Mass.

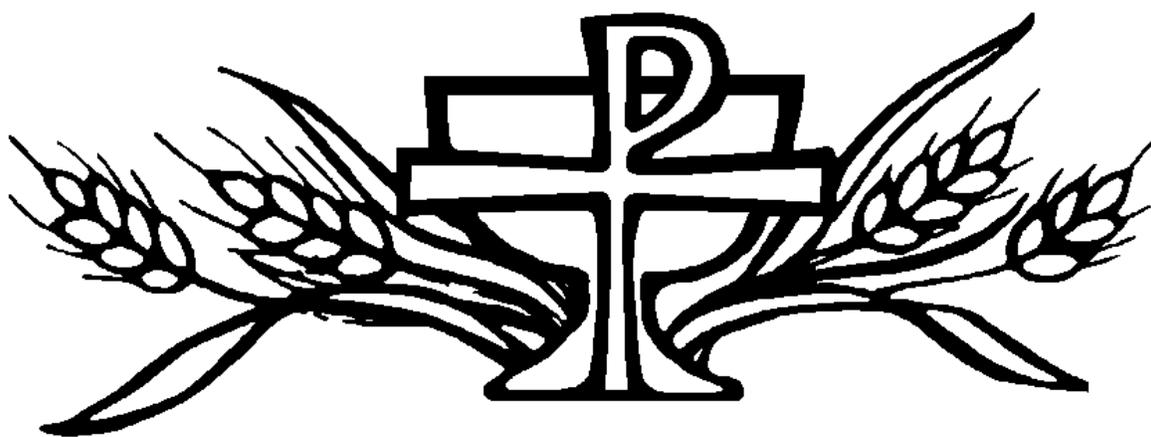
First Eucharist Details

We will celebration of First Eucharist on a Sunday afternoon at 3 pm.

Students should arrive 30 minutes before the Mass and go directly to the Social Room. Parents and guests can go to their assigned pews. Your pew will be marked for you.

Please inform guests of the time of Mass and ask them to arrive before the processional at 3 pm.

Please see the calendar on page 5 with current dates for both the English and Spanish Rehearsals and Masses.



I am the bread of life

Words to Know

Altar: The table where the Eucharist is celebrated.

Ambo: The ambo is a stand for announcing God's word in the readings and Psalm at Mass.

Baptism: A celebration that joins people to Jesus' family.

Bible: The God's Word to people. It is one great book, made of many small books. The word Bible means "books."

Chalice: A cup that holds the wine that becomes the Blood of Christ.

Consecration: At Mass, when the bread and wine become Jesus.

Eucharist: The Sacrament of the Body and Blood of Jesus; the Mass.

Gospel: A story about Jesus from the Bible. The word Gospel means "Good News."

Grace: God's life within us. The sacraments are special signs that give grace.

Holy Spirit: The third person of the Blessed Trinity; our helper and guide.

Homily: A talk given by the priest during Mass that helps people learn how to follow Jesus.

Host: The bread that becomes Jesus.

Last Supper: Jesus' last meal with His friends.

The Lord's Prayer: The Special prayer that Jesus taught His friends.

Mass: The meal sharing Jesus' Body and Blood. The word Mass means "sent." After we celebrate Mass together, we are sent out to help everyone as Jesus did.

Prayer: Talking and listening to God.

Tabernacle: A container where the Blessed Sacrament is kept after Mass and is used for those who cannot come to Mass due to illness.

Prayers to Know

The Apostles' Creed

I believe in God, the Father Almighty,
Creator of heaven and earth,
and in Jesus Christ, his only son, our Lord,

*At the words that follow, up to and including
the Virgin Mary, all bow.*

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 Hail Mary

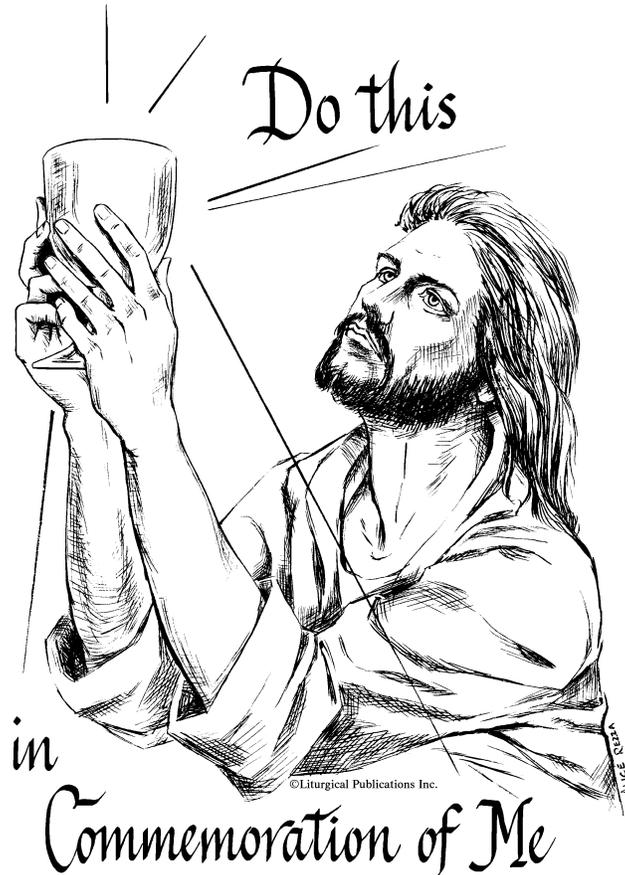
Hail, Mary, full of grace.
The Lord is with you!
Blessed are you among women,
and blessed is the fruit of our womb, Jesus.
Holy Mary, Mother of God,
pray for us sinners,
Now and at the hour of our death.
Amen.

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.



Contact Information

Sacred Heart Church Children's Faith Formation

1627 Grand Avenue

West Des Moines, IA 50265

225-6414, ext. 316

FAX: 225-0286

Emergency Number during events: 822-3368 or 988-0229

www.sacredheartwdm.org

Father Chris Hartshorn

Pastor

chris.hartshorn@sacredheartwdm.org

Father Luis Mejia

Parochial Vicar

luis.mejia@sacredheartwdm.org

Kayla Richer

Director of Children's Faith Formation

kayla.richer@sacredheartwdm.org

Debbie Chalik

Coordinator of Children's Faith Formation

debbie.chalik@sacredheartwdm.org

Marcia Schaul

Office Assistant for Children's Faith Formation

marcia.schaul@sacredheartwdm.org

Notes