



1ST RECONCILIATION AND 1ST EUCHARIST

Our Lady of Good Counsel
2020-2021

Opening Prayer: Direction of Intention

- My God, we give you this meeting, please give us the grace to conduct ourselves during it in a manner most pleasing to you.



Formed.org: Presence and Forgiveness

- Parent Formation and Reflection
- Thank you!

Preparation At Home

- In Class Preparation (older children all preparing at home)
- Reinforce materials at home with Family Guide (2nd graders should have received these)
- Read the Parables together about the joy of being found:
 - The Found Coin (Luke 15:8-10)
 - The Prodigal Son (Luke 15:11-32)
 - The True Vine (John 15: 1-17)
 - The Found Sheep (Luke 15:3-7)
- Practice forgiving one another- let your children see you forgive others and yourself
- Prayer Table at home (bring out the Baptismal candles)
(http://www.cgsusa.org/parentresources.aspx#_ftn1)
- Attend Mass or Watch Live/Recorded Copy (www.olgcva.org/live)
- Encounter the beauties of nature, art, and music-healing power
- Incorporate the Sacrament of Reconciliation into your routine
- <http://www.catholicfamilyfaith.org/>
- [Formed.org](http://www.formed.org) (Registration Code: VGXJ7X)

1) The priest greets me.



We begin...

"In the name of the Father,
and of the Son
and of the Holy Spirit
Amen."

2) I confess my sins.



I say: **"Bless me, Father, for I have sinned. This is my first confession. These are my sins..."**

The priest listens as I talk about how I have turned away from God, hurt myself or others, and any questions I may have.

3) The priest gives me a penance.



The priest asks me to say a prayer or do a good act. This will show God that I am sorry and want to be more caring.

4) I say a prayer of contrition.



My God, I am sorry for my sins with all my heart.
In choosing to do wrong, and failing to do good,
I have sinned against You
Whom I should love above all things.
I firmly intend with your help
to do penance, to sin no more
and to avoid whatever leads me to sin.

5) The priest gives me absolution.



The priest says:

"...I absolve you from your sins
In the name of the Father,
and of the Son, and of the Holy Spirit."

I say: **"Amen."**

6) The priest says, "Go in peace."
I answer, "Amen."



The priest and I thank God for God's love and mercy.

Preparing for 1st Reconciliation

Examination of Conscience

Practice with this guide at home.

Child can take this guide in with them to their 1st Reconciliation.

Guide is posted on the 2020-21 1st Reconciliation and 1st Eucharist webpage ([click here](#)).

There will be copies available at the Welcome Desk when you come for 1st Reconciliation.

1st Reconciliation

- Children will receive their 1st Reconciliation on a Wednesday or Saturday in Lent of your choice.
 - Please sign up on the signupgenius. [Click here.](#)
 - Opens February 1, 2021 at 9 am
 - Check in with Gerard Hall/ Welcome Desk upon arrival.
 - Pick up a 1st Eucharist Banner kit to complete at home.
 - 1st Reconciliation to take place in Reconciliation Room or Cry Room (no screens due to COVID).
 - 3rd graders who prepared last year, should also sign up and go to the Sacrament again before 1st Eucharist.

1st Eucharist Retreat

- Saturday, March 6th: Family Retreat
- Will email activities to be done at home
- There will be 2 short reflection questions for the children to answer and submit
- Feel free to send me pics and I can create a slide show to send to all the 1st Eucharist Families

1st Eucharist Rehearsal

- No rehearsal this year
- Bring your child to Sunday Mass
- Practice receiving “Eucharist” at home with masks on
- Review the video with your child on How to Receive the Eucharist.
 - [Click here.](#)

Selecting a 1st Eucharist Mass

- **Signupgneius to open on Saturday, February 6, 2021 at Noon.**
- Signup closes on March 31, 2021 at 11:59 pm.
- [Click here](#) for link.
- Dates and times to choose from:
 - Saturday, April 24th at 11 am
 - Saturday, April 24th at 1 pm
 - Sunday, April 25th at the Noon Mass (in Spanish)
 - Saturday, May 1st at 11 am
 - Saturday, May 1st at 1 pm
 - Sunday, May 2nd at 2 pm

1st Eucharist Sign Up Genius



Sacramental Prep
1st Eucharist Masses 2021

Please sign up your child for a 1st Eucharist Mass. There are only 30 1st Communicant slots per Mass.

If you have twins or siblings receiving 1st Eucharist this year, please select the number 2 under the "1st Communicant Quantity" field. All others, please select 1.

There will be an additional question asking you to indicate the total number of people, including the 1st Communicant who will be present in your party for the Mass. Due to current COVID-19 regulations, only 6 people per 1st Communicant Family, including the 1st Communicant, will be able to attend.

Questions? Contact Amy W. de Bernardo at dre@olgcva.org or 703-896-7414.








Thank you!

Created by:  Our Lady of Good Counsel 

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Thank you!

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Date (mm/dd/yyyy)	Location	Time (EST)	Sign Up Your 1st Communicant Here:	 Calendar View
04/24/2021 (Sat.)	OLGC Church	11:00am - 12:00pm	1st Communicant (30)	Sign Up 
		1:00pm - 2:00pm	1st Communicant (30)	Sign Up 
04/25/2021 (Sun.)	Mass in Spanish (OLGC)	12:00pm - 1:00pm	1st Communicant (30)	Sign Up 
05/01/2021 (Sat.)	OLGC Church	11:00am - 12:00pm	1st Communicant (30)	Sign Up 
		1:00pm - 2:00pm	1st Communicant (30)	Sign Up 
05/02/2021 (Sun.)	OLGC Church	2:00pm - 3:00pm	1st Communicant (30)	Sign Up 

[Submit and Sign Up](#)


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1st Eucharist

Signupgenius



Sign Up Page 1

- 1) Select Mass
- 2) Submit and Sign Up

 **SignUpGenius**

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[← Back to 1st Eucharist Masses 2021](#)

Sign Me Up

Sign me up for:

Sign Up Your 1st Communicant Here:	Date (mm/dd/yyyy - EST)	1st Communicant's Name	Quantity
1st Communicant	Sat., 04/24/2021 11:00am - 12:00pm	<input type="text"/>	1 

Sign up as: **Our Lady of Good Counsel** (info@olgcvva.org) This isn't me

☐ Display an alternate name on the sign up (like a child or spouse)

You may bring up to 6 people (including the 1st Communicant). How many total people will you have with you?

Total of 6 people per 1st Eucharist Family allowed in the Church for 1st Eucharist per COVID-19 restrictions.

By signing up, you agree to the SignUpGenius [Terms of Service](#) and [Privacy Policy](#).

Sign Up Now

Cancel

1st Eucharist

Signupgenius

Sign Up Page 2

1) Enter First and Last Name of the 1st Communicant(s)

2) Enter quantity of 1st Communicants in your family (twins/siblings)

3) Enter quantity of family/friends attending (this number includes the 1st Communicant(s))

4) Answer 2 questions about handicap seating and gluten free option for Communion.

5) Click Sign Up Now

1st Eucharist Mass Details

- 1st Eucharist Banner- hang on your pew
- Seating- 1 Reserved pew per family, 1st Communicant to sit on the end of the pew
- Check in 30 minutes before your Mass time with your whole party to be seated
- No procession in or out
- The 1st Communicants will be ushered to receive the Eucharist first (maintaining safe distance) and then return to their pews
- Eucharist to be received in the hand and no cup
- After they receive, family and friends will be invited to Communion
- No Reception to Follow

1st Eucharist Mass Attire

- Girls: modest dress (usually white)
 - If sleeveless, please wear a cardigan
 - Gloves and veils are optional; however, gloves will need to be taken off before receiving the Eucharist
- Boys: dress slacks, dress shirt (tucked in), tie, and dress shoes
 - Suits/ jackets are optional
- Guests: Sunday Best, modest attire
- Masks required for everyone 5 and older

Live Stream and Photography

- The 1st Eucharist Masses will be live streamed (the links will be posted [here](#)).
- No photography will be permitted at Mass, to maintain a reverent and sacred atmosphere and environment.
- Due to COVID restrictions, we will not be able to take a group photo or photos inside the Church. You may take pictures outside around OLGC campus.
- If you would like to schedule individual portraits, we have a couple of photographers you can reach out to and schedule a session with on a date other than 1st Eucharist. We will send out their contact information via email.

Delaying

- In these uncertain times, we understand if you need to delay 1st Eucharist/1st Reconciliation.
- If you decide to delay the reception of 1st Reconciliation/1st Eucharist this year, please email Amy W. de Bernardo to add your child to the 1st Eucharist List for the 2021-2022 school year.
- At this time, the next opportunity will be Spring 2022 for 1st Eucharist.

Questions?

- Contact Amy W. de Bernardo
 - dre@olgcva.org
 - 703-896-7414
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- 1st Reconciliation and 1st Eucharist details on our website, [click here.](#)

Anima Christi

Soul of Christ, sanctify me.
Body of Christ, save me.
Blood of Christ, inebriate me.
Water from the side of Christ,
wash me.
Passion of Christ, strengthen me.
O Good Jesus, hear me.
Within Your wounds, hide me.
Separated from You,
let me never be.
From the evil one protect me.
At the hour of my death, call me.
And close to You bid me,
that with Your saints, I may be
praising You forever and ever.
Amen



CLOSING PRAYER

Anima Christi by St. Francis
de Sales