



ROMAN CATHOLIC
Diocese of Calgary

**First Reconciliation
First Eucharist
Sacramental Preparation**

PARENT SESSION

Hand Out



OPENING PRAYER

*God our Father,
We thank you above all for your Son, Jesus Christ.
He opened our eyes and our hearts to understand that we are brothers
and sisters and that you are
Father of us all.
He now brings us together
as we begin this journey with our children.
Whenever we gather, let us feel your presence.
We ask this through Christ our Lord,
Amen*

“The Sacraments express and realize an effective and profound communion among us, for in them we encounter Christ the Savior and, through him, our brothers and sisters in faith. . . . Each one of us, in fact, through Baptism, Confirmation and the Eucharist, is incorporated into Christ and united to the entire community of believers. Therefore, if on the one hand it is the Church that “makes” the Sacraments, on the other, it is the Sacraments that “make” the Church, that build her up, by generating new children, by gathering them into the holy people of God, by strengthening their membership.”

– Pope Francis, November 6, 2013



GOALS AND HOPES

- Prepare children for the fruitful reception of Sacramental Forgiveness and Holy Eucharist
- Support parent engagement in their children's faith development
- Provide valuable resources for parents to help their children deepen their understanding of the Sacraments.
- Help lead children and parents to full, conscious and active participation in liturgical celebrations.
- To enter with entire heart, mind, soul and body.

PARENTS

“Parents are the first and most important educators of their own children and they also possess a fundamental competence in this area: they are educators because they are parents.”

- POPE JOHN PAUL – LETTER TO FAMILIES, 1994



FAITH WITNESS

“Train up a child in the way he should go, and when he is old he will not depart from it” (Proverbs 22:6)

- Lead by example
- Forgive each other
- Listen for “Holy Moments”
- Remember Ritual
- Make Sunday Mass a priority

DISCUSSION QUESTIONS

- 1) As your child begins this journey of faith towards receiving the gift of God’s grace in the Sacraments, how can you “**Lead by example?**”



2) How can you model “**Forgive each other**” within your family?

3) What are some “**Holy Moments**” that come to mind?



4) What are some “**Rituals**” that your family has?

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



IT TAKES A VILLAGE

- Entire community of different people sharing in the growth of a child.
- Responsibility is shared with the “larger family”.
- Who is your “larger family?”
- Parish, home, school

WORKING TOGETHER

- Parish: Celebrate and Remember Program
- Home: Parent support and example
- School: Growing in Faith / Growing in Christ

PROGRAM OVERVIEW

- Schedule (parish handout)
- Sessions for Children: Facilitated by Parish Catechists
- Sessions for Parents: Facilitated by Pastor or member of Pastoral Team
Note: Sessions for parents are concurrent with Sessions for children.
- Child’s Books Contents – (resource 1-A)
- Four (4) First Reconciliation Sessions (*parent and child*)
- First Reconciliation Retreat
- First Reconciliation Celebration
- Four (4) First Eucharist Sessions (*parent and child*)
- First Eucharist Retreat
- First Eucharist Celebration



FAMILY LEARNING TIME

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

During each session we will share with you the expectations for “Family Learning Time”. You will be highly encouraged to review the chapters covered at the parish with your child at home and finish any work that was not completed. This home support reinforces the importance of learning and offers a time to explore the faith.

REQUIREMENTS

- There is a fee of \$25 for each Sacrament program totaling \$50.
- This amount helps us to offset the cost of resources.
- All are welcome, and support is available if this is a concern.
- Participation at the Sessions is necessary to prepare the parents and the children who will receive the Sacraments.
- Consistent Diocesan wide program offers a variety of opportunities to attend the same Session at another parish.
- If your child has not yet been baptized or has been baptized in another faith tradition, please contact the parish office at your earliest convenience.

CLOSING PRAYER

***Thank you, Father,
for your presence with us this day.
As we depart from this space,
we ask you to bless us and guide us safely home.
May the learning and conversations of this gathering remain with us
until we find ourselves together again.
We ask this in the name of Jesus Christ, our Lord,
Amen***

