

First Eucharist

Preparing to receive Jesus through the Sacrament of the Eucharist for the first time is an exciting time. It is a time for focus on Jesus, faith, and family. Children of the parish who are in second grade and up are invited to begin the formal preparation to receive their First Eucharist. In order to register for First Eucharist, the child must meet the requirements (listed below) and the family must submit a Faith Formation **registration form** even if a particular child will not be attending faith formation classes at St. Alphonsus-Holy Name of Jesus Parish.

About this Preparation

Our preparation for Eucharist is set up similarly to that of our preparation for Reconciliation. Parents and children prepare mostly at home using a workbook since it is the home where each child's faith is most cultivated. The workbook has eight lessons which will guide families through familiar bible stories, offer discussion points, and suggest activities for you and your child while on this journey. The finished books are then returned to the parish. In order to support parents during this time, the parish offers parent-child workshops and separate parent meetings. More information is mailed to parents a few weeks before the beginning of the preparation.

Of vital importance to a child's preparation is the family's participation at Mass on a weekly basis. The Mass is a revelation and the greatest expression of the Catholic faith. It is here that the preparation for this sacrament comes alive.

Requirements to start preparation

- Child must be in second grade or up and must have already prepared for the Sacrament of Reconciliation.
- Child must be attending regularly the year they prepare for this sacrament.
- St. Alphonsus-Holy Name of Jesus Parish must have on file a copy of the baptismal certificate (or other acceptable proof of baptism) of each child preparing for the Sacrament of First Eucharist before completion of the preparation. If a family no longer has a copy of the child's

original certificate, the parish of baptism can be directly contacted to request a copy (note that most churches require a few weeks notice).

- If a child was baptized in another faith tradition, parent must contact the Faith Formation office before the start of the preparation.