

Homeschool Preparation for the Sacraments of Penance and First Communion at St. Peter Parish

The Sacraments of Penance and First Communion are very important as our means to salvation. The first time these are received can set the tone for a lifetime of devotion to these Sacraments and their all-important graces. Preparation is very important not only so the one receiving is at ease but especially so that his or her soul is open to the graces offered. That is why the one who receives a Sacrament must understand it, desire it, and be disposed to its sanctifying grace.

It is primarily the duty of parents (as well as the duty of pastors) to take care that children who have reached the use of reason are prepared properly for the first reception of these Sacraments. At St. Peter Parish, we affirm that parents are the primary educators of their children. While we offer various catechetical opportunities to support this duty of parents, it is ideal that they prepare their children for Sacraments. Even so, before Sacraments are conferred, the Pastor of a parish has the responsibility to exercise vigilance to assess the readiness of candidates for Sacraments.

The age of those who receive the Sacrament of Penance and Eucharist is not less than seven years old. It does happen that a child may be turning seven after our November deadline for the Interview with Father about Confession but still would like to receive Penance and Eucharist that year. In such a case, and only in this case, the Interview may happen later in the year. The same situation may occur with the timing for First Communion. In this case, Father will make every pastoral effort to serve the Sacramental needs of the child outside of the regular Parish schedule and not make the child wait a whole year for these Sacraments. Please let the Catechism Office know of any special circumstances.

Timeline and Requirements for Homeschool Preparation for Penance and Eucharist

By October 1 all those who expect to receive Penance and Eucharist in the coming academic year at St. Peter Parish must be registered with the St. Peter Catechism Office. There is a registration form online and in this packet.

By October 31 an interview over the Sacrament of Penance must be scheduled with Father to take place during the month of November. These interviews may happen earlier but absolutely not later than November. To schedule the interview, call the Parish Office 402-341-4560. The study guide to the First Penance Interview can be found in this packet or on the parish website.

By the time of the November Interview a Baptismal Certificate must have been given to either the Catechism Office or the Parish Office for all children who were not baptized at St. Peter Parish.

After the Interview with Father if he deems satisfactory, the child is ready for his or her first Confession. This may happen at the regular Confession times here or at any parish. Afterwards, a parent must call the Catechism Office to affirm that their child did receive the Sacrament of Penance before approaching the Sacrament of the Eucharist.

March 6 at 5:30 pm or March 9 at 10:30 am will be the in-person, written test for First Communion. The study guide to the First Communion test can be found in this packet or on the parish website. Should a child have trouble with a written test, the Catechism Office will provide an opportunity for an oral exam with the child.

First Communion Masses this year are on **April 13 at the 5:00 pm Mass and April 14 at the 9:30 am Mass**. Parents must inform the Catechism Office which Mass they will attend by **March 18**. First communicants typically wear white for the Mass, a white dress for girls and a white shirt for boys.

For non-parishioners: The pastor of St. Peter Parish has no right or responsibility to assure the preparation of a candidate or the reception of First Penance or First Communion to one who is not actually a parishioner. This means families and children who do not attend St. Peter at least three of four weeks in a month are not considered to be parishioners of St. Peter if they do not live within the territorial boundaries of the parish. Simply registering with the parish does not make one an actual parishioner. To receive First Communion at St. Peter, a letter from the candidate's pastor must be submitted stating he gives his permission for the child to receive First Communion at St. Peter and he attests that the child is prepared to receive this Sacrament.

The registration and Baptismal Certificate for children not baptized at St. Peter Parish must still be submitted by October 1. Parents are responsible to inform the Catechism Office that the child has received the Sacrament of Penance before he or she receives First Communion. No interview or test is necessary because the pastor of the child's parish will testify that the candidate is prepared and disposed.

Please contact catechism.sp@gmail.com with any questions you may have.

Registration for Sacraments – Spring (Family)

Family Name _____

Address

- Street _____
- City, State, Zip _____
- Home Phone Number _____

Email Address _____

Registered at St. Peter's Parish? Yes No – Name of Parish _____

Father's Name _____

- Cell Phone Number _____

Mother's Name (Maiden Name) _____

- Cell Phone Number _____

List of Children's Full Names Receiving a Sacrament

(You must fill out a child form for each one listed.)

1. _____
2. _____
3. _____
4. _____

Parent's Responsibilities

- Provide documentation of sacraments and sponsor information (needed for Confirmation)
- Attend practice and confession for the sacrament. Dates and times will be emailed to those registered and posted in the church bulletin.

Emergency Contact

- Name _____
- Relationship to Child _____
- Phone Number _____

Parent Signature _____ Date _____

***** **Office Information** *****

Family Number _____ Assigned by Parish

Registration for a Sacrament (Individual Child)

Child's Full Name: _____

First

Middle

Last

- Date of Birth _____ Place of Birth _____
- Male _____ Female _____
- Is child baptized? Yes No
 - If yes Date of Baptism _____
 - Church _____ City _____ State _____
- Do we have a copy of the baptismal certificate? Yes No

Note: A certificate of baptism MUST be provided in the fall if child is receiving

✓ which Sacrament you are requesting for your child

Confession / First Holy Communion

Confirmation

Has child received First Holy Communion Yes No

If Yes:

Date of First Holy Communion: _____

Church _____ City _____ State _____

Child's Responsibilities

- Confirmation
 - Interviews with Father Broheimer will be scheduled by **January 31st** with the parish office and completed by **February 28th**.
 - Letter to the Archbishop – Due by **March 1st**
 - Saint name and why he/she was chosen
 - Why he/she wants to be confirmed
 - Biography on Saint Chosen and Sponsor form signed by priest for sponsor's parish – **Due by March 1st**
 - Participate in practice / rehearsal with sponsor
- Confession
 - Interview with Father Broheimer must be scheduled with the parish office no later than **October 31st** and completed in **November**.
- First Holy Communion
 - Successfully complete First Holy Communion test held on Wednesday, March 6th at 5:30pm or Saturday, March 9th at 10:30am.
 - Participate in practice / rehearsal and Confession
 - First Communion will be either **April 13th at 5:00pm** or **April 14th at 9:30am**. Parents will inform catechism office by **March 18th** on what day their child will receive.

First Penance Preparation at Home: the Interview with Father

It is not preferred that the student preparing for first Penance simply memorize these answers. It is far more important to have a general understanding of sin, disobedience, God's mercy and grace, and the importance of living a holy life with God's help.

What is sin? *A word, act or desire contrary to the eternal Law of God.*

What is original sin? Who committed it? What happened?

Original sin is the sin committed by Adam and Eve when they disobeyed God and ate from the tree of the knowledge of good and evil. Through original sin all human beings are born in a state of deprivation of original holiness and justice. Original sin is a sin "contracted" by us but not "committed" by us.

What is actual sin?

Actual sins are offenses that we personally commit of thought, of word, of deed, or of omission. What are the two types of actual sin?

Mortal sins and venial sins.

What is the difference between a mortal and venial sin?

Mortal sins are grave matter that destroys charity in us, deprives us of sanctifying grace, and, if unrepented, lead us to hell. Venial sins are essentially different from mortal sins: in a venial sin the matter of the sin is less serious or full knowledge and/or complete consent are absent.

What are the 3 conditions for a mortal sin?

One commits a mortal sin when there are simultaneously present: grave matter, full knowledge, and deliberate consent.

What are the 10 Commandments?

"Holy God"	I	<i>I am the LORD your God: you shall not have strange Gods before me.</i>
"Holy Name"	II	<i>You shall not take the name of the LORD your God in vain.</i>
"Holy Day"	III	<i>Remember to keep holy the Lord's Day.</i>
"Mom and dad"	IV	<i>Honor your father and your mother.</i>
"Don't kill"	V	<i>You shall not kill.</i>
"Don't cheat"	VI	<i>You shall not commit adultery.</i>
"Don't steal"	VII	<i>You shall not steal.</i>
"Don't lie"	VIII	<i>You shall not bear false witness against your neighbor.</i>
"Don't lust"	IX	<i>You shall not covet your neighbor's wife.</i>
"Don't envy"	X	<i>You shall not covet your neighbor's goods.</i>

Is missing Mass on Sundays or Holy Days of Obligation serious?

Yes.

How many Holy Days of Obligation can you name? *Immaculate*

Conception (December 8th)

Christmas or Nativity of the Lord (December 25th)

Mary, Mother of God (January 1st)

Ascension Thursday (40th day after Easter) Assumption

(August 15th)

All Saints Day (November 1st)

What is the first Sacrament and the one that removes original sin?

Baptism.

What are the names of the 7 Sacraments?

Baptism, Confirmation, Eucharist, Reconciliation, Anointing of the Sick, Holy Orders and Matrimony.

Who is our Savior?

Jesus Christ.

From what does He save us and how did He save us?

He saves us from our sins by dying on the cross. He took on himself the punishment we owe for our sins.

Who alone can forgive sins?

God.

Who was given the power by Jesus to forgive sins?

He has entrusted the power to forgive sins to his apostles, to the bishops, and to the priests.

What does God do for you in the Sacrament of Confession?

He forgives my sins and reconciles me with himself, the Church, and through the penance imposed helps me to make up for my sins.

When must you go to Confession?

Mortal sins must be confessed at least once a year, but we should go whenever we have mortal sins.

What do you need to tell the priest to make an integral confession?

All grave sins not yet confessed must be brought to the Sacrament of Penance. Can a priest tell anyone what you say in confession?

No.

What do we call that protection?

It is called the sacramental seal. It means there is absolute secrecy about the sins revealed to him in confession.

What is the purpose of the penance the priest gives you to do after the confession?

A penance is given to us so that we have a part in repairing the damage we caused by our sin. Even when our sins are forgiven, in justice we still must work to make up for them.

What's the difference between perfect and imperfect contrition? *Contrition is repentance and remorse for sins; it is perfect when it is motivated by love of God and it is imperfect if it rests on other motives. Contrition should always include an amendment of life and the determination not to sin again.*

Please be very familiar with the Form of Confession on this page.

FORM OF FIRST CONFESSION

The Penitent says with the priest: **In the name of the Father, and + of the Son, and of the Holy Spirit. Amen.**

The Priest says: May God, who has enlightened every heart, help you to know your sins and to trust in His mercy. Amen.

The Penitent says: **Bless me father, for I have sinned. This is my first confession.**

[*after the first confession:* **It has been _____ since my last confession.**]

I am (a student, married, divorced, single, etc.) _____ . These are my sins...

“The faithful are obliged to confess, according to kind and number, all grave sins committed after Baptism of which they are conscious” (Canon Law, Can. 988, §1). When finished confessing your sins, say something like:

The Penitent concludes: ... **For these and all the sins of my past life, I am truly sorry.**

The Priest will offer you counsel and a penance, and then you pray the Act of Contrition in your own or memorized words.

ACT OF CONTRITION

The Penitent says: 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. Our Savior Jesus Christ suffered and died for us. In his name, my God, have mercy. Amen.

OR

The Penitent says: O my God, I am heartily sorry for having offended Thee, and I detest all my sins because of Thy just punishment; but most of all because they offend Thee, my God, Who are all good and deserving of all my love. I firmly resolve, with the help of Thy grace, to confess my sins, to do penance, and to amend my life. Amen.

The Priest then prays the prayer of absolution over you, and as he makes the sign of the cross you sign yourself.

The Priest says: Give thanks to the Lord, for He is good. The Penitent says: **His mercy endures forever.**

The Priest says: The Lord has freed you from your sins. Go in peace. The Penitent says: **Thanks be to God. Thank you, Father.**

Return to your pew and quietly pray and do your penance. Rejoice! Your sins have been forgiven.

STUDY GUIDE FOR FIRST HOLY COMMUNION TEST

Know these words:

Eucharist

The Sacrament in which Jesus shares himself; the bread and wine become the Body and Blood of Jesus.

Faith

Belief in God and all that he helps us understand about himself and our life. Faith leads us to obey God.

Sacrament

It is a visible (outward) sign, instituted by Christ, to give us grace.

Mass

The Assembly of Catholics to worship God and be made holy. The Mass makes present the Sacrifice of the Cross. The Mass includes the Liturgy of the Word and the Liturgy of the Eucharist. We must be at Mass on all Sundays and Holy Days of Obligation.

Sacrifice

Giving up something out of love for someone else or for the good of all. Jesus sacrificed his life for all.

Reverence

The care and respect you show to God and holy persons and things.

Last Supper

A Passover meal celebrated by Jesus and the Disciples on the night before he was to die. This is when Jesus gave us (instituted) the Most Holy Eucharist.

Consecration

During this prayer, centered upon the words “this is my Body” and “this is my Blood,” the bread and wine are transformed into the Body and Blood of Jesus. The bells are rung three times.

Know the Sacraments:

Baptism

In this sacrament, a person enters into Christ’s death and resurrection to be forgiven of sin and to become an adopted child of God.

Confirmation

The Holy Spirit comes upon you in a special way like at the day of Pentecost. This sacrament strengthens and completes the graces of Baptism.

Eucharist/Holy Communion

Jesus’ Sacrifice and the Gift of the Body and Blood of Christ.

Confession

When we are truly sorry, Jesus the Good Shepherd forgives the sins we have committed through his Priest.

Anointing of the Sick

God’s love and comfort for the gravely sick or dying through holy oil.

Holy Orders

When God makes a man into a Deacon, Priest, or Bishop to continue the work of Jesus through preaching, teaching, and the Sacraments.

Matrimony

God forms a lifelong bond between one man and one woman. They help each other to Heaven and show the world the power of God’s love.

Remember these ideas:

- In order to be a good friend of Jesus, we: pray daily, read the Bible, go to Mass every Sunday, go to Confession often, and follow his commandments.
- Jesus told his followers to go and make disciples of all nations. Jesus told them he would be with them always and he is with us in the Eucharist.
- Jesus invites everyone to the Kingdom of God.
- Jesus' great sacrifice was his death on the Cross for our sins. We remember that sacrifice at every Mass.
- In the Gospel of John Chapter 6 Jesus says that we must eat his flesh and drinks his blood to have eternal life. His flesh is real food and his blood is real drink.
- Jesus rose from the dead on Sunday. We assemble for Mass on every Sunday. It is a sin to miss Sunday Mass.

Remember the order of Mass and its meaning:

- We genuflect when we enter the church as an act of reverence towards Jesus in the Eucharist. A genuflection is the right knee that goes all the way to the ground.
- Before Mass we prepare ourselves by kneeling and praying.

The Introductory Rites

In the beginning of Mass, we ask God for forgiveness. This is called the Penitential Act.

KNOW THE FOLLOWING MASS RESPONSES (Confiteor, the Kyrie)

I confess to almighty God and to you, my brothers and sisters, that I have greatly sinned in my thoughts and in my words, in what I have done, and in what I have failed to do; through my fault, through my fault, through my most grievous fault; therefore I ask blessed Mary ever-Virgin, all the Angels and Saints, and you, my brothers and sisters, to pray for me to the Lord our God.

Priest: Lord, have mercy.

Kyrie eleison.

People: **Lord, have mercy.**

Kyrie eleison.

Priest: Christ, have mercy.

Christe eleison.

People: **Christ, have mercy.**

Christe eleison.

Priest: Lord, have mercy.

Kyrie eleison.

People: **Lord, have mercy.**

Kyrie eleison.

The Liturgy of the Word

- The first main part of the Mass is when we hear readings from the Old Testament, the New Testament letters, the Gospels, and also sing a Psalm. God speaks to us through the proclamation of his word and we listen to God speaking to our heart.
- After the readings, the Priest gives a short talk about the readings. This is called the **Homily**.

Liturgy of the Eucharist

- The second main part of the Mass is the Liturgy of the Eucharist. It includes Holy Communion. The Priest offers the long prayer called the **Eucharistic Prayer**. This includes the calling down of the Holy Spirit in the **Epiclesis** and the changing of the bread and wine into the Body and Blood of Jesus in the **Consecration**.
- When we receive the Body and Blood of Jesus in Holy Communion, we are truly receiving Jesus. It is not bread and wine anymore.
- At Mass we say the prayer that Jesus himself gave us. It is called the **Our Father (Lord's Prayer)**.

- When we receive Communion, we do so with great **reverence**. We kneel at the communion rail and receive Holy Communion on our tongue. The Priest says, “The Body of Christ” or “Corpus Christi” and we respond by saying “Amen.” Then the Priest places the Eucharist upon our tongue.
- **We may receive Communion unless we have a MORTAL SIN that is unconfessed. If you go to Confession and confess the mortal sin, you may receive communion again.**

Know the following Mass responses:

- Priest: *Behold the Lamb of God, behold him who takes away the sins of the world. Blessed are those called to the supper of the Lamb.*
- People: *Lord, I am not worthy that you should enter under my roof, but only say the word and my soul shall be healed.*

Concluding Rites

We are required to stay at Mass until the end. You may not leave early. After Mass you genuflect towards the Eucharist reserved in the Tabernacle before you leave in silence.

KNOW THE TEN COMMANDMENTS

	COMMANDMENTS	How you can live them
1	I am the Lord your God; you shall not have strange gods besides me.	Make God the one you love the most. Pray daily.
2	You shall not take the name of the Lord your God in vain.	Use God’s name with respect and reverence. Do not watch shows or video games that use God’s name sinfully.
3	Remember to keep holy the Lord’s day.	Attend Mass and rest on Sundays and Holy Days of Obligation.
4	Honor your father and your mother.	Love, listen to, and follow your parents or guardians.
5	You shall not kill.	Do not harm people with your words, or with anger, or hurt their body. Pray for the unborn.
6	You shall not commit adultery.	Respect your body, respect the bodies of others, and respect the Sacrament of Matrimony.
7	You shall not steal.	Do not take or break things that do not belong to you.
8	You shall not bear false witness against your neighbor.	Tell the truth and share the truth with others.
9	You shall not covet your neighbor’s wife.	Be thankful for the people in your life; don’t be jealous of others.
10	You shall not covet your neighbor’s goods.	Be thankful for the things you have; don’t be jealous of what other people have.

Memorize these prayers:

- The Apostles Creed
- The Our Father
- Hail Mary
- Sign of the Cross
- Doxology (Glory be)