

# FIRST RECONCILIATION & FIRST HOLY COMMUNION SACRAMENTAL PREPARATION Program Content

## Length of Preparation

Although preparation for a sacrament usually spans two years, each parish determines how many years, and which grade levels, of formal catechetical instruction need to be completed. Example: For 2<sup>nd</sup> graders celebrating First Reconciliation and First Holy Communion, this means enrollment and participation in grades 1 and 2.

## Number of Sacrament Preparation Sessions

The typical number of preparation sessions for each sacrament is 6 weeks. This may be adapted to your particular curriculum and parish.

## Preparation for First Reconciliation

(from Diocese of Rockford Learning Outcomes for 2<sup>nd</sup> graders)

### Concept areas to be Mastered

- ❖ describe the way God acts as a loving parent
- ❖ all basic prayers, including the traditional or contemporary Act of Contrition
- ❖ know the steps of the Rite of Reconciliation

### Content areas to be Developed (in areas of morality, sin and penance)

- ❖ define a child's obligations to the 4<sup>th</sup> Commandment
- ❖ identify duties of children and parents
- ❖ explain why life is sacred
- ❖ explain teachings on respect for health
- ❖ explain moral obligation to take care of God's creation
- ❖ define sin as making wrong choices (not accidents or mistakes) through the use of free will
- ❖ define truth and name various offenses against truth
- ❖ define purity and modesty

## Preparation for First Holy Communion

(from Diocese of Rockford Learning Outcomes for 2<sup>nd</sup> graders)

### Concept areas to be Mastered

- ❖ define the Sacrament of Eucharist
- ❖ know these terms: Lord's Supper, breaking of the bread, Holy Communion
- ❖ tell the story of the Last Supper

### Content areas to be Developed

- ❖ Jesus' life, parables, and miracles
- ❖ know who the Holy Spirit is
- ❖ Communion of Saints
- ❖ name the 7 sacraments
- ❖ define the Sacrament of Baptism and know something about it
- ❖ realize Christ's presence in the Eucharist
- ❖ know who may receive the Eucharist (the conditions for receiving Holy Communion worthily)
- ❖ understand why we kneel and genuflect
- ❖ know about Holy Orders and the roles of bishop, priest, deacon
- ❖ know the family is the domestic church
- ❖ know what sacramental are
- ❖ describe the importance of going to Mass
- ❖ identify ways to keep the Lord's Day holy

## Material Selection

Primary curriculum materials are to be selected from the Conformity List found at the USCCB website. Anything not on this list is to be considered supplemental and used to enhance the primary curriculum.

Currently, DVD-based programs are not listed on the Conformity List. Those recommended by the Diocese of Rockford are:

- *Blessed* by Dynamic Catholic
- *Signs of Grace* by Augustine Institute