

Our Lady of the Valley Parish Community

POLICY & GUIDELINES FOR FIRST HOLY EUCHARIST

HOLY EUCHARIST

Initiated into the Christian Faith by Baptism and Confirmation, Christians are fully joined to the Body of Christ in the Eucharist. The Eucharist is the center and heart of the Christian life for both the Universal and local Church and for each Christian. All that belongs to Christian life leads to or flows from the Eucharistic Table.

PARISH POLICY & GUIDELINES:

- A. Age: Children participating in their *second year* of Religious Education are eligible to begin their preparation for the reception of First Holy Eucharist.
- B. Readiness: The candidates for this Sacrament should have a basic knowledge of the life and mission of Jesus, the celebration of the Mass, a desire to receive Jesus and to grow in His Life and Love.
- C. Requirements: Candidates for the reception of First Holy Eucharist should:
- 1) Weekly **attend** and participate in our weekend Mass.
 - 2) Have completed *two consecutive years* of Religious Instruction (in either a parochial school or program of Religious Education).
- D. Parental Involvement in the preparation for the reception of First Holy Eucharist:
- 1) Parents have a right and duty to be involved in the preparation of their child for the reception of First Holy Eucharist:
 - Parents are expected to attend the parent session in order to help them prepare their child for this Sacrament.
 - Parents should work with their child in the home using the Parent Guide provided in the Eucharistic Program.
 - Families are asked to participate in various celebrations during the time of their child's preparation.
 - Children are expected to participate in the Retreat Day.
- E. Reception of First Eucharist:
- 1) Family and candidate receive Holy Eucharist at a parish weekend liturgy.

