

**First Holy Communion Preparation**  
**at**  
**Our Lady of Victory**  
**&**  
**Our Lady of the Assumption**



*First Holy  
Communion*

## **Our Lady of Victory & Our Lady of the Assumption First Holy Communion & Sacrament of Reconciliation Preparation**

We are so happy to be with you as you prepare your child for The Sacrament of Reconciliation and the Sacrament of First Holy Communion!

Preparation for receiving these sacraments is a two-year process. During the first year of the preparation program, families attend the GIFT sessions throughout the year. In the second year, in addition to attending GIFT the children will attend additional classes for preparation to receive first Reconciliation and First Holy Communion. **All children will receive the Sacrament of Reconciliation together on Saturday, March 14 at 11:00AM at Our Lady of Victory Church.**

First Holy Communion takes place after GIFT has finished. **The date for this year's celebration of First Holy Communion is Sunday, May 17 at 2:00PM at Our Lady of Victory Church.**

### **Ways to Prepare for the Sacrament of Reconciliation and the Sacrament of the Eucharist**

**Pray with your children, and pray for them..**

Habits, good and bad, can impact our health, our families, careers and our relationships with others, they can also affect our prayer life and our relationship with God. And our relationship with God can impact everything.

Pope Francis spoke about the importance of daily prayer during a papal audience in February 2021:

"It is in the present that we encounter Him, not yesterday or tomorrow, but today." Prayer "appeases anger, sustains love, multiplies joy, and instills the strength to forgive." Grace lives and works in us; the problems we face no longer seem to be obstacles to our happiness, but appeals from God, opportunities to encounter Him.

Prayer is transformative. Praying each day is one of the most important habits we can build. We will start with some very simple prayers.

We have included a few traditional Catholic prayers in this handout. Please help your child build the habit of prayer by learning these prayers. During GIFT as well as during class time the prayers will be reviewed with the children.

**Read the Bible with your child, read saint stories, and parts of the Catechism. Don't try to read the whole thing; that would be a lot.**

As we teach our children about the Catholic faith, we are growing in our own faith. Through GIFT, we will provide you with resources you can share with your children, and suggestions for activities to use at home. These will reinforce the lessons we present at GIFT.

### **Attend Mass each week**

Regular Mass attendance is so important to building and sustaining our faith. Our children learn the importance of Mass attendance when they see us give priority to Mass attendance.

### **Go to Confession**

As our children prepare to receive the Sacrament of Reconciliation, it is important that they see us receive the Sacrament regularly.

### **Write a letter to your child on the day of their First Communion**

Pour your heart out to them on paper. Tell them how much you love them, how proud you are, and how excited you are to see them grown in their relationship with Christ. This is a wonderful exercise for parents to do at various times throughout a child's life.

### **What to Wear**

We will order white gowns for each child receiving First Holy Communion.

Girls wear white dresses, white shoes, and white veils (if they choose to). Boys wear button-up white shirt, nice pants, and (often) a tie. Both boys and girls wear nice shoes.

### **Please refer any questions to:**

Maureen Hufnagle at [faithformation@olvparish.org](mailto:faithformation@olvparish.org), 508-775-5744

### **The Sign of the Cross**

In the name of the Father,  
And of the son,  
And of the Holy Spirit.  
Amen.

### **Hail Mary**

Hail Mary, full of grace,  
the Lord is with you.  
Blessed are you among women,  
And blessed is the fruit of your womb, Jesus.  
Holy Mary, Mother of God,  
Pray for us sinners  
now and at the hour of our death.  
Amen.

### **The Lord's Prayer**

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.

### **Grace before meals**

Bless us, O Lord, and these, Thy gifts,  
Which we are about to receive  
From Thy bounty,  
Through Christ our Lord,  
Amen

### **Guardian Angel Prayer**

Angel of God, my guardian dear,  
To whom God's love commits me here,  
Ever this day be at my side,  
to light and guard, to rule and guide.  
Amen

### **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.