



*Our Lady of Lebanon
Religious Education - Faith Formation 2007-2008*

Sacramental Preparation for First Communion

Religious Formation – Role of the Family and the Parish

Parents, as the primary educators of their children, along with the pastor, catechists, and the parish community, collaborate in the sacramental preparation of our children for the Mysteries of Penance and the Eucharist.

Understanding the Mystery (Sacrament) of the Eucharist

Please work with your children to help them understand and love the Divine Service, its parts, the liturgical prayers, and their meaning through a careful study of the following lessons:

- ✠ Our Divine Service Ch. 13
- ✠ Service of the Word Ch. 14
- ✠ The Anaphora Ch. 15
- ✠ The Bread of Life Ch. 16

We are receiving Jesus in Holy Communion. It is no longer bread; it is no longer wine. The Eucharist still looks and tastes like bread and wine (transubstantiation) but it is really, truly Jesus: His Body, Blood, Soul, and Divinity. “Take and eat, this is my Body.” “Take and drink, this is my blood.” The goal of this preparation is that they have a great love for the Liturgy, attend it regularly (even daily when possible), and make it the centerpiece of their life.

To receive Jesus in Holy Communion worthily, we must:

1. Believe it is Jesus I am receiving
2. Be in the state of grace (free of serious sin)
3. Fast from food and drink for one hour before Communion
(except for water & medicine)

Sunday Divine Liturgy and Penance: Hand in hand with regular celebration of the Eucharist, we should take our children regularly (monthly or more often as needed) to confession to a priest so that they receive Jesus with clear minds and pure hearts. Show by example that we obey the Third Commandment by always

attending the Sunday Liturgy, and making time for praying in the home each day (morning, mealtimes, evening) and fostering a warm devotion to Our Lady, St. Joseph, our guardian angels, and our patron saints, including St. Maron.

Policy & Information

DRESS CODE*

The children will be given a white gown to wear over their dress clothes.
Girls: modest dress; flower wreath; dress shoes (no sneakers); no make-up.
Boys: dress pants, dress shirt, tie; dress shoes (no sneakers).

OUR CHURCH

Please keep the Church a place of prayer and quiet—before, and during the Divine Liturgy. We remind you to silence your cell phones. Please inform your guests of our policy. For the Liturgy, we will have a single photographer for pictures/video.*

RECEPTION*

A simple reception will be held in the social hall immediately after the Liturgy. The children will receive their First Communion Certificate at this time.

FAITH FORMATION

This is a new beginning of their formation, not the end. Please re-register your children to continue in their faith formation classes for next September. Attendance each year is important in the continuity of the religious education of your children.

**Note: The parents of the children will collaborate with Sr. Marla Marie to plan these areas.*

Calendar of Preparation

- ✠ February 24 (Sunday) Meeting 10:00 a.m. during class
- ✠ March 8 (Saturday) First Communion Recollection 9:00 a.m. to 12:00p.m.
- ✠ May 17 (Saturday) Recollection/Rehearsal for First Communion 10:00 – 11:30 a.m., to be conducted by Sr. Marla Marie. Parents and children must attend.
- ✠ May 18 (Sunday) Divine Service of the Holy Mysteries – First Holy Communion 11:00 a.m.