



1ST RECONCILIATION AND 1ST EUCHARIST

Our Lady of Good Counsel
2022

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
- 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 True Vine (John 15: 1-17)
 - The Prodigal Son (Luke 15:11-32)
 - 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)

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 2021-22 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 Sign Up

- Children will receive their 1st Reconciliation on a Wednesday or Saturday during Lent of your choice.
 - Please sign up on the signupgenius. [Click here.](#)
 - Opens February 26, 2022 at Noon
 - There are 10 dates with 20 slots each
 - You only need to sign up the child making his/her 1st Reconciliation.
- Children who prepared for sacraments in the 2020-21 school year, should also sign up and go to the Sacrament again before receiving 1st Eucharist.

Day of 1st Reconciliation

- Check in at the Welcome Desk in the Narthex of the Church upon arrival.
- Pick up a 1st Eucharist Banner kit to complete at home.
 - To be brought back on the day of 1st Eucharist.
- 1st Reconciliation to take place in Reconciliation Room, Cry Room or Church.
- Parents and siblings are welcomed and encouraged to attend the Sacrament of Reconciliation as well.
 - No signup necessary for family members.

1st Eucharist Retreat

- Saturday, March 26th
- 2 options:
 - In person (dependent on where we are with covid)
 - At home
- At Home would be available for anyone:
 - Who is sick
 - Who is quarantining
 - Who has tested positive for COVID
 - Who is not comfortable with large group activities
 - Who is not available on Saturday, March 26th

Option 1: In Person Retreat

- Saturday, March 26th: 9 am to 12:30 pm
- Drop off and Pick up at the Counsel Room
- Activities
 - Bread Baking
 - Parable Rooms
 - Collaborative Games
 - Closing Prayer with Parents (Noon)
- May need to adjust depending on covid & volunteer status
- Parent Volunteer and Participant signups to come.
- Please note, we will not be able to mandate masks for the child participants.

Option 2: At Home Retreat

- To be done as a family
- Flexibility on date/time
- Activities will be emailed to you:
 - Bread Baking
 - The Weight of a Mass: Story Time and Reflection
 - Altar Pasting: Getting to Know the Articles of the Mass

Short Reflection Questions

- Children should have:
 - Knowledge of the sacrament
 - i.e. the Eucharist isn't ordinary bread and is Jesus truly present for us
 - Desire to receive Jesus in the Eucharist
- Post Retreat: Short Reflection Questions Form
 - What is the Eucharist?
 - Why do you want to receive the Eucharist?

1st Eucharist Rehearsal

- Thursday, May 5th
 - 6 pm for those signed up for the 11 am Mass
 - 7 pm for those signed up for the 1 pm Mass
- Review this video with your child on How to Receive the Eucharist.
 - [Click here.](#)

Selecting a 1st Eucharist Mass

- **Signupgneius to open on Saturday, March 19, 2022 at Noon.**
- Must have the following paperwork in by March 14th to receive the link to sign up for a Mass:
 - Commitment Form
 - Copy of Baptismal Certificate
 - Parent Formation Refection Questions
 - 1st Reconciliation Signup
- Signup to be emailed on Thursday, March 17, 2022.
- Signup closes on April 23, 2022 at 11:59 pm.
- Date and times to choose from for 1st Eucharist:
 - Saturday, May 7, 2022 11 am or 1 pm

1st Eucharist Sign Up Genius Notes

- You'll only need to sign up your child(ren) who are receiving 1st Eucharist.
- Select the Mass of your choice.
 - There are 60 slots for 1st Communicants at each Mass
- Select the quantity of 1st Communicants in your family (either 1 or 2)
 - Guest count is not limited
- Please answer questions at the end of the signup about 1st Communicant's name, tentative # in your party, and if anyone in your party will need handicap seating or a gluten free option for the Eucharist

1st Eucharist Mass Details

- 1st Eucharist Banner- hang on your pew
- Seating- No limit on # of guests. 1 Reserved pew per family. 1st Communicant to sit on the end of the pew. There will also be open seating for any guests who don't fit in your pew.
- Check in 30 minutes before your Mass time with your whole party to be seated
- The 1st Communicants will be ushered to receive the Eucharist first and then return to their pews.
- Eucharist to be received in the hand and no cup will be offered at this time.
- After they receive, family and friends will be invited to Communion.
- Reception to Follow-subject to change

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 encouraged for everyone 5 and older at this time

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.
- More details to come.

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 (dre@olgcva.org) to add your child to the 1st Eucharist List for the 2022-2023 school year.
- At this time, the next opportunity will be Spring 2023 for 1st Eucharist.

Important Dates

- Saturday, February 26th: 1st Reconciliation [Signupgenius](#) opens at Noon
- Saturday, March 19th: 1st Eucharist Mass Signup Opens at Noon
 - Must have all paperwork in by March 14th to be able to access the signupgenius link, which will be emailed to you.
- Saturday, March 26th: 1st Eucharist Retreat. Parent and participant signup to come via email.
- Thursday, May 5th: 1st Eucharist Rehearsal in the Church
 - 6 pm for those signed up for the 11 am Mass
 - 7 pm for those signed up for the 1 pm Mass
- Saturday, May 7th: 1st Eucharist Mass in the Church
 - 11 am or 1 pm

Questions?

- Contact Amy W. de Bernardo
- dre@olgcva.org
- 703-896-7414

- 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
Attributed to
St. Ignatius of Loyola