

First Holy Communion Meeting



What is First Holy Communion?

- **First Holy Communion is the third Sacrament. It is a Sacrament on initiation – but once the Sacrament is received it can be received weekly.**
- **The children will receive the body and blood of Christ (the bread and wine) This unites us with God.**



Reconciliation

- Before the children receive First Holy Communion they must receive the Sacrament of Reconciliation (Confession) to cleanse and heal and bring us closer to God.
- This is a Sacrament of Healing.
- Again this is a Sacrament that once the children have received for the first time they can receive again and again (e usually go during Lent and Advent as a school)



What do you need to do?

- Commitment Mass:
- Children and parent/parents need to be present to make their commitment to prepare to receive the Sacraments.
- Father Adrian likes to see the children attend Mass regularly –
- Mass times are Sat 5-6 OLSB
- or
- SGSM Sun 9.30 – 10.30.



Clothes for actual First Holy Communion:

- Girls to wear white dress.
- Boys trousers black/grey, white shirt, red tie.



Commitment Mass

- Discuss together the commitment that you are going to make in preparation to receive the Sacraments.
- We will present these certificates at the commitment Mass



Any Questions?

