



Sacred Heart Catholic Primary School

'With joyful hearts, we love, learn and praise as the family of God'



Sacramental Programme
2023-24

Meetings and Key Dates

The key dates for the sacramental programme are detailed below. These meetings and celebrations are important and should be attended so that both you and your child are full prepared to receive the Sacrament of Reconciliation and Jesus in the Eucharist.

Before each celebration there will be a parent's meeting to discuss relevant information and practicalities.

The first of these celebrations will be the Enrolment Mass on **Sunday 26th November at 11.30am**

| | Celebration |
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| Enrolment | Sunday 26 th November 11:30am Mass in Church |
| First Forgiveness | Wednesday 6 th December 6pm Service in Church |
| First Holy Communion | Saturday 15 th June 10:30am in Church |

Preparation at Home

As well as helping your child with their Sacramental Journey books which provide a link between school and home, it is also important to pray with them daily and to remind them how to pray.

They can pray in their own words by now, and they should be able to pray the Our Father and Hail Mary and the Act of Contrition

In receiving the Eucharist, it is important that the children have a clear understanding of what it is they are receiving and see it in the context of the celebration of eucharist as often as possible. It is important therefore that the children attend Mass so that they are familiar with the church and consider themselves as part of the parish community.

Masses at Sacred Heart and St Peter's Church are on Sunday morning at 11.30am. There are Masses at other times throughout the Missionary area which can be found on <https://www.wythenshawecatholic.com/>

Receiving the Sacrament of Reconciliation

Before receiving Jesus in the Eucharist for the first time, the children will be receiving the Sacrament of reconciliation. This is a beautiful sacrament that reminds us of the unconditional love that God has for each of us through his forgiveness.

Before the children receive the sacrament for the first time, they will be encouraged to examine their conscious so that they understand what it is they are saying sorry to God for. They will also be taught the Act of Contrition. Through preparation in school, the children will be taught about the Sacrament of Reconciliation through scripture.

Receiving the Body of Christ

Before their Holy Communion celebration, the children will practise how to receive the consecrated host in preparation for receiving Jesus in the Eucharist. They will be expected to receive the host in their hands and then put it into their mouths themselves. The priest will say 'The Body of Christ' and the children will respond clearly 'Amen'.

The children will be taught to hold their hands correctly, with their writing hand underneath their other hand with flat palms ready to safely receive the host which the priest will place on top of their palm.

Appropriate Dress for the Day

For the celebration of the Sacrament of Reconciliation the children will be expected to wear their full school uniform

For the celebration of First Holy Communion, most girls opt for a simple white dress, sensible shoes with a few flowers in their hair, emphasising their natural look, veils are optional. Boys should wear smart clothes (football kits or trainers are not suitable). Most boys wear a white shirt, red tie and dark trousers and shoes, trainers should not be worn. Red ties are available to purchase from the school office, closer to the time.

Please remember, gloves, umbrellas, rosaries and handbags are completely unnecessary and prevent the children from concentrating on the spirituality of the day.

Act of Contrition

O my God, because you are so good. I am very sorry that I have sinned against you and by the help of your grace, I will not sin again.

Amen



Prayer of Thanksgiving After Holy Communion

Lord Jesus, I love and adore you,
You are a special friend to me.
Welcome Lord Jesus, O welcome,
Thank you for coming to me.
Thank you, Lord Jesus, O thank you.
For giving yourself to me. Amen.

