



ROMAN CATHOLIC  
**Diocese of Calgary**

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**Parent Session**  
**First Eucharist**  
**Sacramental Preparation**

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SESSION 1  
*“Baptism – The Entryway to Heaven”*

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Hand - Outs



OPENING PRAYER

*God our loving Father,  
we give you thanks and praise, you who are  
the source of all Love.*

*Because you love us, you give us this great and  
wonderful world we live in.*

*Because you love us, you sent your Son to gather  
us into one family of faith and to bring us to you  
who is the source of all love.*

*Amen*



## FOUR KEY POINTS



1) Understand that as members of the Church, we belong to Christ and that the three Sacraments of Christian initiation begin our life in the Church.



2) Understand that Baptism welcomes us into the church, Confirmation strengthens our faith and that in the Eucharist we receive Jesus' Body and Blood.



3) Realize Jesus is with us when we gather at Mass and that when we receive Holy Communion, we receive Jesus himself.



4) Understand the four parts of the Mass.



## DISCUSSION QUESTIONS

- 1) How do you see the three sacraments of Initiation – Baptism, Confirmation and Eucharist – supporting us in belonging to the church and helping us to live a Christian life?


- 2) Why do you think the Roman Catholic Church adheres to a belief in the real presence of Christ in the Eucharist and what difference does it make to the celebration of the Eucharist?




3) Why is Sunday the most important day of the week?


4) How do you understand the Mass, its continual invitation to deepen your relationship with Jesus and its value in the life of your family?




## IN THIS SESSION YOUR CHILD WILL:

- Pray the Sign of the Cross as a sign of our Baptism and participate in a naming ritual
- Learn the Scripture story about Jesus calling the first Apostles
- Understand that as members of the Church, we belong to Christ
- Name the three sacraments of initiation (Baptism, Eucharist and Confirmation)
- Recall that Baptism welcomes us into the Church and takes away all sin
- Learn that Confirmation strengthens our faith and that in Eucharist, we receive the real presence of Jesus
- Learn what is involved in preparing for First Eucharist
- Realize that Jesus abides with us; pray a prayer of thanksgiving
- Pray a prayer that thanks and praises God; meditate
- Learn the Scripture story about Jesus feeding the hungry crowd
- Realize that Jesus is with us when we gather at Mass
- Learn that when we receive Holy Communion, we receive Jesus Christ himself
- Learn about the four parts of the Mass; Introductory Rite
- Liturgy of the Word; Liturgy of the Eucharist and Concluding Rites)
- Explore why Sunday is the most important day of the week
- Pray the “Act of Faith”, the “Act of Hope” and the “Act of Love”.



## FAMILY LEARNING TIME

*“The family is the First School, Parents are the First Teachers”.*

The Scripture passages and activities are all very important in helping your child understand the concepts in these chapters. Spend time reading God’s Word and sharing this love story with your family. As you support your child along this faith journey, we ask you to:

- Participate in Sunday Mass with your child
- Complete the opening pages of your child’s workbook - “All About Me”
- Review Chapters 1 and 2 with your child
- Complete any “Activity” portion that has not been finished
- Work together on all “With My Family” activities
- Help them understand the following:
  - ✓ The Sacraments of Initiation are Baptism, Confirmation and the Eucharist.
  - ✓ Baptism washes away our sins and gives us new life and Confirmation helps us to live as Jesus’ followers.
  - ✓ The Eucharist, the Sacrament of the Body and Blood of Christ, is the most important Sacrament of the church.
  - ✓ In the Mass, the gifts of bread and wine become the Body and Blood of Christ.
  - ✓ Jesus Christ gave us the Eucharist to make us one with him and save us from sin.
  - ✓ The Mass has four parts, Introductory Rites, Liturgy of the Word, Liturgy of the Eucharist and concluding Rite.



**DISCUSSION QUESTIONS**

1) How do you plan to approach the home activities with your child?


2) Do you have any questions about the home activity assignments?






3) Which home activity topics do you anticipate will be easily understood by your child?


4) Which home activity topics do you think may pose a challenge for your child? How will you talk about these topics with your child?




CLOSING PRAYER

*God, our Father,  
you called us at Baptism to be your children.  
You sent us your Son, Jesus, to teach us how to live.  
You send us your Holy Spirit to  
help us to follow Jesus.  
Let us go in peace to love and serve the Lord  
and one another.  
Amen.*

