

Our Lady of Perpetual Help School First Holy Communion Program

General Objectives and Guidelines

Please KEEP this page for reference. Sign and return AGREEMENT page

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 according to their capacity and are able to receive the body of Christ with faith and devotion.

At this age, our children can come to know and understand the Eucharist and can prepare themselves to receive this gift with good intention.

The Focus of Religious Education

1st Grade students are invited to know, love, and trust God and his love story.

2nd Grade students are prepared specifically for 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 learn the steps involved in receiving the Sacraments of Reconciliation and Communion.

OLDER STUDENTS MAY ALSO ARRANGE INSTRUCTION THROUGH THEIR TEACHERS.

Requirements and Expectations

-**Child must be baptized**- Please submit baptismal certificate to the school.

If not baptized please call the OLPH Office by October 29th to arrange

-**Attend Sunday Mass**- Turn in Mass Cards to your teacher.

-**Learn basic prayers**- These are also part of the religion curriculum.

-**Make their First Reconciliation** 2nd Grade and older students

Important Dates for 1st & 2nd Graders and Parents for 2021- 2022

-Tuesday 6pm October 12th. 1st & 2nd grade Parent information Zoom meeting
(slide show posted on school website)

-Wednesday, February 9th 1st Grade Retreat 8 – 10:30 am

-Wednesday, April 6th Second Grade Retreat 8 – 10:30 am

-Thursday, April 7, 2022 Final 2nd grade & older parent information meeting
to discuss details of First Holy Communion Mass

-Wednesday, May 4th First Reconciliation 9:30 am **Grade 2 and upper grades**
(Children must attend **this** reconciliation session before receiving their First Holy Communion.)

-Saturday May 14, 2022 First Holy Communion Mass 11:00 am

Please be aware that this schedule is subject to change due to fluctuating COVID restrictions.

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

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School Religion Director/Contact: Carol Naworski cnaworski@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.

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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 both the reconciliation service and the First Holy Communion Mass.

OTHER OLPH PARISH SACRAMENT PREPARATION PROGRAMS ARE AVAILABLE IF YOU ARE INTERESTED FOR YOURSELF OF 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 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 sign the card for each date attended and when it is full, turn it in to your teacher at school by the date shown on the card. Be sure you write the child's first and last name on the Mass card. Additional cards will be available through your teacher. If there are any family circumstances that make attending Mass difficult, please contact your teacher to discuss options. Attending Mass while out of town is encouraged.

Ways to continue your own Catholic formation

Pray at home and discuss Mass readings and the homilies

Receive the Holy Eucharist at Mass

Receive Reconciliation the healing sacrament of confession to put us in a state of grace

Follow the **Holy Days of Obligation** using a church wall calendar if possible

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, answers to questions about the faith

Dynamic Catholic.com Best Lent Ever, Best Advent Ever

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.

DRESS CODE FOR FIRST COMMUNION & RECONCILIATION

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The celebration of First Holy Eucharist is a very exciting time for the whole family. Appropriate reconciliation and First Communion 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 to be approved by your teacher or principal no later than 6 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 - Khaki or tan

Tie - Any color

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

PLEASE NOTE – NO TUXEDOS!

A Suit Jacket or vest may be worn for pictures only and must be removed 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 or ruffles.

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

White Shoes and socks: Dressy, white, flat-heeled shoes.

Open toe shoes are acceptable; however, toes must be covered with white socks or tights.

Hair and Veil: Simple hairstyles- NO UPSWEPT, PROM TYPE HAIRDOS.

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

Simple Headpieces are acceptable.

NO MAKE UP OR LIPSTICK!

These requirements are not intended to offend, but are necessary to prevent excesses that have occurred in the past and take the focus off of the sacrament itself. **If you have any questions or doubts about the attire guidelines please contact the school before purchasing your items.** Any child not in compliance with the dress code will be asked to modify the clothing or hair. Thank you for your cooperation.

----- **FIRST RECONCILIATION ATTIRE UNLESS DONE DURING SCHOOL** -----

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

BOYS: Sunday best – button style shirt with long pants. Dress shoes. No tie.

GIRLS: Sunday best –**dresses with shoulders covered** No miniskirts, spaghetti straps or tank tops.
Dress shoes. No flip flop or slide sandals. No make-up or lipstick.

For information and questions contact the school office or your teacher or Mrs. Naworski: cnaworski@olph1.org

OUR LADY OF PERPETUAL HELP SCHOOL
2021-2022 Sacrament Agreement

*****Please sign and return this page to the school*****

Families requesting baptism please contact the church for additional instruction.

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: cnaworski@olph1.org

Child's full name: _____ **Grade** _____
FIRST MIDDLE LAST

Address: _____ City _____ State _____

Home phone: _____

***Is the Child Baptized?** Yes No In a Roman Catholic Church? Yes No
(Circle one) (Circle one)

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

City _____ State _____

PARISH CHURCH YOU CURRENTLY ATTEND: _____

*Please provide a copy of your child's baptism certificate if it's not already on file at school. This is required and due ASAP.

Father's/Guardian's first and last name: _____

Father's/Guardian's signature: _____

Employer: _____ work phone: _____

Cell: _____ Email address: _____

Mother/Guardian's first and last name: _____

Mother/Guardian's signature: _____

Mother's Maiden Name: _____

Employer: _____ work phone: _____

Cell: _____ Email address: _____