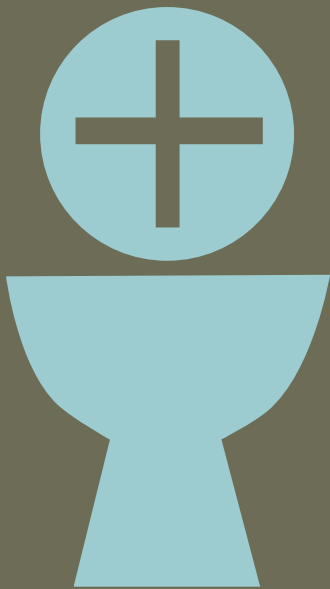




# First Communion



How will I know when my child is ready to receive First Communion and Reconciliation?

How can I help my child prepare?



**St. Ignatius**  
OF LOYOLA



# IMPORTANT DETAILS

Regular Meeting Day and Time

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How to contact the leaders

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Date of first and last meetings

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Date and Time of First Reconciliation

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Date and Time of First Communion

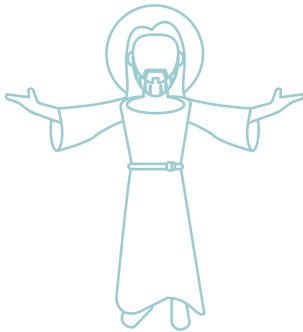
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Reminder: send a copy of your child's baptismal certificate to [kids@stig.ca](mailto:kids@stig.ca)

## Children's Ministry at St. Ignatius

*Inspiring children to discover and embrace a joyful, fruitful, and lasting relationship with Jesus.*

Is your child ready to start sacrament prep?



Does your child want to come closer to Jesus?



Is your child connected to the life of the church?

*In addition to the life of faith that you practice at home, our parish offers Catch the Wave and the Good Shepherd Atrium to help children know Jesus and be a part of the Catholic church.*

## Where are we going?

*What do we dream of for children as they prepare for the sacraments? On the following pages, we'll indicate some signs of basic readiness to look for and pray for, along with ideas about how children can grow and deepen their faith.*

### OPENNESS TO GRACE

- the blessing of a personal prayer life
- a desire and appreciation for receiving Jesus in the Eucharist
- an orientation towards doing what's right



### BLESSINGS

A relationship with Jesus is **a blessing and a grace!** Through our witness and our prayers, we can work with God to foster the blessings of faith in the lives of our children.

### KNOWLEDGE OF OUR FAITH

- becoming familiar with the Word of God
- understanding the power of the sacraments
- enjoying traditions of Catholic prayer and worship



### KNOWLEDGE

**Knowledge** of our faith is a treasure that can be passed from person to person. Our Catholic tradition is rich with stories, rituals, and language that we can learn about and share, to help one another grow and come closer to God.

## BLESSINGS



# A personal prayer life

## What can parents do?

*Welcome Jesus into your home through family prayer routines, such as a morning blessing, grace at meals, bedtime prayer, a family prayer corner, worship music in the car.*

*Nurture a personal prayer life of your own, and let your children see you praying.*

## What might this look like for your child?

### FORMING

- Thinks of prayer as a conversation with Jesus, a way of being friends
- Has a positive and respectful attitude towards prayer and is open to praying

### GROWING

- Wants to come closer to God
- Truly enjoys spending time in prayer
- Has some favorite personal prayers or Scripture passages



### DEEPENING

- Initiates prayer with others and likes to support them in prayer
- Enjoys creating prayers, praying with music, looking for inspiration from saints and other guides.

# Catholic Worship

## KNOWLEDGE



### What can parents do?

*Practice the sign of the cross from an early age, for example, by tracing it on your child's forehead as a bedtime blessing.*

*Get your child a children's missal so they can follow along during mass.*

*Spend some time yourself learning about the richness of Catholic worship; for example, join a course or study group, learn about saints and their special roles and charisms.*

### What might this look like for your child?

- Knows the sign of the cross, how to genuflect, and that "Amen" means "yes"
- Shows reverence at mass, puts effort into focusing
- Understands that the mass is a form of prayer that we (the church) do together
- Is familiar with some of the prayers and songs we share at mass
- Knows the Lord's Prayer (Our Father) by heart
- Understands the basic pattern of the mass
- Enjoys a variety of prayer types, such as praise (thank you), petition (help me), contrition (I'm sorry)
- Can select scripture passages or songs for prayer
- Is familiar with the rosary and other traditional prayers

## FORMING

## GROWING

## DEEPENING

## BLESSINGS



# A desire for the Eucharist

## What can parents do?

*Talk to your kids about receiving Jesus. Let them see that Communion matters to you.*

*If you receive communion, enjoy some time in prayer when you return to your pew.*

*Explore the church building, looking more closely at the objects and places in the church, considering how they point us towards God.*

## What might this look like for your child?

### FORMING

- Knows that Jesus is present in the Eucharist. It is not ordinary bread and wine.
- Understands the Last Supper as the place where Jesus gave this gift of his whole self to us
- Knows how to receive the Eucharist respectfully

### GROWING

- Worships and participates enthusiastically by reading along, standing, sitting, kneeling at the appropriate times
- Recognizes liturgical items used in the mass and how they help us worship

### DEEPENING

- Recognizes the prayers and actions that accomplish the consecration.
- Wants to be involved in a ministry such as altar servers



# Sacraments

## KNOWLEDGE



### What can parents do?

*Share photos and stories of your own experiences of the sacraments.*

*Bring your children to the celebration of other sacraments and rites, such as baptisms, weddings, funerals and notice their special features.*

*Express encouragement towards religious vocations and the sacrament of marriage.*

### What might this look like for your child?

- Knows the sacraments of Baptism, Eucharist, and Reconciliation and can tell what God is doing in each
- Recognizes that we have a part - active not passive - in receiving a sacrament
- Recognizes the importance of the forgiveness of sins (at Mass and Confession) before receiving Communion

## FORMING

- Knows all seven sacraments and the gifts they provide
- Attends a baptism, and perhaps other sacraments, recognizing the signs and prayers

## GROWING

- Can witness to others about their experience of the sacraments
- Can look ahead to future sacraments
- Understands that after baptism, sacraments help them take responsibility for their own relationship with God

## DEEPENING

## BLESSINGS



*A desire to do  
what's right*

### What can parents do?

*Use the language of conscience, listening for the voice of God in us -- "What would Jesus do?"*

*Share times when you pray over a difficult decision.*

*Show children how to own one's behavior, and how to apologize.*

*Make a habit of going to Reconciliation. Let your kids know this matters to you.*

### What might this look like for your child?

## FORMING

- Recognizes that sin separates us from God
- Knows the difference between a sin and an accident
- Knows that Confession is a chance to apologize to God and receive forgiveness

## GROWING

- Seeks Jesus' help in avoiding sin and doing good
- Recognizes how their actions affect others around them
- Has a desire to act with mercy and kindness

## DEEPENING

- Welcomes Reconciliation as an ongoing support for living a Christian life
- Takes leadership and initiative in helping others by speaking up about things that are wrong and taking actions to make things better.

# The Word of God

## KNOWLEDGE



### What can parents do?

*Have a family Bible in your house in a special place, and look through it from time to time with your child, even before they can read it on their own.*

*Read picture books and show videos of Bible stories to your kids.*

*Support your child's participation in church, and have discussions after mass about the Sunday readings.*

### What might this look like for your child?

- Understands that the Bible is God's word, a precious gift to us so we can know Him better
- Recognizes the Great Commandment, to love the Lord with all your heart, and to love your neighbor as yourself

## FORMING

- Is familiar with the Ten Commandments and the Beatitudes
- Can name the four gospels and maybe other parts of the Bible
- Has some favorite parts of the Bible that help them to know Jesus better

## GROWING

- Wants to explore the Bible for insight and guidance, an aid to prayer
- Understands the chapter and verse structure so they can find readings and important verses

## DEEPENING

# SESSION TOPICS

1

*We can welcome Jesus as a friend into our lives. He has known us always, and he wants to share in our lives. We can find him in silence, in stillness, in listening, and in pondering his words.*

## PRAYER

2

*We know God the Father as the Creator. He offers us a “kingdom” and invites us to discover its mysterious power and its tremendous value. All of God's works are gifts to us. We express our relationship with God in the “Our Father” prayer.*

## GOD THE FATHER

3

*Jesus was a real person who lived in a specific place at a particular time. Yet he also told and showed us that he was more than just an ordinary person, that he was God’s son, the Messiah, who came into the world so he could be close to us and help us to know and come closer to God. Jesus is “The Good Shepherd” who calls his own sheep by name and lays down his life for them.*

## JESUS

4

*Through sacraments, we encounter by sight and touch certain signs that point us to the rich gifts that God is offering us. In Baptism, the first sacrament, we are called by name to join the community around Jesus called the church.*

## BAPTISM

5

*In the Eucharist, Jesus gives his whole self to us. He told his friends at the Last Supper that the Bread and the Wine are himself. This gift of Jesus' risen life happens every time the Mass is celebrated, right up to the present time.*

## EUCCHARIST

6

*Jesus calls us to turn towards him, to listen to his voice. When we turn away, we are separated from his love and friendship. The choices we make that separate us from God are called sins. The Sacrament of Reconciliation provides us with the gift of grace - God's life within us - because God offers mercy and forgiveness, and he welcomes us back with great joy.*

## RECONCILIATION

7

*The church building is the prayer space for the community. In it, we celebrate the mass together. The mass includes language, objects, and gestures that help us to know God.*

(This week's activities include a teaching mass and a tour of the church.)

## THE CHURCH

8

### GOING TO CONFESSION

9

### RECEIVING COMMUNION

*The Our Father*

Our Father  
 Who art in heaven  
 Hallowed be thy name.  
 Thy kingdom come,  
 They 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.

*The Hail Mary*

Hail Mary, full of grace  
 The Lord is with thee  
 Blessed art thou  
 among women  
 and blessed is the fruit  
 of thy womb, Jesus.

Holy Mary, Mother of  
 God  
 Pray for us sinners  
 Now and at the hour of  
 our death.

Amen

## ***An Act of Contrition***

My God, I am sorry for 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.

Our Savior Jesus Christ suffered and died for us. In his name, my God, have mercy



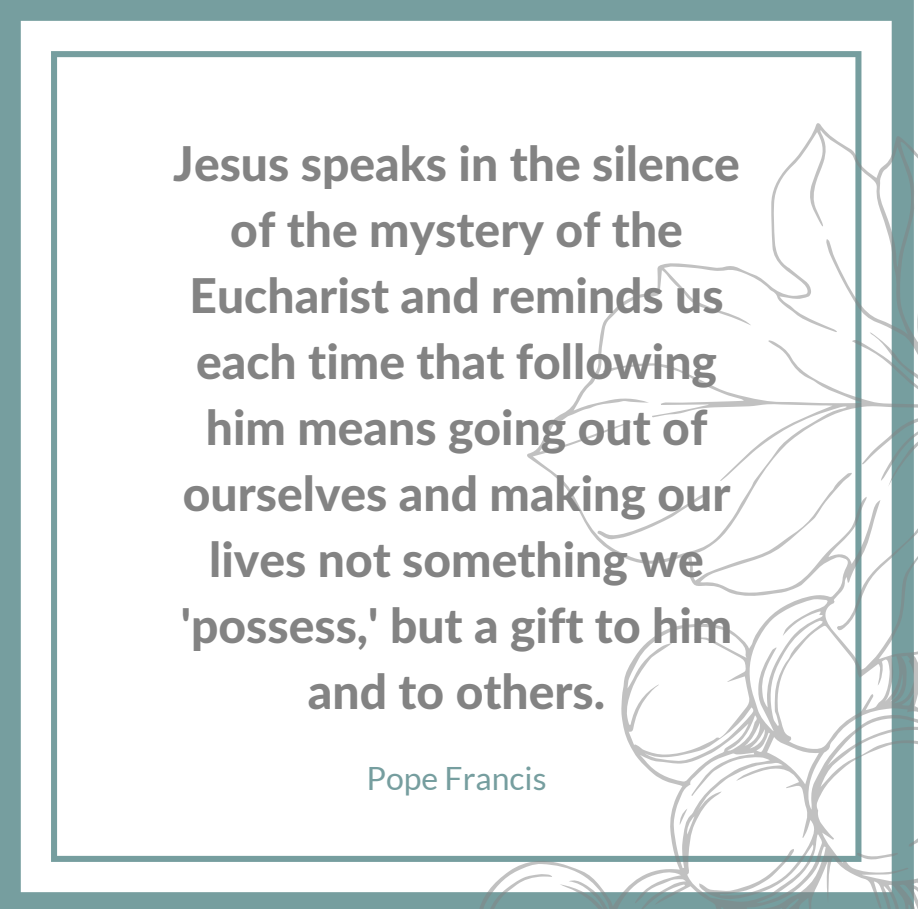
## ***The Glory Be***

**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**





**Jesus speaks in the silence  
of the mystery of the  
Eucharist and reminds us  
each time that following  
him means going out of  
ourselves and making our  
lives not something we  
'possess,' but a gift to him  
and to others.**

Pope Francis



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