

Welcome to this important time in your family's life with Jesus Christ and His Church! This time of preparation for Confirmation and Eucharist marks a new chapter in your family's faith life. Very soon, your child will be able to participate fully in the worship life of your parish by receiving Jesus in the Eucharist every Sunday. So this preparation is not just for his/her "first" Communion; it is a preparation for a lifetime that only begins with Confirmation and First Communion. When your child receives these Sacraments, we say that she or he is now a fully-initiated Catholic Christian.

Your parish is your partner in this preparation, and is committed to supporting you in your responsibility as Christian parents. May God bless you on this journey of faith!



"Parents, you have asked to have your child baptized. In doing so, you are accepting the responsibility of training them in the practice of the faith..."
(Rite of Baptism)

PARENTS—THE FIRST TEACHERS OF THEIR CHILDREN IN THE WAYS OF FAITH

Parents, you are the first teachers of your children in the ways of faith. You are the most important influence on them in so many ways. What you do to nurture faith at home and in your parish is vitally important. The Second Vatican Council noted the importance of the home in nurturing faith in its reference to the family as "the domestic Church" or the "Church of the Home." The family is truly the most basic Christian community, the foundation of Church.

During this time of preparation for the Sacraments of Confirmation and Eucharist, your parish will provide you with many opportunities to grow in your own faith and to nurture faith at home—prayers, practices, family activities for the home and in the parish, print and web resources, and opportunities to serve others. We urge you to take advantage of as many of these opportunities as you are able.

Sunday Mass is the centerpiece of life as a Catholic. Please make every effort to develop a practice of coming to Mass every Sunday, both now and after your child is Confirmed and receives the Eucharist for the first time. Just as we provide our children daily with food at our table, we cannot fail to provide them weekly with the food that will sustain them for life—the real presence of Jesus Christ in Word and Sacrament.

WHAT DOES PREPARATION FOR CONFIRMATION AND EUCHARIST LOOK LIKE?



A child who was baptized Catholic and is at least 7 years of age is eligible to be Confirmed and receive the Eucharist after a period and process of preparation. It is important to register with your parish as early as possible. Watch for bulletin and the parish web page for announcements about the enrollment ceremony (which always takes place in the context of Mass) and the preparation program that will follow.

At Mass on certain Sundays throughout the liturgical year, children will celebrate important rituals, which form an important part of the preparation process.

In Lent, there will be a number of focus sessions centering on the Sacrament of Confirmation. These will be offered for parents and children preparing for the Sacraments.

In Easter Season, the Sacrament of Confirmation will be celebrated. This will be followed by several rituals during Mass leading up to the celebration of the Eucharist. There will also be a number of focus sessions for families. Your child will receive the Eucharist for the first time at Mass in the Spring.

WHAT CAN A FAMILY DO AT HOME TO HELP A CHILD PREPARE FOR CONFIRMATION AND EUCHARIST?

- Take your child to Mass.
- Pray with your child. A prayer in the morning and at night, maybe a blessing of your child before bed, and grace before meals are good and simple ways to begin.
- Talk about situations in our world, and build with your child an awareness that we are all one family.
- Teach your child the prayers of the Mass.
- Tell stories and share pictures of your own Confirmation and First Communion.
- Talk about heroes and role models who have an active faith life.
- Take your child with you to do some good for others—act with kindness and respect, feed the poor, shelter the homeless, visit the sick, etc.
- Let your child see you giving to the poor. Talk about the importance of this with her or him.



HOW WILL YOU KNOW THAT YOUR CHILD IS READY FOR CONFIRMATION AND EUCHARIST?



Here are some signs that indicate that a child is ready to be Confirmed and begin to receive the Eucharist...

- He or she begins to ask questions about the Eucharist, and indicates a desire to receive.
- Your child shows signs of growing in love and kindness, and talks about Jesus as a friend.
- Your child is familiar with the prayers of the Mass.
- Your child knows that, somehow, the Eucharist is not ordinary bread.
- Your child has some sense that, in the Eucharist, Jesus comes to us in a very special way.
- Your child prays for others.
- Your child talks about God.
- Your child has a sense of wonder, awe and amazement.
- Your child can be moved to gratitude.
- Your child wants to do good.
- your child knows some of the stories of Jesus.

PREPARATION FOR CONFIRMATION AND EUCHARIST A GUIDE FOR PARENTS



Office of Evangelization and Catechesis



ROMAN CATHOLIC
ARCHDIOCESE OF ST. JOHN'S

©2015 Roman Catholic Archdiocese of St. John's. www.rcsj.org