



Saint Peter Catholic Parish

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The Eucharist is “the source and summit of the Christian life.” The other Sacraments are bound up with the Eucharist and are oriented toward it. For in the blessed Eucharist is contained the whole spiritual good of the Church, namely Christ Himself.... Catechism of the Catholic Church, paragraph 1324

How to Prepare for Confession and First Holy Communion

The Sacrament of Penance is also often referred to as Reconciliation or Confession. Each of these names refers to a different aspect of the Sacrament in which we CONFESS our sins and do PENANCE as a sign of our new RECONCILIATION with God and the Church. Just as with First Holy Communion, the best preparation for the Sacrament of Confession is by example: receiving the Sacrament regularly and letting your child know you are doing so. If you have not received this Sacrament of the Lord’s mercy in a while, just go! The priest will understand your feelings of hesitancy, inadequacy, and unease. The feeling of relief and unburdening is worth more than the feelings of apprehension. Then, you will be right with God, your neighbor, and the Church! When we receive Holy Communion again and again, the graces of the Sacrament will help us live spiritually stronger, healthier, and holier.

The best preparation for First Holy Communion you can give your child is **REGULAR ATTENDANCE AT MASS**. *(www.masstimes.org)* The same goes for the Sacrament of Reconciliation. If your child sees his or her family members attending Mass and receiving the Sacraments, it indicates how important it is. You are the primary agents for educating your child for First Holy Communion and in the ways of the faith. That said, Canon 913 also indicates that it is ultimately the pastor’s role “to be vigilant lest any children come to the Holy Banquet who...are not sufficiently disposed”.

When

First Confession will take place on Thursday, November 6th, at 5:15 p.m. Parents will bring their child/children to St. Peter Church. Please arrive at church by 5:10pm. Parents are also encouraged to participate in the sacrament on November 6th.

The **First Holy Communion** Mass will be on Divine Mercy Sunday, April 12, 2026, at 2:00 p.m. If your child does not receive Holy Communion at 2:00 p.m. Mass on April 12th, it can be accepted at any regular Sunday Mass during the Easter Season (after April 27 and before Sunday, May 25, 2025). Sign-up and scheduling information is still to be provided at a later date. *The **dress code** for students making their First Holy Communion is that boys wear a white dress shirt, tie, dark dress pants, and dress shoes; a blazer or suit jacket is optional. Girls wear a white or off white dress and dress shoes. Girls may wear a veil, gloves, or carry purses, although not required.*

Roles & Expectations

Receiving the Body and Blood of Christ at Mass increases the communicant’s union with the Lord; it forgives venial sins and preserves them from grave sins. The Church warmly recommends that the faithful receive Holy Communion when they participate in the celebration of the Eucharist if they are in the state of grace and obliges them to do so *at least* once a year during the Easter Season. (CCC 1416-1417). Reconciliation must be received at least once a year.

The Code of Canon Law (914) says, “It is the responsibility, in the first place, of parents and those who take the place of parents, as well as of the pastor, to see that children who have reached the use of reason are correctly prepared and are nourished by the divine food as early as possible, preceded by sacramental Confession.” To this

end, we prepare for First Reconciliation prior to First Holy Communion. Preparation for the Sacraments usually takes place at the parish where you presently worship and are registered.

Role of Parents

Because you are the primary educator of your children and responsible for initiating them into the Sacramental life of the Church, you are encouraged to:

- be a living model of faith by your word and example in attending Mass weekly and on Holy Days of Obligation and resting from unnecessary work on these days,
- regularly receiving the Sacrament of Reconciliation,
- praying often and continuing to deepen your faith,
- teaching your children reverence for the things of God,
- making moral decisions in accord with what the Gospel teaches,
- contributing to the life of your parish by modeling stewardship
- performing charity and service for those in need and the wider community,
- not being afraid to talk to your child about your love for Christ and the Mass, before you go and during the ride home.

Role of the First Communicants

The *minimum* expectation when presenting your child for Reconciliation and First Holy Communion is that he or she:

- Know the life of Jesus:
 - Jesus is the Son of God. Mary is His mother. Jesus is God, the Second Person of the Trinity
 - Jesus taught people and showed how to follow God's law of love
 - Jesus is the source of all the Sacraments.
 - After He gave the Eucharist to His disciples at the Last Supper, His passion and death on the cross was to save us from sin and final death.
 - Jesus bodily rose from the dead.
 - Jesus ascended and is now with His Father in heaven.
- Understand the difference between ordinary bread and wine & Holy Communion:
 - At Mass, the bread and wine become the Body and Blood of Our Lord at the Consecration.
 - The bread and wine do not *seem* different in any way when they become the Lord Jesus, but they are.
 - When you receive the host and drink from the chalice, you receive the Lord Jesus.
- Show a desire to receive Holy Communion:
 - Jesus gave us the Eucharist because of His eternal love for us
 - Jesus gave us Reconciliation so we can receive God's pardon and peace when we refuse or turn away from that Divine love
 - Every saint has had a tremendous love of the Eucharist...and we are all called to be saints, too!

May God continue to bless you and your family during these remaining weeks of sacramental preparation.

Sincerely Yours in Christ,

Msgr. Robert A. Kurwicki, V.G.
Pastor

Dr. Gayle Trachsel
Principal

Roger & Theresa Backes
PSR Coordinators