

**ST. FRANCES CABRINI**  
**2021 – 2022**  
**HANDBOOK**  
**SACRAMENTS OF**  
**RECONCILIATION &**  
**FIRST COMMUNION**  
**PREPARATION**

*“I can do all things through Christ who strengthens me.”*

*– Saint Frances Xavier Cabrini*

"The role of parents in education is of such importance that it is almost impossible to provide an adequate substitute."  
*Catechism of the Catholic Church, n. 2221 (CCC)*

With this in mind the Religious Education office at St. Frances Cabrini makes every effort to provide you with the resources, structure, and encouragement necessary for you to help your child encounter, grow and witness their faith especially as they prepare to celebrate the sacraments of First Reconciliation and First Communion.

The preparation process consists of the following:

1. Attend Sunday Mass & complete a Mass Log
2. *Blessed* program – This is an at home program and supplements classroom instruction
  - a. First Reconciliation workbook: Completed workbook due Monday, November XX, 2021
  - b. First Communion workbook: Completed workbook due Monday, March XX, 2022
3. Participate in Sacramental Preparation Retreats – See calendar for dates
4. Poster Activity – Activity sheet will be provided for completion
  - a. First Reconciliation: Due Monday, November XX, 2021
  - b. First Communion: Due Monday, March XX, 2022
5. Memorize and recite prayers: Our Father, Hail Mary, Act of Contrition & Prayer Before Communion
6. Participate in Religious Education classes or attend a Catholic grade school

The primary resource used to prepare children to celebrate the sacraments of First Reconciliation and First Communion is the *Blessed* program developed by Dynamic Catholic. The lessons are structured to provide each child the opportunity to learn through visual, audio and writing prompts – thus recognizing everyone learns in one or a combination of these methods. Additionally attending Mass on Sunday and completing supplemental activities/projects rounds out the preparation process.

The *Blessed* program is divided into six sessions for each sacrament your child is preparing to receive. Each session has a digital online lesson which compliments and reinforces the workbook. Please visit [www.dynamiccatholic.com/blessed](http://www.dynamiccatholic.com/blessed) for online viewing. The program is structured so each session may be completed in approximately a 60 minute lesson or extended over shorter periods of time depending on your child's unique learning style and your family's schedule. Each session begins and ends with prayer. As you become familiar with the workbook please review "My Little Catechism" found in the back of the workbook, which provides additional Q&A for catechesis.

Following the calendar your child will be prepared to celebrate the sacrament of Reconciliation during the month of November.

As your child is preparing to celebrate their First Reconciliation this is also an opportunity for you to participate in the sacrament. The USCCB (United States Conference of Catholic Bishops) encourages all to celebrate the Sacrament of Reconciliation and states:

“In the Sacrament of Penance and Reconciliation, also called confession, we meet the Lord, who wants to grant forgiveness and the grace to live a renewed life in him. In this sacrament, he prepares us to receive him free from serious sin, with a lively faith, earnest hope, and sacrificial love in the Eucharist.”

<http://www.usccb.org/prayer-and-worship/sacraments-and-sacramentals/penance/upload/Penance-Statement-ENG.pdf>

Once your child has celebrated First Reconciliation it will be time for them to begin preparing for the sacrament of First Communion. The structure of the *Blessed* program is the same as the Reconciliation format. Following the calendar, included in this correspondence, will have your child prepared to receive the sacrament of First Communion on Sunday, May 1, 2022 at 2:00pm. The First Communion Mass is approximately one and a half hours in length.

Please let me know if there is any additional information I am able to provide to you.

God bless,

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# **Prayers to Memorize**

## **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.

## **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 death. Glory Be to the Father, and to the Son, and to the Holy Spirit.

## **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. Amen.

## **PRAYER BEFORE COMMUNION**

My Lord Jesus Christ, I firmly believe that I am about to receive, in Holy Communion, Your Body, Your Blood, Your Soul, and Your Divinity. I believe this because You have said it, and I am ready to give my life to maintain this truth. Amen.

**Celebration of First Communion**  
**Saturday, April 17<sup>th</sup> @ 2:00pm**