

OUR LADY OF PERPETUAL HELP CATHOLIC CHURCH  
OFFICE OF RELIGIOUS EDUCATION IN CONJUNCTION WITH  
OUR LADY OF PERPETUAL HELP SCHOOL  
**SACRAMENT AGREEMENT FOR FIRST HOLY COMMUNION**

\*\*\*Please KEEP pages for reference. **Sign and return last page\*\*\***

Contact: School Religion Director, Carol Naworski [cnavorski@olph1.org](mailto:cnavorski@olph1.org)

Our Lady of Perpetual Help Parish has the sole responsibility to provide preparation for First Reconciliation and First Holy Communion for all persons within the Parish. As a courtesy to parents of students, Our Lady of Perpetual Help Catholic School works in conjunction with the parish to offer a two-year sacramental preparation program for its first and second grade students. Religious education occurs during regular school hours and follows the same mission goals set within the parish. There are also specific expectations for each year.

### **FIRST YEAR GOALS**

1. Deepen each child's commitment to Christ by: sharing key moments of the life of Jesus and focusing on the Word of God as celebrated in the weekly Mass. (Scripture) See USCCB.ORG
2. Foster the family's active participation in the Sunday Liturgy by: learning the parts of the Mass and connecting it with the yearly church calendar (liturgical calendar) celebrations. (Tradition & Prayer)
3. Support parents with concrete ways they can pass on their faith to their children.

### **FIRST YEAR EXPECTATIONS**

First year families prepare together to build a strong faith through Mass attendance along with home and school studies. At-home prayers, Bible reading, discussion of religion lessons, and use of sacramentals such as Crucifixes, rosaries, and saint statues are all ways to grow in faith. The first-grade religion curriculum is designed to prepare your child for the sacraments and offers information for parents as well. Also, as a student of Our Lady of Perpetual Help School your child will be taking part in the mission of our school daily which is: To build the Mystical Body of Jesus by preparing students and families spiritually, morally, and academically to love, to serve and to grow as members of God's family.

### **SECOND YEAR GOALS**

1. Deepen each child's commitment to Christ by exploring the concepts of sin, reconciliation, forgiveness and penance and the basic elements of a faith-filled life, including sacraments and personal prayer.
2. Foster an active participation in the Sunday Liturgy and the renewing gifts of the Eucharist and the call to service.
3. Strengthen and renew parents as they accompany their children in active participation in the Catholic Church and its mission.

### **SECOND YEAR EXPECTATIONS**

Second year, families continue the First Year Expectations and continue their weekly Mass attendance. Daily prayer should be a family activity and is encouraged. Also, please memorize the five basic prayers of the Catholic Church before receiving the sacraments. **The Sign of the Cross, The Lord's Prayer, The Hail Mary, The Glory Be, and an Act of Contrition.**

**Parents must agree to follow the parish dress code for the First Holy Communion Mass.**

**OTHER OLPH PARISH SACRAMENT PREPARATION PROGRAMS ARE AVAILABLE IF YOU ARE  
INTERESTED FOR YOURSELF OR OTHER FAMILY MEMBERS OF ANY AGE.  
See the OLPH Church Website for more details: <https://olphbakersfield.org/sacraments>**

**MASS CARDS-** From your teacher or Mrs. Naworski

Parents and children should attend Sunday Mass. The Saturday Vigil Mass fulfills the Sunday obligation. *The weekly OLPH student Mass does not count as the Sunday Mass obligation.*

During the first and second preparation years, your family will be issued Mass cards to show weekly Mass attendance regardless of which parish you attend. Families should have the card signed by the ushers on each date attended. When full, turn the card in to your teacher by the date on the card. Be sure you write the child's first and last name and grade on the Mass card. Attending Mass while out of town is strongly encouraged.

**Families requesting baptism please contact the church for additional instruction as soon as possible to ensure you are on track for receiving the sacraments. If you attend another Catholic parish let our parish know if and when your child will be baptized there and turn in your certificate to our school**

**Ways to continue your own Catholic formation**

Pray at home and use a family Bible and Catechism of the Catholic Church

Receive the Holy Eucharist at Mass

Receive the healing sacrament of Confession to be in a state of grace

Follow the Holy Days of Obligation using a church wall calendar or on USCCB.org

Newadvent.org The search bar serves as a Catholic Encyclopedia

USCCB.org Access to the Catechism, daily Mass readings, video reflections, and relevant articles put forth by the Bishops of our Country

Wordonfire.org. Inspirational articles and blogs on the Catholic faith

blog.adw.org Inspirational articles and blogs on the Catholic faith

Catholic.com. Catholic answers, offers answers to questions about the faith

Dynamic Catholic.com Best Lent Ever, Best Advent Ever, etc.

**Relevant Radio 1050 AM or 106.7 FM** – tune it in on your car and use the app too!

**The Relevant Radio (free) APP** a great resource with prayers both written and audio, live radio shows, shows on demand, and prayer networks like the Daily Family Rosary Across America and the Divine Mercy Chaplet. These are great family activities.

Here's an offer from the parish [website olphbakersfield.org](http://olphbakersfield.org) A free subscription of FORMED, a vast resource of videos on Catholic topics for all age groups and interests.



To log in to FORMED, register with these 4 easy steps:

1. Go to [www.formed.org/signup](http://www.formed.org/signup). Click the 3rd button: "I belong to a parish or organization."
2. Select your parish: Enter zip code 93305 and select Our Lady of Perpetual Help Church from the drop-down menu.
3. Register with your name and email address.
4. Begin using FORMED (you may need to check your email inbox for a verification email)

## **PRAYERS**

*Every candidate preparing for a sacrament is expected to know the first five prayers. Please help your child learn these prayers by practicing with them daily.*

### **THE SIGN OF THE CROSS**

In the name of the Father and of the Son and of the Holy Spirit. 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. Amen.

### **HAIL MARY**

Hail Mary full of Grace, the Lord is with thee. Blessed are 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 our death. Amen.

### **GLORY BE**

Glory be to the Father, and to the Son, and to the Holy Spirit:  
As it was in the beginning, is now, and ever shall be, world without end. 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. Amen.

*Check out all of the prayers on the school website in the Campus Ministry section.*

## DRESS CODE FOR FIRST COMMUNION

*\*\*Keep this page for reference. Also available on the OLPH School website under Campus Ministries\*\**

The celebration of First Holy Eucharist is a very exciting time for the whole family. Appropriate attire is **simple and age-appropriate**. The attire should not distract from the focus of receiving the sacrament. Please use the following guidelines when choosing your child's attire.

**If you have any questions about attire you are considering, please send a photo to your teacher or principal, well in advance and before ordering/purchasing if possible. Attire should be approved by your teacher or principal no later than two weeks before the scheduled First Communion date.**

**BOYS:** **White shirts only, No colored shirts.** Wear full button-down dress shirt, long sleeves.

No polo-style.

**Dress pants – Black or dark blue**

**Tie – Solid colored or subtle patterns**

**Dress Shoes and Socks - (No athletic shoes, or boots)**

**PLEASE NO TUXEDOS.**

**A suit jacket or vest may be worn for personal pictures only. Please remove these for the group photo and before the Mass so that all boys are in long sleeve white shirts.**

**GIRLS:** **White Dresses- simple and modest**, no deep necklines or open backs.

Slightly above the sock line is acceptable, but **NO floor length dresses. NO above the knee dresses.**

**SHOULDERS MUST BE COVERED. NO TANK TOP OR SPAGHETTI STRAPS!**

**No multiple tiers of tulle, lace, stiff petticoats and ruffles.**

**If the dress looks like a Wedding or Quinceanera dress, it is not acceptable.**

**White shoes are great if you can find them but any color is fine:** Simple, flat-heeled shoes. Open toe shoes are fine. Shoes may be worn with white socks or tights, if you choose.

**Hair and Veil:** Simple hairstyles.

Veil should be simple, sheer white. No floor length veils or ones that cover the face.

Simple headpieces are acceptable. Some choose a flower ring with a bit of tule at the back.

**NO MAKE UP OR LIPSTICK!**

These requirements are designed to keep the focus on the sacrament itself. **If you have any questions or doubts about the attire guidelines, please contact the school before purchasing your items.**

### ----- FIRST CONFESSION/RECONCILIATION ATTIRE -----

**OLPH STUDENTS will receive their First Reconciliation during school and will wear uniforms.**

For information and questions contact the school office or your teacher or Mrs. Naworski: [cnaworski@olph1.org](mailto:cnaworski@olph1.org)

## ***Our Lady of Perpetual Help School First Holy Communion Program***

### ***Requirements, Important Dates, Objectives and Guidelines***

Keep this page for reference. Also available on the OLPH School website under Campus Ministries

#### **Requirements for First Holy Communion and Expectations**

- Child must be baptized**- Please submit baptismal certificate to the school.  
**If not baptized please call the OLPH Office before October 28th to arrange.**
- Attend Sunday Mass**- Turn in Mass Cards to your teacher. Dates are on the cards.
- Learn basic prayers**- These are also part of the school religion curriculum.
- Make their First Reconciliation** 2<sup>nd</sup> Grade and older students will do this April 19<sup>th</sup>.

#### **First Holy Communion preparation is a 2-year process beginning in Grade 1**

Children are required to have sufficient knowledge and careful preparation so that they understand the mystery of Christ and the Eucharist and are well prepared to receive the body of Christ with faith and devotion.

#### **The Focus of Religious Education**

1<sup>st</sup> Grade students are invited to know, love, and trust God and His love story.

2<sup>nd</sup> Graders and older students are prepared specifically for First Reconciliation and First Holy Communion by learning that our faith is God's work of salvation, and focusing on God's infinite love and mercy which they will encounter in the sacraments. They will learn the steps involved in receiving the Sacraments.

OLDER STUDENTS' PARENTS MAY ARANGE FOR THEIR CHILDREN TO RECEIVE THE SACRAMENTS. THESE STUDENTS WILL WORK WITH THEIR RELIGION TEACHERS.

#### **Important Dates for Catechumens and Parents 2022 - 2023**

Thurs., Sept. 22, 6pm at school	1 <sup>st</sup> & 2 <sup>nd</sup> Grade Parent Meeting
Wed., March 8, 2023 6pm at school	2 <sup>nd</sup> & Upper Grades parent meeting with details. Bring your questions about attire and any other details.
Thurs., March 16, 2023	1 <sup>st</sup> Grade Retreat
Thurs., April 13, 2023	2 <sup>nd</sup> Grade Retreat with Upper Grade Students
Wed., April 19, 2023 during school (Children will make their Sacrament of Reconciliation before receiving their First Holy Communion.)	First Reconciliation Grade 2 and upper grades
Saturday, April 22, 2023 11:00 am	First Holy Communion Mass Photography will be available!
Thursday, May 11, 2023 8:15 am	School May Crowning Mass Students who received 1 <sup>st</sup> Communion this year will participate in this special Mass and parents are invited.

## Signature page

OUR LADY OF PERPETUAL HELP SCHOOL  
**2022-2023 Sacrament Agreement**

**Sacrament parents please sign and return this page to your teacher by October 28<sup>th</sup>.**

**Families requesting baptism please contact the church for additional instruction as soon as possible to ensure you are on track for receiving the sacraments. If you attend another Catholic parish let our parish know if and when your child will be baptized there and turn in your certificate to our school.**

THE UNDERSIGNED HEREBY CERTIFIES THAT HE/SHE HAS READ AND UNDERSTANDS THE SACRAMENT POLICY OF OUR LADY OF PERPETUAL HELP CATHOLIC SCHOOL AND AGREES TO FOLLOW THE POLICY GUIDELINES.

**For information and questions contact the OLPH Church Office 661-323-3108  
or Mrs. Naworski at OLPH School: [caworski@olph1.org](mailto:caworski@olph1.org)**

**Child's full name:** \_\_\_\_\_ **GRADE** \_\_\_\_\_

Parent email: \_\_\_\_\_ Phone: \_\_\_\_\_

**Child's church of baptism:** \_\_\_\_\_ **Date:** \_\_\_\_\_  
If not sure at least write the year

City of Baptism \_\_\_\_\_ State \_\_\_\_\_

CHURCH YOU CURRENTLY ATTEND:

**\*Please provide a copy of your child's baptism certificate if it's more than 6 months old.**

**\*Please provide a copy of your child's baptism certificate if it's not already on file at school. If the baptism occurred at OLPH Church you must contact the church office for a copy. The school does not have access to these files.**

**Did you turn in a copy to the school previously? \_\_\_\_\_**  
**If so, thank you and you do not need to turn in another.**

**Did you upload the Baptism Certificate on FACTS? \_\_\_\_\_**  
**If you did, thank you and you don't need to turn in another.**

**Print Parent/Guardian's first and last name:**

**Parent/Guardian's signature:** \_\_\_\_\_