

## WHEN CAN MY CHILD MAKE HIS/HER FIRST EUCHARIST?

Your child can make his/her First Eucharist in Grade three or older after he/she receives the Sacrament of Reconciliation and after studying the book, "We Share in the Eucharist."

## WHAT DO I DO AS THE PARENT?

Attend the Information Night at St. Clement School and the classes at St. Theresa's Church.

Help your child prepare for First Eucharist by teaching him/her the lessons explained in the First Eucharist book, "We Share In The Eucharist" following the Family Guide or lesson plans printed in the middle of the book.

If you missed the First Eucharist classes during the Fall session you may attend the Winter or Spring Sessions.

## NOTE TO PARENTS

**Please do not forget to fill out a Registration Form for First Reconciliation even if you have filled out a Registration Form for First Eucharist.**

## FIRST EUCHARIST – 2011 SPRING SESSION

### PARENT INFORMATION NIGHT

**Thursday – April 14 @ 7:00 pm**

Held at St. Clement School  
7620 Mill Woods Road South

### FIRST EUCHARIST PREPARATION DATES

**Saturday – April 30 @ 12:00 Noon**

**Saturday – May 7 @ 12:00 Noon**

Classes in St. Theresa's Church.  
Parents, please sign in when you come for the Saturday classes with your children.

**Call 780-463-8646, ext. 2224 about a date for your child's First Eucharist celebration. We are unable to give First Eucharist certificate to your children if we do not know that they are coming for the First Eucharist celebration.**

### TEACHING MASS

**Monday – May 9, 2011  
@ 6:30 pm**

Teaching Mass will be held at  
St. Theresa's Church.

### FIRST EUCHARIST CELEBRATION

**Saturday – May 14 @ 5:30 pm**

Celebration will be held at  
St. Theresa's Church.

# FIRST EUCHARIST



## ST. THERESA'S PARISH

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## HOLY EUCHARIST

“Eucharist” means Thanksgiving. Holy Eucharist is a sacred meal when we receive the Body and Blood of Jesus under the appearance of bread and wine.

## BREAD AND WINE BECOME BODY AND BLOOD...

This miracle takes place during the second half of the Mass – the *Liturgy of the Eucharist*. This is one major difference between the Catholic Mass and the Protestant Masses. God works this miracle through the Priest when the Priest says the Words of Consecration.

## THE WORDS OF CONSECRATION

These are the same words Jesus said at the Last Supper when he broke the bread, gave it to his disciples, and said:

***“Take this, all of you, and eat it: this is my Body which will be given up for you.”***

And then, he gave the cup to his disciples, and said:

***“Take this, all of you, and drink from it: this is the cup of my Blood, the blood of the new and everlasting covenant. It will be shed for you and for all so that sins may be forgiven. Do this in memory of me.”***

## WE NEED HOLY EUCHARIST

Through Holy Eucharist, we are nourished and strengthened in mind, body and spirit. Jesus said: *‘I am the living bread, which has come down from Heaven. Anyone who eats this bread will live forever.’*

## JESUS IS IN BOTH BODY AND BLOOD

We receive the entire gift of Jesus from just the Body or just the Blood but we are encouraged to have both.

During First Eucharist, the children will receive both the Body and Blood of Jesus.

## PREPARE FOR HOLY COMMUNION

When we invite special guests to our home, we clean and prepare our home for the visit. We must do the same when we prepare to receive Jesus at Holy Communion. We do this by:

1. Eating and drinking nothing (except water) for at least one hour before communion
2. Being in a State of Grace.

## A “STATE OF GRACE”

To be “in a state of grace” means to be free from grave or mortal sin. (See the First Reconciliation pamphlet for the definitions of grave and mortal sin.) Sanctifying grace makes us holy and pleasing to God.

## WHAT IF WE ARE NOT IN A STATE OF GRACE?

It is a very serious sin to receive Holy Communion if we are not in a State of Grace.

## SACRAMENT AND SACRIFICE

The Holy Eucharist is not only a Sacrament; it is also a Sacrifice.

A Sacrifice is a prayerful offering made to God by a priest. The great Sacrifice of the Church is the Holy Sacrifice of the Mass.

