

Holy Trinity School

Forming Saints and Scholars



Sacraments Preparation Handbook 2023 - 2024

*Holy Trinity School is a Catholic educational community of excellence.
Inspired by the life and teaching of Jesus Christ, and called to follow his example,
we are dedicated to the spiritual, academic, and social development of our students,
forming "saints and scholars."*

Fully Accredited by:

Western Association of School and Colleges
Western Education Association
Through June 2025

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WELCOME! To a new year here at Holy Trinity School and to our Sacramental Preparation Program. You are embarking on a wonderful journey as a family – to prepare your child to receive the sacraments of Reconciliation and Eucharist for the very first time! As your child’s primary educator, at Baptism you promised to always keep the light of Christ burning bright in your child’s life. We, here at Holy Trinity School, are proud to both join and support you in this work. We will walk with you and assist you as you train your child in the faith, and we stand ready to reinforce here at school those values that you hold dear at home. We know this will be an amazing journey for your family!

Mass Attendance

As a Catholic school, we recognize that there is no greater opportunity for parent-directed religious education than presence in Saturday evening/Sunday liturgy. As a parish school it is understood that a family’s weekly attendance at parish liturgy provides tremendous opportunity for community building in a Christ-centered environment. It is therefore essential to our mission as Catholic educators, in partnership with parents for the Catholic education of our children, that families attend Mass on a regular basis. As the primary religious educators of their children, parents are encouraged to consistently follow through on this most serious obligation. As you prepare your child(ren) to receive the sacrament of the Eucharist for the first time, this obligation is particularly important. Going to Mass with you is where your child will learn a love for Christ present in the Eucharist and will learn the prayers, songs, and responses so he/she can participate fully in the Mass.

Reconciliation

A mandatory meeting for parents will be held on **Thursday, November 2nd at 6pm** at the school.

First Reconciliation will be on **Monday, November 13th at 6:30pm** in the Church. Dress code for the sacrament is “Sunday Best.” No jeans, shorts, or tennis shoes – PLEASE! Children are to meet in the Church no later than **6:15pm**. Children will be seated in the pews with their family – with children seated on the end of the pew. At the time for individual confessions, the children will be presented by their parents to the priest. After each child has received the sacrament he/she will rejoin his/her parents in the pews to pray their penance and then the family may leave.

Communion Banners

Communion Banners which will be used during our First Communion Mass must be turned in to the 2nd grade classroom no later than **Friday, March 15th**. Banners must measure 9 inches by 12 inches (about the size of a sheet of copy paper), may be made of any material, and may be any color. The hanging ribbon/yarn etc. must be at least 24 inches long. Please put your child’s first name at the top of the banner. Be creative as you decorate your banner – you may use puffy paint, embroidery, iron-on’s, paint, or any other appropriate material. Some in the past have chosen to add plastic grapes, pieces of wheat, or even glitter. Feel free to scallop the bottom or add tassels, ribbon, rope, or jewels. This is your family project – so most of all – enjoy doing it together as part of your celebration of this special event! As the time approaches, we will have examples of past banners available for you to see in the classroom if you need to get some quick inspiration. Kits to help with this project are available online through Oriental Trade or Amazon.

First Communion

A mandatory 1st Communion Retreat for families will be held on **Saturday, April 13th at 2:00pm**

The 1st Communion Family Novena of Prayers is prayed daily beginning **Thursday, April 18th**

1st Communion is scheduled for **Saturday April 27th at 10:00am**. On that date, children need to meet in the Pavilion by 9:30am. Parents may be seated in the church – banners will be hung on your family’s assigned pew. **Please note – there are Baptisms taking place before First Communion and we will not be able to enter the Church until the Baptisms are complete. During the entrance procession, children are not allowed to carry anything in with

them (e.g. bibles, rosaries, prayer books, etc). In order to maintain the solemnity of this occasion, no one will be permitted to leave their seats in order to take pictures/videos at any time during Mass. Parents / Guardians will process forward with their child at the time of Communion and will be invited to receive Communion or a blessing. Just a reminder to parents - **plan ahead** – if you need to see Fr. Ricky in order to go to reconciliation, or get questions answered regarding marriage, divorce, etc. so that you will hopefully be able to receive Communion with your child on this special day, please call him NOW. Do not wait – he is there to help in any way he can.

Frequently Asked Questions

✠ Can I go to Confession when my child receives First Reconciliation?

Unfortunately, because of the limited number of priests, it is not usually possible to hear adult confessions on this day. You are most welcome to come to any of our parish celebrations of the sacrament. Confessions are heard weekly on Saturday from 8:45am – 9:30am and by appointment.

✠ Who can attend First Reconciliation?

Anyone who wishes to celebrate this special sacrament with your child.

✠ About how long will 1st Reconciliation last?

It somewhat depends on where your child is “in line” – however, that being said we should all be finished within an hour at the most.

✠ I am not married in the Church, can I receive Communion with my child?

Every situation is unique – it is important though to find out the answer to your particular situation as soon as possible. SO – call Fr. Ricky and make an appointment to see him soon.

✠ What if I am not Catholic?

You are most welcome at these special celebrations. As we do at all of our liturgies, we ask that if you are not Catholic, that when you come forward to the priest at Communion time, you cross your arms over your chest (forming an x) this will let the priest know that you are asking for his blessing, which he will give.

✠ What if I am not married?

Every situation is unique – it is important though to find out the answer to your particular situation as soon as possible. SO – call Fr. Ricky and make an appointment to see him soon.

✠ What about sponsors/godparents for 1st Communion?

Although culturally you may have seen or heard of sponsors being used at some churches for 1st Communion in the past, that is not what Canon Law (Church Law) allows. Sponsors are not used for this sacrament. Children and parents will receive Communion together. Each family is assigned one pew for the child and parents. Godparents and sponsors are most welcome to sit in the same pew as the family. Additional pews behind the first communicants are also available for family and friends on a first come first serve basis.

✠ What about dress code for First Communion?

Girls – White dress, white veil/tiara/ribbon/flowers/headband, white stockings/socks, white dress shoes.

Girls may **not** wear hoop under dress, dress with a train, gloves, tennis shoes of any kind, spaghetti straps or straps of any width.

Boys – White long sleeve dress shirt, tie, dark pants, dark socks, matching belt and dress shoes. Dark suit ok.

Boys may **not** wear gloves, tennis shoes of any kind.

✠ Can my child carry up special objects with them at First Communion (Bible, Rosary, etc)

Your child may bring special items to Church to be blessed. Please keep them with you as you are seated.

Your child will not be allowed to carry anything in their hands as they walk in or as they receive communion.

We want students to remain focused on the Eucharist and not worry about losing or dropping other items. At the end of Mass, Fr. Ricky will be happy to bless those religious articles brought to Church.

✠ **Why no “hoop” or “train” dresses for girls?**

This is a safety and comfort issue. We want our girls to be able to walk unencumbered to receive communion without having to worry about tripping and falling. Also – please bear in mind that our pews are very narrow. This can be a major problem when a “hoop” is involved as the young lady often is quite uncomfortable. Please – help us by cooperating with this dress code requirement.

✠ **Why can't the children wear gloves?**

Children may not wear gloves up as they receive communion – if receiving in the hands, it is not considered proper practice to be wearing gloves. We do not want children to wear the gloves in and then remove them as there is a high likelihood of them getting lost or misplaced during the liturgy.

✠ **What about “Banners”?**

Our First Communion Banners are a family project that will be completed at home. See details above. There are several stores that carry 1st Communion Banner kits including Amazon, Oriental Trading, Party City and CatholicSupply.com

✠ **Is there reserved seating for family?**

Each family is assigned one pew for the child and parents. Godparents and sponsors are most welcome to sit in the same pew as the family. Additional pews behind the first communicants are also available for family and friends on a first come first serve basis. Please plan ahead, arrive early, and use courtesy and consideration in both the parking lot and the church.

✠ **About how long will 1st Communion last?**

This is a regular Mass, which may last just a bit longer because of the time necessary for blessings and pictures. I would estimate no longer than an hour and a half.

✠ **What about pictures for 1st Communion?**

During 1st Communion Mass no one is allowed to leave their seat to take pictures or video. Anyone who does so will be immediately asked to sit down. Pictures may be taken in the Church or on Church grounds before or after Mass. There will be time after Mass to take a posed picture of your child with Fr. Ricky.

✠ **What if I have more questions?**

We are a faith community and we are here to help you in any way we can. You can reach Fr. Ricky by calling the rectory office at (323) 664-4723. You can reach Ms. Lloyd at the school at (323) 663-2064. If you would prefer to ask a question by email, Ms. Lloyd can be reached at misslloyd@aol.com

Prayers to Know for 1st Communion

Our Father

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.

Doxology

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.

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.

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. AMEN.

Prayers of the Mass

Confiteor

I confess to almighty God and to you, my brothers and sisters,

that I have greatly sinned in my thoughts and in my words,

in what I have done and in what I have failed to do,

through my fault, through my fault, through my most grievous fault;

therefore, I ask blessed Mary ever-Virgin, all the Angels and Saints,

and you, my brothers and sisters, to pray for me to the Lord our God

Holy Holy

Holy Holy Holy, Lord God of power and might
Heaven and earth are full of your glory
Hosanna in the highest
Blessed is He who comes in the name of the Lord
Hosanna in the highest.

Memorial Acclamations

A – We proclaim your death, O Lord, and profess your Resurrection until you come again.

B – When we eat this Bread and drink this Cup, we proclaim your death,
O Lord, until you come again.

C – Save us, Savior of the world, for by your Cross and Resurrection, you have set us free.

Gloria

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.

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Nicene Creed

I believe in one God, the Father almighty,
maker of heaven and earth,
of all things visible and invisible.

I believe in one Lord Jesus Christ, the Only Begotten Son of God,
born of the Father before all ages.

God from God, Light from Light, true God from true God,
begotten, not made, consubstantial with the Father;
through him all things were made.

For us men and for our salvation he came down from heaven,
and by the Holy Spirit was incarnate of the Virgin Mary, and became man.

For our sake he was crucified under Pontius Pilate,
he suffered death and was buried,

and rose again on the third day in accordance with the Scriptures.

He ascended into heaven and is seated at the right hand of the Father.

He will come again in glory to judge the living and the dead and his kingdom will have no end.

I believe in the Holy Spirit, the Lord, the giver of life,
who proceeds from the Father and the Son,
who with the Father and the Son is adored and glorified,
who has spoken through the prophets.

I believe in one, holy, catholic and apostolic Church.

I confess one baptism for the forgiveness of sins
and I look forward to the resurrection of the dead
and the life of the world to come.

Amen.

Questions for 1st Reconciliation

How does God love me?

God loves me all the time, just the way I am, no matter what I do.

How do I show that I love God?

I pray. I ask forgiveness. I take part in Mass. I show love for others.

How do I show God that I love others?

I pray for others. I help others and share with them.

How do I sin?

I sin by being selfish and thinking of myself first. I sin by choosing things that turn me away from God's love. A sin is the act of doing something wrong on purpose or failing to do good on purpose.

How does God want me to forgive others?

God wants me to forgive others the way God forgives me. The Our Father tells me this. This is the prayer that Jesus taught us.

How does God forgive me?

God forgives me TOTALLY when I am sorry for my sins. At prayer and at Mass and during the sacrament of Reconciliation, I ask God to forgive me.

What is the sacrament of reconciliation?

Reconciliation means "making up" – and this sacrament is the way that Jesus offers us forgiveness.

How do I celebrate reconciliation?

I pray. I confess my sins to the priest. I tell God I am sorry. The priest offers me the forgiveness of Jesus.

What is absolution?

Absolution means that my sins are forgiven during the sacrament of Reconciliation. The priest makes the sign of the cross over me and tells me in Jesus' name that I am "absolved" of my sins. I answer, "Amen."

What happens in the Sacrament of Penance and Reconciliation?

Our sins are forgiven.

How often should we go to confession?

Going to confession gives us grace so we should go often. We must go at least once a year. We should go at least every other month so that we remember our sins and confess them.

What is a penance?

A penance is the prayer or good work we do to show that we are sorry for our sins and show that we will try to avoid sin and live better lives.

Who gives the priest the power to forgive sins?

Jesus gave this power to the apostles.

What is the "seal" of the confessional?

This means that the priest can never tell anyone what someone says in confession no matter what.

What is an examination of conscience?

An examination of conscience is a way to think about our lives and remember how we have sinned.

What is contrition?

Contrition is feeling sorry for our sins.

What is a venial sin?

A venial sin is a small sin that is not too serious but damages our relationship with God.

What is a mortal sin?

A mortal sin is a serious sin that breaks our friendship with God.

What if we forget to confess a sin?

It is still forgiven – but as soon as we remember it, we should confess it.

Formula for Confession

(Father will welcome you)

In the name of the Father and of the Son and of the Holy Spirit

Bless me Father for I have sinned, this is my first confession. These are my sins:

(Confess all your sins)

(When you are finished) **For these and for all my sins, I am sorry.**

(Father will talk to you and ask you to pray the 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.

(Father will give you a Penance to do and will give you absolution)

Amen.

Don't forget to do the penance that Father gives you!

Examination of Conscience

- ♥ Do I say mean things to my mom and dad?
- ♥ Do I get along with my classmates?
- ♥ Am I lazy about helping out at home?
- ♥ Do I hurt people's feelings?
- ♥ Do I tell lies at home?
- ♥ Do I lie at school?
- ♥ Do I cheat in school?
- ♥ Do I blame others for mistakes I make?
- ♥ Do I forgive people when I get in trouble or do I stay angry?
- ♥ Do I cheat at games or play unfairly?
- ♥ Do I hit others?
- ♥ Do I exclude others and refuse to let them play with me?
- ♥ Am I lazy with my school work?
- ♥ Do I take things that don't belong to me?
- ♥ Do I pay attention during Mass?
- ♥ Do I pray every day?
- ♥ Do I mean what I say when I am praying?
- ♥ Do I always put God first in my life?
- ♥ Do I use God's name reverently?
- ♥ Do I ever use rude or unkind words?

- ♥ Do I share my time and talent with others?
- ♥ Do I show respect for all of my teachers, coaches, and others who care for me?
- ♥ Do I care for God's creation?
- ♥ Do I take care of things that belong to me?
- ♥ Do I take care of my body?
- ♥ Do I act with respect toward my classmates?
- ♥ Do I say bad things about others?
- ♥ Am I jealous of others and want what they have?
- ♥ Do I always want more than I have?

VOCABULARY

- ✘ **Reconciliation** – a sacrament of healing; in this sacrament, we receive forgiveness from Jesus for our sins.
- ✘ **Conscience** – The little voice in our head that tells us the difference between right and wrong. We examine this before we go to confession
- ✘ **Examine** – to look at something closely
- ✘ **Penance** – what the priest tells us to do in order to complete our reconciliation. We do this to make up for our sins and show we are sorry.
- ✘ **Priest**- the man we tell our sins to when we are at Church in confession. He represents God to forgive our sins
- ✘ **Confession** – to tell our sins to the priest. Another word for reconciliation
- ✘ **Sin** – when we choose to do wrong; we hurt our relationship with God and others
- ✘ **Temptation** – when we want to do something even though we know it is wrong
- ✘ **Absolution** – when God, through the priest, forgives our sins
- ✘ **Prayer** – talking to and listening to God
- ✘ **Steal** – to take something that isn't yours
- ✘ **Accident** – **NOT** on purpose; a mistake
- ✘ **On Purpose** – to do something by choice; not an accident
- ✘ **Contrition** – sorrow for our sins; the act of contrition is the prayer we say to show we are sorry for our sins
- ✘ **Sorrow** – to feel bad about something
- ✘ **Jesus** – the Son of God
- ✘ **Sacraments** – seven special gifts we receive in the church to help us grow closer to God and get grace. Reconciliation is a sacrament.
- ✘ **Grace** – God's love and life that he shares with us
- ✘ **Sign of the Cross** – the symbol we use to start our prayers.
- ✘ **Evil**- something that is wrong; the opposite of good; we should avoid evil
- ✘ **Promise** – to give our word to do something
- ✘ **Blessing** – a special prayer in which we receive a gift from God
- ✘ **Lie** – to not tell the truth
- ✘ **Pardon** – forgiveness

1st Communion

Study Guide for Families

A Parent's Prayer

**Lord, give us the wisdom and the courage to help our children
as you would
to develop in them a Christ-like love for all people ...**

**To nurture in them a desire to give and not simply to take ...
to teach them to be doers of Your Holy Word.**

**Guide us in our parental responsibilities strengthen
our love as a family so that we may work together in
coming closer to You.**

**May we be the expression of Your love to our children
so that each day will be as today ...**

**Your love received and shared ...
to help us be one in the Body of Christ.**

Amen.

“Parents have the first responsibility for the education of their children.”

“Parents have a grave responsibility to give good example to their children.”

“Through the grace of the Sacrament of Matrimony, parents receive the responsibility and privilege of evangelizing their children.” (Catechism of the Catholic Church 2223, 2224, and 2225)

The celebration of the Mass is the center of the whole Christian life. All other liturgical rites and all the works of the Christian life are linked to, flow from, and have as their end the Eucharistic celebration.

Parents have a right and duty to be intimately involved in preparing their children for First Holy Communion. Catechesis aims to help parents grow in their understanding, love, and appreciation of the Eucharist and to participate readily in catechizing their children. You are encouraged to read the four Gospel accounts of the Last Supper, as well as, **John Chapter 6:49-56 and 6:66-71** with your child. Parents have an awesome and serious duty and obligation to care for the minds, bodies, and souls of their children. As a parent, you have the *primary role* in the sacramental process for your child. You will help your child grow in faith as you prepare him or her for the reception of the Sacrament of Holy Eucharist. *Your attendance at required events and Sunday Mass is vital!* Even more importantly, your interest, example, witness, and prayers make a difference in your child’s decision to receive the Sacrament and the Faith with an open heart as he or she continues to grow in the Faith.

With this in mind, we remind you that the role of a Religious Education program can only be secondary to you, the parent. We encourage you to do all you can, and we promise to do the best we can to aid and guide the sacramental preparation for your child.

Tips for Talking to Your Child about the Holy Eucharist

- ✠ Be sure to talk sincerely to your child about your experience of Jesus. It is essential that the child understands the importance of having a real relationship with Jesus. If you do not speak to your child about your love of the Eucharist, even your best example may appear to them to be empty formalism.
- ✠ You are a model for your child. Remember that the reverence with which you accept Jesus in the Eucharist will be the example that will be followed by your child. No matter how much your child’s catechist stresses “how to receive reverently”, if this is not being done by his/her family, the lessons will be quickly forgotten.
- ✠ When you attend Mass EACH Sunday and Holy Day, help your child to fully participate in the Mass. Remember, if you do not sing or recite the responses, neither will your children.
- ✠ Take your child to Church to visit Jesus in the most Blessed Sacrament. Explain how Jesus is waiting in the Tabernacle for us to come to Him, how He loves us to come and just be with Him. Let the children know that we can tell Jesus everything: our joys, our pains, even ask for help in our studies. This also would be a good chance to practice appropriate Church behavior with your child while showing him/her your own love of the Lord. *Practice the Sign of the Cross, prayers, genuflecting, etc.*

Mass Vocabulary

1. **Alb** - White robe worn by altar servers. Also worn by priest under chasuble
2. **Altar** - The table on which the sacrifice of the Mass is offered
3. **Ambo** - The stand from which the Word of God is read
4. **Amen** – This word means – Yes! Truly I believe!
5. **Body of Christ** – After the consecration – the bread becomes Jesus' body
6. **Blood of Christ** – After the consecration – the wine becomes Jesus' blood
7. **Celebrant** – The priest who says Mass
8. **Chalice** – The cup that holds the Blood of Christ
9. **Chasuble** - The priest's cape like vestment which is worn over the alb. It is the color of the season
10. **Ciborium** – The gold cup with a lid in which the Body of Christ is held in the Tabernacle.
11. **Consecration** – The words the priest says that changes the bread and wine into the Body and Blood of Jesus.
12. **Corporal** - A square white cloth unfolded and spread on the altar under the Eucharist
13. **Credence Table** - The small table where the offertory gifts are placed
14. **Crucifix** – A cross with Jesus' body on it. There is a crucifix above the altar.
15. **Cruets** – Small glass containers for the water and wine
16. **Gospel** – means Good News. The Gospels contain the stories of Jesus' life.
17. **Homily** – The priest explains the readings to the people
18. **Host** – One piece of bread which becomes the Body of Christ
19. **Lectionary** - The book of readings for Mass.
20. **Liturgy of the Word** – first part of the Mass – we listen to God's word in the readings
21. **Liturgy of the Eucharist** – second part of the Mass – we receive Jesus' body and blood.
22. **Monstrance** – The gold stand that holds the Eucharist during adoration.
23. **Paten** - The gold plate that holds the consecrated bread
24. **Pew** - The bench that the assembly sits in during mass
25. **Presider** – The priest who says the Mass. Also called the Celebrant.
26. **Purificator** - A napkin like cloth used to dry the chalices
27. **Sacramentary** - The book used by the priest that contains all of the prayers for Mass
28. **Sacristy** - The room behind the altar where supplies are kept
29. **Sanctuary** - The area of the Church where the altar is located
30. **Sanctuary Lamp** – The lit candle that tells us that the Body of Christ is in the Tabernacle. Jesus is present.
31. **Stole** - A long piece of cloth worn around the shoulders by a priest
32. **Tabernacle** - The gold box where consecrated hosts are kept after Mass
33. **Transubstantiation** – Bread and wine **CHANGED** into the Body and Blood
34. **Vestments** – the garments worn at mass by the priest
35. **Vestibule** - The area of the Church where the people enter

We believe...

Jesus is the living bread. He is the Son of God who was sent to bring life to us.

Jesus told us, "I am the living bread that came down from heaven; whoever eats this bread will live forever."

On the night before he died, Jesus shared a special meal with his disciples. This special meal is called the Last Supper. During the Last Supper, Jesus took the bread and said a blessing. Then he broke the bread and gave it to his disciples saying, "Take it; this is my body." Then, Jesus took a cup of wine and gave thanks. All the disciples drank from this cup. Jesus said, "This is my blood."

At the Last Supper, the bread and the wine became the Body and Blood of Jesus Christ.

Jesus wanted his disciples to remember and celebrate this special meal again and again. That is why He said, "Do this in memory of me."

The Church continues to celebrate what Jesus did at the Last Supper by celebrating the Eucharist.

The Eucharist is the sacrament of the Body and Blood of Jesus Christ. In this sacrament the bread and the wine become the Body and the Blood of Christ.

This all happens through the power of the Holy Spirit and the words and actions of the priest.

The celebration of the Eucharist is called the Mass.

The Mass is both a meal and a sacrifice. During Mass we remember the meal of the Last Supper. During Mass we remember the sacrifice Jesus offered by dying on the cross.

Receiving the Body and Blood of Christ is called Holy Communion.

During Mass we remember and celebrate that:

- Jesus died to save us from sin.
- Jesus rose to new life.
- Jesus gives us his own Body and Blood in Holy Communion.

At the Last Supper, Jesus told his disciples that he would always be with them. Jesus said, "I am the vine. You are the branches."

When is Jesus with us in our lives?

- Jesus is always with us.

When you receive the sacrament of the Eucharist, Jesus will be with you in a special way.

- You will receive the body and blood of Christ.
- You will be united to Jesus and to one another.
- In this way, Jesus is the vine and you are the branches!

Why is Sunday a special day?

- It is the Lord's Day.
- Jesus rose to new life on this day.

What is the greatest way to worship God?

- The Mass is the greatest way to worship God.
- The community of people who join together for the celebration of the Mass is called the assembly.
- When celebrating the Mass, the priest wears special clothes called vestments.

What does a priest do at Mass?

- The priest leads the assembly.
- He offers our prayers to God.
- He does what Jesus did at the Last Supper.

What does the beginning of Mass prepare us to do?

- It prepares us to hear God's word and to celebrate the Eucharist.

The Liturgy of the Word is the first part of the Mass.

The Liturgy of the Word begins with the first reading.

The first reading is a reading from the Old Testament. We hear about all of the great things God did for His people.

After the first reading, we sing a psalm.

A psalm is a song of praise from the Bible.

After the psalm, we listen to the second reading.

The second reading is a reading from the New Testament. It is about Jesus and the teachings of the Apostles. From this reading, we learn how to be a follower of Jesus.

At the end of the first and second readings, the reader says, "The word of the Lord." We respond, "Thanks be to God."

Next, we listen as the Gospel is read.

The Gospel is a reading taken from the New Testament. It comes from one of the four books written by the Apostles – Matthew, Mark, Luke, or John. From this reading, we learn the good news about Jesus' life and teachings.

At the end of the Gospel, the deacon or priest says, "The Gospel of the Lord." We respond, "Praise to you Lord Jesus Christ."

After the Gospels, the priest gives a Homily.

A Homily is a talk that helps us understand the readings at Mass and how we are to live our lives.

We then pray the Creed and the general intercessions (prayers of the faithful).

The Creed is a prayer that we say to show what we believe as Catholics.

The general intercessions is a prayer in which we pray for the needs of others.

The Liturgy of the Eucharist is the second part of the Mass.

We begin the Liturgy of the Eucharist by preparing the altar.

After the altar is prepared, we give gifts of money to the church and the poor. The ushers collect the gifts.

Next we bring the gifts of bread and wine to the altar during the offertory. The ushers also bring our gifts of money to the altar.

The priest prepares the gifts of bread and wine with special prayers.

After the preparation of the gifts, we pray the most important prayer in the Mass. This prayer is called the Eucharistic Prayer.

This prayer is prayed in our name by the priest. It is a prayer of praise and thanksgiving.

In the Eucharistic Prayer, we

- Lift our hearts to the Lord.
- Remember all the good things God has done for us.
- We praise God by singing the “Holy, holy, holy ...”
- We call on the power of the Holy Spirit.
- We remember what Jesus said and did at the Last Supper during the Consecration.

During the consecration, the priest takes the bread and wine and says the words that Jesus said at the Last Supper. By the power of the Holy Spirit and through the words and actions of the priest, the bread and wine become the Body and Blood of Jesus Christ.

We end the Eucharistic Prayer with the word “Amen” which means “Yes, I believe.”

After the Eucharistic Prayer, we pray the “Our Father” and participate in the sign of peace.

Then we pray to Jesus and ask Him for His forgiveness and peace in the prayer, “Lamb of God.”

After the Lamb of God, we receive Jesus’ Body and Blood in Holy Communion.

The priest or Eucharistic minister says, “The Body of Christ,” and we respond “Amen.”

Then the Eucharistic minister says, “The Blood of Christ, “ and we answer, “Amen.” Which means – YES! Truly I believe!

After Holy Communion, the priest blesses us. We make the sign of the cross and he says, “May Almighty God bless you, the Father, and the Son, and the Holy Spirit.” We respond, “Amen.”

Then the priest or deacon says, "Go in peace to love and serve the Lord."
We answer, "Thanks be to God."

At the end of mass, the priest sends us out to share God's love with others.

The word "mass" comes from a word that means "sending out."

Receiving Holy Communion helps us to be followers of Jesus.

The first disciples were sent out to continue Jesus' work. We are also disciples so Jesus asks us to continue His work, too.

The Blessed Sacrament

The Blessed Sacrament is another name for the Eucharist.

After Communion, there may be Hosts that have not been received. These Hosts are called the Blessed Sacrament and are kept in a special place in the church called the tabernacle.

There is always a light or a candle near the tabernacle to remind us that Jesus is there. This is called the Sanctuary Lamp.

After Mass, the priest, deacon, or Eucharistic minister will take the Blessed Sacrament out of the tabernacle and bring it as Holy Communion to people who are not able to attend Mass because they are sick.

Receiving the Blessed Sacrament strengthens us. It gives us GRACE which is God's life and love in us.

We can visit Jesus in the Blessed Sacrament in the tabernacle at any time.

We can be with Him and thank Him for all of His love and care.