

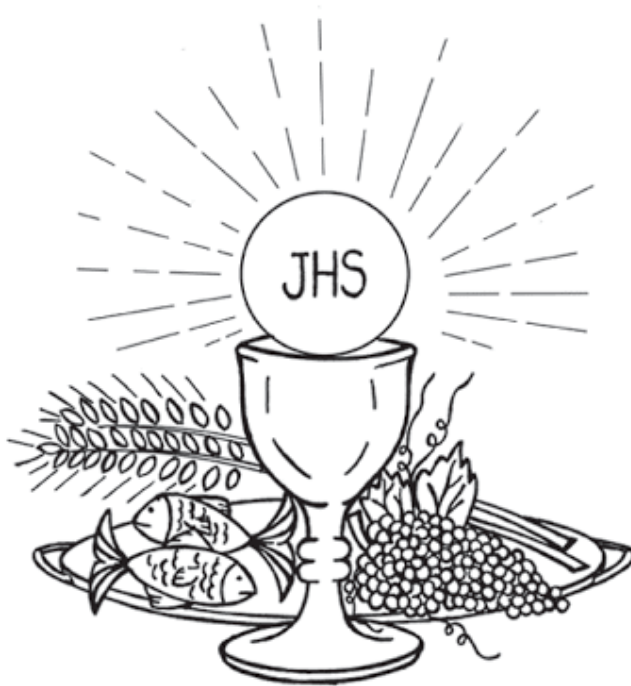
Mary, Mother of the Church Parish

Religious Education

Holy Assumption Church, Roebling

St. Mary Church, Bordentown

First Eucharist Retreat



First Eucharist Team

Fr. Martin O'Reilly, Pastor

Fr. Cesar Anson, Parochial Vicar

Fr. Stephen Schuler, Weekend Assistant

Deacons: Larry Finn, Gary Richardson, and Tom Shea

Margaret Zola, Business Manager and CRE

Carol Schulz, Bulletin Coordinator and Assistant RE

Alfonso Gonzales, Music Coordinator and Cantor

2nd Grade Catechists and Aides:

Debbie Brown

Joe Gramlich

Tricia Hutman

Anna Marie Peters

Nidia Stemetzki

You, the parent, are your child's first and foremost catechist. Canon 1136 of the Code of Canon Law states that parents are the primary educators and the cornerstone of their children's education in the ways of faith. There is no school of religion that can replace the role of a faith-filled parent or guardian. Pray with them. Take them to Mass weekly so they can experience the great mystery of our faith. In doing so, you will provide them with the seeds of faith that they need to develop a deeper and more loving relationship with our Lord Jesus.

This retreat is meant to provide spiritual, catechetical, and personal formation for children preparing to receive First Communion and for their parents. It focuses on bringing the retreatants into a deeper knowledge of the sacrifice of the Eucharist and of the real presence. "And He took bread, and when He had given thanks, He broke it and gave it to them saying, "This is my body, which is given for you. Do this in remembrance of me." Luke 22:19

Opening Prayer

LEADER: Let us begin the way we always do with the Sign of the Cross.

Father, we have gathered to pray in the name of Jesus your Son. May we be one in our love for you today and every day. And now, as we listen to your Word, help us learn to live and love as your children, through Christ our Lord.

ALL: Amen.

LEADER: A reading from the holy Gospel according to John John 15:9-17

ALL: Glory to you, O Lord.

LEADER: As the Father has loved me, so have I loved you. Now remain in my love. If you keep my commands, you will remain in my love, just as I have kept my Father's commands and remain in His love. I have told you this so that my joy may be in you and that your joy may be complete. My command is this: Love each other as I have loved you. Greater love has no one than this: to lay down one's life for one's friends. You are my friends if you do what I command. I no longer call you servants because a servant does not know His master's business. Instead, I have called you friends, for everything that I learned from my Father I have made known to you. You did not choose me, but I chose you and appointed you so that you might go and bear fruit—fruit that will last—and so that whatever you ask in my name the Father will give you. This is my command: Love each other.

The Gospel of the Lord.

ALL: Praise to you, Lord Jesus Christ.

Mass Participation

- 1 - Arrive at Mass early. Sit as close to the sanctuary as possible so your child can stay attentive.
- 2 - Encourage your child to follow the mass book and prayer cards.
- 3 - Set an example of the spiritual attitude necessary for being part of the mass by your own prayerful attention. Join heartily in the prayer responses and songs. Encourage your child to do the same.
- 4 - Showing reverence before, during, and after receiving Communion
 - o Think about giving yourself to Jesus as you go up to receive the Eucharist.
 - o Say "Amen."
 - o Fold your hands and prayerfully return to your seat.
 - o Kneel and say a prayer silently to Jesus of thanksgiving.
- 5 - On the way home discuss the readings. Help them identify with the messages they heard at mass.
- 6 - Read the Bulletin together. What events are you going to attend in the coming weeks as a family?



Eucharist: Purpose & Scope

Goals:

- To prepare your child to receive the sacrament of Holy Eucharist.
- To ensure your child has a true understanding to celebrate the sacrament.
- To lay the foundation that the Holy Eucharist is the Body and Blood of Christ.

The child's level of understanding of the Sacrament of Eucharist:

- The Eucharist is the Body, Blood, Soul, and Divinity of Jesus Christ.
- It is the greatest gift of God to His Church.
- The Eucharist enables us to receive Jesus into our bodies to nourish our souls.
- Receiving Jesus in the Eucharist gives us grace, which strengthens us and makes us more like Him.
- The Eucharist is truly Jesus, even though the sacrament still looks and tastes like bread and wine.
- The Eucharist is rooted in Sacred Scripture, in the accounts of the multiplication of loaves and fishes, the Last Supper, and His passion death and resurrection (see the Gospels of Matthew, Mark, and Luke, as well as John, chapter 6).
- The Eucharist anticipated in the Old Testament of Sacred Scripture (see the stories of the exodus from Egypt and manna in the desert).
- To receive the Eucharist, we must be free from serious sin and must not eat or drink anything for one hour before receiving the Eucharist.
- If we know of a serious sin, we must go to Confession before receiving Communion.
- We receive the Eucharist reverently in our hand or on our tongue—bowing first, treating it with care, consuming (eating) it immediately, and making the Sign of the Cross.

The meaning of the Lord's Prayer

What does "Our Father, who art in heaven, hallowed be thy name;" mean?

To prepare our hearts for worship and remind us that God's name alone should be revered. As we declare and acknowledge that His throne is in heaven, we come into agreement that He is Lord of all.

What does "thy kingdom come; thy will be done on earth as it is in heaven." mean?

We are to come into agreement with heaven and choosing to surrender to God's Will and plans for our lives. As Christians, we now have the Holy Spirit dwelling inside of our hearts, and because of that, we are bringing heaven to the world around us.

What does "Give us this day our daily bread;" mean?

That we have faith that God will sustain and provide for us everything we need.

What does "forgive us our trespasses as we forgive those who trespass against us;" mean?

That beginning with God, as He freely forgives us and through us as we extend mercy to those who have wronged us. His word is clear that we will be forgiven when we forgive others.

What does "lead us not into temptation, but deliver us from evil." mean?

We focus on the holiness and goodness of God. As we seek protection from the evil one, we can know that no evil scheme will come against us because God is for us.

Sign of the Cross

In the name of the Father, with right hand touch your forehead
and of the Son, then touch your heart
and of the Holy Spirit, then touch your left shoulder and then right shoulder
Amen. prayer hands

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.

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.

COMMUNION DRESS CODE

Boys: White tie

Dress shirt, dress pants/khakis, or any color suit (suit jacket optional)

Dress shoes (no sneakers)

No: boutonnière (lapel flowers), books or rosary beads in hands

Girls: White dress, cream, light floral

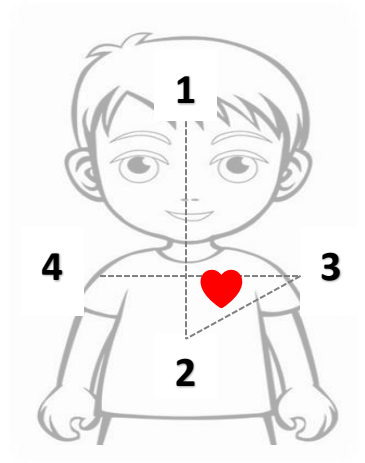
Dress shoes (no flip flops)

No: gloves, books, flowers, or rosary beads in hands

EXTRA

The Cross and Shamrock, Hamilton Square, NJ is a useful source for clothing and gifts for sacraments. They also give a small percentage back to our parish if you mention our parish name when making your purchase.

Any family member unable to attend the special day can view the Mass on our Parish live stream. The link can be found on our website at www.mmotcp.org and scrolling to the bottom of the page.



Act of Contrition

Oh my God, I'm sorry for all my sins,
for not loving others and not loving you.
Help me live like Jesus and not sin again.
Amen.

Glory Be to the Father

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.

The Eucharist is our family meal. In our individual families, we come together out of the common need to be nourished. Family meals bring us together and give us a collective identity. As a Church, we are nourished by Christ himself. Through our communion with Jesus and with one another, we are formed as the Body of Christ. *This will be the first day in their lifetime of coming to the table of the Lord to be nourished by His Body and Blood. When they hear, "The Body of Christ" and answer, "AMEN" they are saying, "Yes! I believe this is truly Jesus."*

How to receive the Body of Christ

Genuflect (small bow) before it is your time to receive the Body of Christ.

Place your hands like the table of the Lord.

- Place left hand out with palm FLAT (right hand if you write left-handed)
- Take right hand and place under left hand as support
- Keep hands FLAT as Priest, Deacon, or Eucharistic Minister says, "The Body of Christ" and places the Eucharist on your palm.
- Respond, "Amen."
- Taking the hand from underneath, pick up the host and immediately place in your mouth and chew, then make the Sign of the Cross and walk back to pew.
- Silently kneel and give thanks to God for His love.

Day of First Holy Communion

Please arrive no later than 10:30am, to begin promptly at 11:00am. Drop your child off in the school hall while the rest of the family gets seated in church. We will be processing in and seating the children in the front pews. We have secured a photographer and will be taking pictures of your child as they received the Body of Christ for the very first time.

Additional Parent Formation Resources

Parish Website www.mmotcp.org under Religious Ed, Sacraments are three videos Fr. Martin prepared during the pandemic. These videos are still great learning tools for all to view. Additional links available to support our understanding of the Eucharist are available also:

- [What Happens to the Bread & Wine](#) (video)
- [Making of the Communion Wafers](#) (video)
- [An Overview of the Mass | Loyola Press](#) (article)
- [Zoo in a Pew: Tips for Managing Behavior at Mass](#) (article)
- [Guided Mass Participation Questions for Parents of Children](#) (guide)
- [The Eucharist: Source & Summit of the Christian Life – US Catholic Catechism for Adults](#) (p241–260)

Closing Prayer

All: Heavenly Father, you have given us your Son Jesus that we might know your great love. As we prepare to receive First Holy Communion, come fill our hearts with a special desire to embrace Jesus. We ask this through Him, who lives and reigns with you forever. Amen.

Let us end in the way we begin with the Sign of the Cross.

ALTAR BREAD

**Optional at home activity.
Read thoroughly before starting.**

Ingredients

½ cup cold water
½ cup unbleached all-purpose white flour
½ cup whole wheat flour

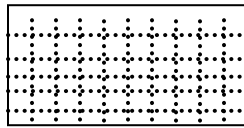
Parchment paper, only if you have on hand

Mixing bowl

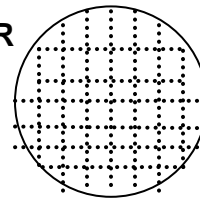
Rolling Pin

Fork and/or knife

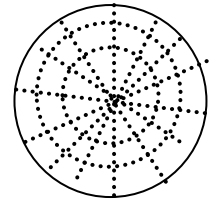
Baking/Cookie sheet (preheated)



OR



OR



Directions

1. Preheat oven to 450°F. Add the baking sheet to preheat as well. It is especially important that the oven and baking sheet be heated thoroughly before baking the bread. The hot temperature prevents the dough from sticking to the ungreased baking sheet.
2. In a large bowl combine water and flours, mix well.
3. Sprinkle a small amount of additional white flour on flat surface and knead for at least 5 minutes by stretching, folding, and pressing fingers into the dough.
4. Use extra flour for hands as the mixture will be sticky.
5. Let dough sit and rest for 5-10 minutes and knead again for 5 minutes.
6. Repeat a third time. The kneading and resting periods are important in preparing this unleavened dough. *You may add additional flour if dough is too sticky but be stingy.*
7. Using rolling pin on the flat surface, flatten dough into a flat loaf 6-7 inches round, rectangle, or square and make it about a ¼ to ½ inch thick.
8. Score (poke) loaf with a fork or knife for easy breakage when tearing apart to eat. Do not cut all the way through the dough.

Carefully place loaf on heated baking sheet. If you have parchment paper, you may use this now. Do not use cooking spray, shortening, oil or butter of any kind on the baking sheet. Bake for approximately 10-15 minutes on one side, turn over and bake 10-15 minutes on the other side - **until color is a light brown. Watch carefully as not all ovens cook the same.** Cool the loaf on a wire rack. Together as a family, pray and break bread together. Feel free to take pictures and share on our Parish Facebook page.

Prayer at Mealtime

Dear God,

Thank you for being so great and so good. Thank you for our food and our bread we baked together. It is by your hands we are fed. Thank you for giving us this day our daily bread.

May we become bread for others, especially those in need. In Jesus' name, we pray.

Amen.



A PROMISE FROM JESUS

Jesus makes a wonderful promise.
Use the key below to decode His message.

1 2 5 6 4 7 3 8 8 10 1 9 11 12 7 3 13

5 6 4 9 10 3 14 14 14 1 15 7

16 6 12 7 15 7 12 !

Key:

1=I	2=F	3=A	4=U	5=Y	6=O	7=E
8=T	9=S	10=H	11=B	12=R	13=D	14=L
15=V	16=F					

