

## GUIDELINES FOR THE SACRAMENT OF THE FIRST HOLY EUCHARIST IN OUR CHURCH

CCC 1322 - The holy Eucharist completes Christian initiation. Those who have been raised to the dignity of the royal priesthood by Baptism, and configured more deeply to Christ by Confirmation, participate with the whole community in the Lord's own sacrifice by means of the Eucharist.

CCC 1324 – The Eucharist is “the source and summit of Christian life” “The other sacraments, and indeed all ecclesiastical ministries and works of the apostolate, 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, our Pasch.” When the hour had come for Jesus to leave the world and return to the Father, at his Last Supper he washed his disciples' feet and gave them the commandment of love. To make them sharers of his Passover, he instituted the Eucharist as the memorial of his Death and Resurrection, and commanded his apostles to celebrate it until his return. To this day it remains the centre of the Church's life.

In this Sacrament the true Body of Christ and his true Blood, shed for the forgiveness of sins, sustains us on our pilgrimage to eternal life. (See CCC 1337, 1343, 1381 and 1419)

### PRACTICE IN THE PARISH

- Children desiring to receive the First Holy Eucharist must be **nine years old, that is, in standard fourth.**
- Considering the vastness of the catechesis to be covered for the First Holy Eucharist, part of it is covered in the third standard, for example, basic prayers such as the Our Father, the Creed, the I Confess, the Ten Commandments and the Seven Sacraments. **This entails that children desiring to receive First Holy Eucharist must attend Sunday School in the third standard.**
- Children intending to receive First Holy Eucharist **must fill-in a registration form** and also attach the Baptism Certificate for verification.
- The First Holy Eucharist is scheduled in the month of December and organized in two batches. **Parents have the choice of choosing the batch.**
- Families from this parish who live abroad, and who wish to give their child the First Holy Eucharist in this parish, **must produce a letter from their existing parish in abroad, stating that their child has successfully completed the catechesis for receiving the First Holy Eucharist.** This letter must be shown to the director of Sunday school.

- Parents can choose the day for the reception of First Holy Eucharist only after receiving the approval from the Sunday School director.
- Families from this parish who live abroad, and who wish to give their child the First Holy Eucharist in this parish can choose to give their child the First Holy Communion either together with the other children in the month of December (any of the two batches) or can even choose to give it on any other day within a schedule Mass.
- Regardless of whether the child receives First Holy Communion privately at a scheduled Mass or together with other children in the month of December or January, **they are expected to make their first confession to any of the priest in the parish before receiving their First Holy Communion.**
- A Certificate will be issued to the child by the parish stating that s/he has received First Holy Communion. **It is the responsibility of the party to collect this certificate from the Sunday School director.**
- Though the children receive First Holy Communion in the month of December or January, they are not exempt from coming for Sunday School. They are expected to attend Sunday School and participate in the children's Mass till the last day of the academic year.

