**Sacrament Preparation Lessons during Covid-19 Quarantine**

**Parish Name:**

**Parish Phone Number:**

**Parish Website:**

**Pastor:**

**Parochial Vicar:**

**Parish Catechetical Leader:**

**Phone number:**

**Email:**

**Catechist:**

Dear Parent,

Due to the restrictions brought about by Covid-19 (Corona Virus) and because your child is preparing to receive the sacraments of Confirmation and First Eucharist, we did not want the quarantine to hinder that preparation.

In light of this, we are sending you an edited set of lessons for you to work on with your child during this quarantine.

These lessons will provide you with basic information for your child to learn in order to be prepared to receive the sacraments once the quarantine is ended and the celebration Mass is scheduled.

It is our hope that you and your child will come to know Jesus in a more personal way as you walk through this preparation together. May He touch your lives in a deeper, more intimate way.

Please stay safe and stay at home. We continue to keep all of you in our prayers.

In the Love of Christ,

Parish Catechetical Leader

**Parent Responsibilities**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**The Role of Parents/Guardians in Sacrament Preparation**

*“How precious is the family as the privileged place for transmitting the faith!” Pope Francis*

The Diocese of Portland calls upon parents/guardians to prepare their children for reception of the sacraments with the help of their local parish. The home is where faith is developed and lived out. The parish is where the faith is celebrated, nourished, and shared.

As a parent/guardian, you model for your child what the life of faith looks like. The following practices will help you show why faith is important to you and how to live as a Catholic:

* Watch Sunday Mass on TV or streamed and help your child learn responses.
* Pray with your child at meals and bedtime.
* Read Bible stories with your child.
* Place a Bible and other religious articles such as a crucifix, holy water, and sacred images in your home and use them in daily life and in preparation activities.
* Complete parish faith formation sessions home activities with your child to foster love and understanding of the faith.
* Teach your child prayers by praying them often at home and explaining their meaning.
* Teach and encourage your child to use his/her own words to pray.
* Be of service to others through giving of your time, talents, or treasure.
* Once your child has celebrated First Reconciliation, plan for your family to receive the grace of forgiveness in the sacrament regularly.
* Once your child has been confirmed and received First Eucharist, continue as a family to support him/her in living out faith by attending Mass each weekend and on holy days of obligation once they resume and attend virtually in the interim.

*“Parents/Guardians are the first and best teachers of their children in the ways of faith,   
and we depend on their faith as the primary models and motivators of their children.”*Catechism of the Catholic Church #1212

**Prayers Your Child Should Know**

* Sign of the Cross
* Our Father
* Hail Mary
* Glory Be
* Act of Contrition (see p.7)

**Reconciliation**

**Parables on Film**

Jesus often used stories (parables) from everyday life to communicate His message. Today, movies are a popular form of storytelling. Viewing a movie with your children, followed by a short discussion, is a good way to help them explore themes related to Reconciliation: temptation, dealing with consequences, doing the right thing, real love, redemption and repentance. Some suggested films to watch and discuss with your child:

* **The Lion, the Witch and the Wardrobe** based on the story by C.S. Lewis is a classic allegory of redemption
* **Willy Wonka and the Chocolate Factory**, the screen version of Ronald Dahl’s classic children’s tale, shows that greed and selfishness get their just desserts and that goodness is eventually rewarded.
* **Beauty and the Beast** (Disney or any other version) shows that we have a second chance, a chance to change, especially through the love of another.
* **The Secret Garden** illustrates the transforming power of love.
* **Pinocchio** deals with temptation, bad companions, conscience formation and new life.
* **The Selfish Giant** is a classic tale about selfishness, the consequences of choices and starting over.
* **Visit the following website** for more movies suggestions and movie reviews: <http://sisterrosemovies.com/>

**Family Activities**

**Prayer Corner**

Select a quiet place in your home. Involve your child/children in preparing the space. Some things to consider for this prayer corner are a plant, a candle, a Bible and comfortable seating. Depending on the Scripture passage you will be reading, you may want to add a symbol that relates to the meaning of the passage.

**Three Envelopes**

Some people start out by being rather shy about praying out loud. In this case, prepare three envelopes each with a label “Thank you" “Sorry" or “Please." Place the envelops, small slips of paper and a pen where everyone in the family has access to them – pinned on a bulletin board, on fridge with magnets, placed on top of the family bible. Let everyone know they can write their prayers on slips of paper and put them in the appropriate envelope at any time. Check the envelopes at least once a week to share in the joy of the “thank you” prayers, to accept the humble “sorry” prayers admitting to hurting someone, and to find out the needs and desires offered the “please” prayers.

**Wipe Away My Sins**

Supplies: Small white board, dry erase markers, eraser/cloth

* Write at the top of the board: “I’m sorry. Please wipe away my sins."
* Explain that God wants to forgive us for all our wrong doings and give us the opportunity to make a fresh start. All we have to do is say sorry to God and really mean it.
* Invite family members to list/write things they have done which they are sorry about: being greedy, not helping someone in need, not going to church on Sunday, etc.
* Read Psalm 51 then say a simple prayer telling God you are sorry and asking for forgiveness for all the things on the list.
* Give the eraser or cloth to someone and invite him/her to wipe away the words.
* End by reminding everyone that a sin is a deliberate thought, word, deed, or failure to act that offends God or hurts our relationship with other people. When we say sorry to God for our sins, he forgives us *AND* wipes the slate clean so we can love one another better.

**Preparing your Child for Reconciliation**

If your child has not already been to his/her First Reconciliation, the information below will help you prepare him/her. If s/he has experienced their First Reconciliation, this would be a good time to review and perhaps return to reconciliation after the quarantine is lifted. It would be a good time to wipe the slate clean as we “begin” anew.

**Simple Examination of Conscience**

Take time to examine your conscience before celebrating the sacrament of Reconciliation. Think about the things you have done and the things you should have done but didn’t. Remember that God is merciful and always ready to forgive us if we are truly sorry for our sins.

**Responsibilities to God**   
*If you answer “no” to any of these questions, describe what you did instead of making a good choice.*

Have I loved God in my life?

Do I show respect to God by the words I use?

Have I tried to pray even when I sometimes didn’t want to?

Did I have a good attitude about going to Mass?

Have I asked the Holy Spirit to help me do what is right?

**Responsibilities to Others**

Have I shown love to my family and others?

Have I been a good friend to others?

Have I performed my responsibilities such as chores and homework?

*If you answer “yes” to any of these questions, describe what you did instead of making a good choice.*

Have I been disobedient or disrespectful to my parents or others in charge of me?

Have I lied to my parents or others in charge of me?

Have I pouted, lost my temper, held grudges or not forgiven others?

What have I done to my family or friends that I knew was wrong (hitting, shoving,

made fun of others, said mean things behind their back)?

Have I used bad language?

Have I stolen anything or cheated on my homework or test?

**Practicing with your Child for Confession**

Help your child practice the rite to become comfortable and confident with the order of when things happen and what he/she does (yellow highlights) or says (in red). Not to worry, the priest will help if he or she forgets something.

**Individual Confession**

**Confession of Sins and Acceptance of a Penance**

When we tell our sins to the priest, he will never tell anyone. When we confess our sins, we show that we trust God always loves us. We must confess serious sins. We may confess lesser sins too.

**Child**: Make the sign of the cross and say,

“Bless me Father for I have sinned. This is my first confession.” If this is not the first confession, the child should say, “It has been (amount of time) since my last confession.”

**Priest:** May God, who has enlightened every heart, help you know your sins

and trust in his Mercy.

**Child:** Amen.

**Child:** These are my sins: (child then names the sins)

After we confess our sins, the priest talks to us. He names some ways we can live a holy life. He gives us a penance. We accept and promise to do the penance. He may give prayers to pray or something to do. Doing the penance is a sign that we want to change our lives and repair any hurt we have caused and try to do better.

**Prayer of Sorrow and Absolution**

Our prayer of sorrow shows we are truly sorry for our sins and that we will try do better.

**Child:** 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.

**Priest:** The priest extends his hands over our head as he prays:

God, the **Father** of mercies,

through the death and resurrection of his Son

has reconciled the world to himself

and sent the Holy Spirit among us for the forgiveness of sins;

through the ministry of the Church may God give you pardon and peace.

+ and I absolve you from your sin

in the name of the Father and of the Son and of the Holy Spirit.

**Child:** Amen.

**Priest:** Your sins are forgiven, go in peace.

**Child:** Amen.

Leave the confessional. Go into a pew and pray your penance if the priest assigned prayers as penance. If he assigned something else, take a moment to reflect on your confession and how you will carry out your penance.

**Confirmation**

**Parables on Film**

Jesus often used stories (parables) from everyday life to communicate His message. Today, movies are a popular form of storytelling. Viewing a movie with your children, followed by a short discussion, is a good way to help them explore themes related to Confirmation. Here are 3 examples:

**Mulan - Theme: Courage; Honor; Respect**  
The Huns invade China and the army calls up its best soldiers. Mulan's father is on the list, but she can see that he's too weak to fight. Instead of staying home to find a husband, Mulan dresses like a man and heads off to war, taking her father's place.

1. What makes Mulan a positive role model?
2. What are some things you’ve done, knowing it was the right thing to do?
3. What gifts of the Holy Spirit did you see Mulan live out?

[**The**](http://www.imdb.com/title/tt0266543/) **Lion King   – Theme: Selflessness; Community**

Simba "just can't wait to be king." His evil Uncle Scar, bitterly jealous of Mufasa, wants to be king, so he arranges for Mufasa to be killed and makes Simba think he's responsible. Simba runs away, thinking that he has escaped his past, but his childhood friend Nala finds him and tells him that, under Scar's leadership, the tribe has suffered badly. Simba is left with a decision to stay or return.

1. What was Simba’s purpose?
2. What does Simba learn about himself from his father?
3. What examples of the gifts of the Holy Spirit did you see in Simba?

**Cloudy With A Chance of Meatballs – Theme:** [**Integrity**](http://www.wingclips.com/themes/integrity)**,** [**Choices**](http://www.wingclips.com/themes/choices)**,** [**Temptation**](http://www.wingclips.com/themes/temptation)**,** [**Sin**](http://www.wingclips.com/themes/sin)**,** [**Acceptance**](http://www.wingclips.com/themes/acceptance)

Flint decides to try his latest invention, a machine that can turn water into food, when the community comes upon economic crisis. Something goes wrong and the machine ends up in the atmosphere, where it starts raining food. The shifty mayor tries to use this as a way to help their community, but when Flint senses something wrong, the mayor convinces him to ignore it.

1. Why does Flint try his latest invention? What were his intentions?
2. How do the townspeople turn things around?
3. What do you do when things go wrong? What choices do you make?

**Confirmation Family Activities**

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The Spirit of God is within each of us and, as Saint Paul tells us, in the Spirit “we live, and move and have our being” (Acts 17:28). During this year try to become more conscious of the presence of the Holy Spirit in your life. Notice His presence in the everyday events of your life, in your family, and in your friends and neighbors. Here are some concrete ways to become more aware and responsive to God’s Spirit.

**Remembering Baptism**

We celebrate the presence of God’s Spirit within us in baptism. Confirmation is the sealing of this presence within us. Take some time to look at pictures or video from the baptism of your child. Talk about the whole experience: the kind of day it was; how you were feeling; who was there; the actual baptism celebration. Most importantly, tell them why you chose his/her name and why you chose baptism for him/her. Celebrate the baptism anniversary of each person in your family. Decorate with pictures of the celebration and bring out the baptismal candles you received. Display baptismal certificate, garment, make signs with the person’s name and its meaning and include a prayer of thanksgiving.

**Signs of the Holy Spirit**

Take time to reflect on the good qualities you see within yourself, within your child, and within each family member. Then talk with your child/family about those qualities. Start by having each person make a list of the good things you see in each other. On a cut-out flame with the name of each person on it, take turns writing these good qualities (no repeats) until the flame is full. Say a prayer of thanks to God for all these signs of the Holy Spirit within your family as you place the flames on the fridge or prayer table.

**A Sign of Love**

Through baptism, we are members of the church and disciples of Jesus. In confirmation, God seals this reality. Talk about ways that you, your child, and family can become clearer signs of the love and care that Jesus showed those He met. Consider making a family covenant where you promise one another to try harder to be signs of Jesus’ love and care. You may also want to talk about how your family could more consciously reach out to those in need.

**Storytime with Grandparents .** Since this cannot be done in person at this time, place a phone call, Face-time, Skype or use any other technology that will connect your child with their grandparents.

Grandparents can be a wonderful part of this preparation time. They can share stories about the parent as a child. This is a witness that the preparing child can cherish; it is also a very strong connection in all that makes you “family.” If grandparents are close enough, be sure to include them in the activities during this time of preparing for confirmation. A special dinner with them and then story time can enrich your appreciation of God’s Spirit in your midst from generation to generation.

**Talk with Your Child about the Seven Gifts of the Holy Spirit**

This does not have to be done in one sitting. Pick a gift and discuss it at dinner or during prayer time. Or explain the gift in the morning and at dinner, discuss if your child experienced the gift during the day.

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In Baptism and Confirmation, the Holy Spirit gives us seven gifts to help us live as a follower of Jesus Christ.

**WISDOM**

* Knowing the right choice to make to live a holy life. This gift of the Holy Spirit helps us to avoid the things that lead away from God and know the right choices to make to live a holy life.
* **Discuss:** How do you keep God central in your life?

**UNDERSTANDING**

* Ability to grasp the meaning of the teachings of the Church. This gift of the Holy Spirit helps us to be tolerant and sympathetic of others. It helps us sense when someone is hurting or in need of compassion.
* **Discuss:** Do I understand others and help when someone else is hurting?

**KNOWLEDGE**

* Allows us to see the circumstances of our lives the way God sees them and to choose the right path that will lead us to God. This gift of the Holy Spirit helps us to determine God’s purpose for our lives and avoid obstacles that will keep us from him.
* **Discuss:** How do I know that God loves me?

**COURAGE or FORTITUDE**

* The power to stand up for our faith in Christ. This gift of the Holy Spirit helps us overcome any obstacles that would keep us from professing and practicing our faith.
* **Discuss:**  Do I talk about Jesus with my friends?

**RIGHT JUDGEMENT or COUNSEL**

* Enables us to discern (judge) between right and wrong (to avoid sin and live as God would want us to live), especially in difficult situations. This gift of the Holy Spirit helps us make choices to live as faithful disciples of Jesus.
* Discuss: What do I do that shows I want to love Jesus?

**REVERENCE or PIETY**

* Enables us to have respect for God, and to rely on him completely. This gift of the Holy Spirit inspires us to joyfully want to serve God and others.
* **Discuss:** What is your favorite way to pray?

**WONDER and AWE or FEAR OF THE LORD**

An awareness of God’s infinite grandeur and glory. This gift of the Holy Spirit moves us to so love God that we do not want to offend him by our words or actions.

* **Discuss:** What makes me know that God is there?

**Fruits of the Holy Spirit**

This does not have to be done in one sitting. Pick a fruit and discuss it at dinner or during prayer time. Or explain the fruit in the morning and, at dinner, discuss if your child experienced the fruit during the day. You could also alternate with the gifts. One day discuss a gift and the next day, talk about the fruits. You could also choose to play one of the Fruit of the Holy Spirit Games (see page 13).

If you see apples on a tree, what kind of tree is it? What if you see oranges? Similarly, the fruits of the Holy Spirit show the work of the Holy Spirit in us and in the lives of others; they are signs of using one or more of the seven gifts of the Holy Spirit. The fruits of the Holy Spirit give us a slice of heaven right here on earth. This taste of heaven is given to us and everyone that we encounter. In other words, people who do not know Jesus can come to know Him by meeting someone who is living like Him as his witness and disciple.

There are 12 fruit of the Holy Spirit (see Galatians 5:22-23 and the Catechism of the Catholic Church 1832). Learning the meaning of each of fruit helps nurture these graces in our lives. Descriptions and examples of all 12 fruits are below. Use the game ideas that follow to review with a bit of fun.

***Sample Descriptions and Examples of the Fruits of the Holy Spirit***

**1. Charity (love)**

Loving God above all things and loving all other people. Charity is the sign that you love God as your good Father and others as Jesus loves you. Your love is so great that you show selfless service to other by your prayers, words and actions.

**Example:** When your Mom asks you to help clear the table and you help without complaining and have a smile on your face. You are exercising charity.

A time when I showed **charity** \_\_\_\_\_\_\_\_.

**2. Joy**

Interior, unshakable happiness. Joy is deep and constant gladness in the Lord that cannot be destroyed by other people or things. It comes from a good relationship with God and others, a relationship of genuine love.

**Example:** You smile even when you lose the game you are playing because you know inside your heart that it’s just a game and God is with you no matter if you win or lose.

A time when I showed **joy \_\_\_\_\_\_\_\_.**

**3. Peace**

Not only the absence of fighting and violence, but also an internal presence resulting from a friendship with God and His family, the Church. Peace comes from knowing that everything will be OK because God is with us. A disciple faithful to God’s will is calm, not anxious or upset.

**Example**: Your grandparent is sick. You have peace in your heart because you trust God and His plan for your grandparent. Whatever happens, it will be OK.

A time when I showed **peace \_\_\_\_\_\_\_\_.**

**4. Patience**

Seeing things and waiting in God’s time. Patience is love that is willing to endure life’s sufferings. It means not giving up when it is hard to act like Jesus. We trust that God is in control and wait for Him.

**Example:** You have to wait for it to snow before you can make a snowman. You do not complain each morning when you wake up and see no snow yet. You are exercising patience.

A time when I showed **patience** \_\_\_\_\_\_\_\_.

**5. Kindness**

Acting as God acts towards others, forgiving others even when they hurt us. Kindness is showing we care and doing good to others. It is showing Jesus’ love to all.

**Example:** Your classmate fell off their bicycle and is crying. Instead of laughing at them you go to them and help them off the ground, asking if they are OK. You show them kindness.

A time when I showed **kindness** \_\_\_\_\_\_\_\_.

**6. Goodness**

All the qualities and virtues which make us what God wants us to be. Goodness is a sign that we love all people without exception and do good to them. Goodness comes from God’s great love.

**Example:** Seeing a friend drop and spill their snack, you go over and help them clean it up and offer to share yours with them. You are exercising goodness.

A time when I showed **goodness \_\_\_\_\_\_\_\_.**

**7. Generosity**

Willingness to give all that we have received to God and others. Generosity is giving and sharing without asking or wanting something in return. It finds ways to make others happy.

**Example:** You hear about a family whose house burned down. They lost all their belongings. You take some of your toys and ask your parents to give them to the family. You are exercising generosity.

A time when I showed **generosity**\_\_\_\_\_\_\_\_.

**Fruits of the Holy Spirit Games**

**Gathering Fruits**

**Objective:** to help your child (or whole family) recognize the 12 fruits of the Holy Spirit in life

*To play this game you will need to create a set of twelve cards, each labeled with the name of one of the 12 fruits of the Holy Spirit (see previous pages)*

**Materials:** Tree branch or large picture of a tree

Twelve “fruits of the Holy Spirit” cards

Tape, yarn, or other means to attach cards to the tree (Make sure the cards are removable from the tree so they can be used more than once)

**How to play:** Choose a card. Read the fruit of the Holy Spirit (ex. joy). Discuss what this fruit is.

Ask your child to give an example of a time when he/she experienced this fruit or an example of what he/she understands the fruit to be (see examples of previous pages). When your child gives an appropriate example, place the fruit on the tree. Repeat until you have discussed all 12 fruits. If your child is unable to give an example of a fruit, set it aside to try again in a day or two. The goal is to have all the fruit on the tree at the end of the week. The following week take down all the fruit and start again in a different order.

Alternative: Talk about the different fruits. When your child has an experience that reflects a particular fruit, have him/her place that fruit card on the tree. The goal is to see how many fruits he/she can place on the tree in one week.

Remember: Even as adults we will not practice all the fruits of the Spirit every day or even every week. However, part of living as a Christian disciple is recognizing those areas in which we need to work harder or the gifts we need practice using more.

**Memory Game**

*To play this game you will need to create a set of twenty-four cards, one for each of the 12 fruits of the Holy Spirit and once for each of the descriptions of the fruits (see following pages)*

**Objective:** Match the fruit with the correct definition. The player that matches the most pairs wins.

**How to play:** Separate the cards into a pile of cards with just the name of fruits and another pile of cards with just the descriptions**.** Lay out all cards in each plie with the words facing down: 2 rows of 6 name cards on the left and 2 rows of 6 description cards on the right with a little space between the sets of cards. Each player chooses turns over one card on the left (names) and one card on the right (description). If the name of fruit of the Holy Spirit matches the description card the player keeps the pair and turns over two more cards. If the name does not match the description, both cards are turned face-down again so the next player can have a turn. The game ends when all the cards are matched.

**8. Gentleness**

Acting towards others with the recognition that you cannot make them follow Jesus, they need to decide for themselves. Gentleness is really strength softened by love so we can be gentle and kind. A gentle person has the power to forgive instead of getting angry.

**Example:** Your big brother is upset and is yelling at you. You decide not to yell back or break something of his. You are exercising gentleness.

A time when I showed **gentleness** \_\_\_\_\_\_\_\_\_.

**9. Faithfulness**

Following Jesus in every way. You are faithful when you show loyalty to God, trusting and obeying Him.

**Example**: You arrive early at Mass and there is time to go to Reconciliation. You decide to go. You are exercising faithfulness.

A time when I showed **faithfulness** \_\_\_\_\_\_\_\_.

**10. Modesty**

Dress or conduct that respects yourself and others. Modesty is moderation in all our actions, especially how we dress, talk and behave with others. Modesty is a sign that we give credit to God for our talents and successes.

**Example:** You scored the winning goal for your team, but you decide not to show-off by doing a big victory dance. You are exercising modesty.

A time when I showed **modesty** \_\_\_\_\_\_\_\_.

**11. Self-control**

Temperance, knowing when enough is enough, right control over ones’ desires. Self-control means controlling our thoughts, words and actions. We control our emotions and desires instead of letting them control us. We decide to be good.

**Example:** You are at the cake table and you decide to take the smallest piece because you know you will be too full if you eat any more. You are exercising self-control.

A time when I showed **self-control** \_\_\_\_\_\_\_\_.

**12. Chastity**

Purity in thought, word and action. Chastity helps us to be pure in mind, heart and body. It helps us respect ourselves and others.

**Example:** You see a pop-up of a naked lady or man on your ipad. You close it right away and tell your Mom or Dad.

A time when I showed **chastity** \_\_\_\_\_\_\_\_.

**The Celebration of the Rite of Confirmation**

The following is the Rite of Confirmation. Nothing has to be memorized as such but your child should be able to give the expected responses (in RED and highlighted in yellow).

**Liturgy of the Word**

**Sacrament of Confirmation**

**Presentation of the Candidates**

The pastor (or the Faith Formation director) will present the candidates to the bishop after the Gospel is proclaimed. Remind your child to stand when his/her name is called.

**Homily**

Bishop Deeley gives a homily connecting the readings and the sacraments. He will engage children and parents by asking questions. Encourage your child to raise his/her hand to answer, stand if called upon, and answer in a loud voice.

**Renewal of Baptismal Promises**

The children will reaffirm their faith by answering “I do” to 5 questions.

Practice answering these questions with your child.

**Bishop:** Do you renounce Satan, and all his works, and all his empty show?

**Candidates:** I do.

**Bishop:** Do you believe in God, the Father almighty, Creator of heaven and

earth?

**Candidates:** I do.

**Bishop:** Do you believe in Jesus Christ, his only Son, our Lord, who was born of

the Virgin Mary, suffered death and was buried, rose again from the

dead and is seated at theright hand of the Father?

**Candidates:** I do.

**Bishop:** Do you believe in the Holy Spirit, the Lord, the giver of life, who came

upon the Apostles at Pentecost and today is given to you

sacramentally in Confirmation?

**Candidates:** I do.

**Bishop:** Do you believe in the holy Catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and life everlasting?

**Candidates:** I do.

**Bishop:** This is our faith. This is the faith of the Church. We are proud to profess it in Christ Jesus our Lord.

**All:** Amen.

**The Laying on of Hands**

The Bishop then extends his hands over the candidates asking the Holy Spirit to come upon them bestowing His gifts. Encourage your child to listen to the prayer, hear the names of the gifts and respond, “Amen”.

**Bishop**: All-powerful God,

Father of our Lord Jesus Christ, by water and the Holy Spirit

you freed your sons and daughters from sin and gave them new life.

Send your Holy Spirit upon them to be their helper and guide.

Give them the spirit of wisdom and understanding,

the spirit of right judgment and courage,

the spirit of knowledge and reverence.

Fill them with the spirit of wonder and awe in your presence.

Through Christ our Lord.

**All**: Amen.

**The Anointing with Chrism**

Each candidate goes to the bishop along with his/her sponsor. The sponsor tells the bishop your child’s name and places a hand on candidate’s right shoulder. The bishop lays his hands on your child’s head and makes the sign of the cross on his/her forehead. Encourage your child to move up close to the bishop and respond in a loud voice.

**Bishop:** (Name), be sealed with the gift of the Holy Spirit.

**Candidate:** Amen.

**Bishop:**  Peace be with you.

C**andidate:** And with your spirit.

The child and sponsor return to their seats to pray while others are being confirmed.

**Universal Prayers** include intercessions for the newly confirmed, their families and their sponsors.

**Eucharist**

**Parables on Film**

Jesus often used stories (parables) from everyday life to communicate His message. Today, movies are a popular form of storytelling. Viewing a movie with your children, followed by a short discussion, helps them explore themes related to Eucharist. Here are 3 examples:

[**How the Grinch Stole Christmas**](http://www.imdb.com/title/tt0060345/)**Theme: Better to give; Conversion; Community**It's the day before Christmas, and all the Grinch can think about is how much he hates the whole Christmas season. The Grinch hates the Who’s in Whoville, who decorate and celebrate, so he hatches a plot to stop Christmas from coming. But can he stop Christmas from coming? And can the love that Christmas embodies save his shriveled heart?

1. Why does the Grinch have a change of heart? What made his heart grow? In what ways does Jesus in the Eucharist help our hearts to grow?
2. The Grinch was welcomed into the Who community. How do we welcome others at Mass?
3. The Grinch tried to stop Christmas from coming. What gets in the way from allowing Jesus to enter our hearts?

[**Finding Nemo**](http://www.imdb.com/title/tt0266543/)**– Theme: Selflessness; Community**

After his son is captured in the Great Barrier Reef and taken to Australia, a timid clownfish sets out on a journey to bring him home.  Lots of great characters and “people helping people.”

1. How did the characters help each other? How did this help to get Nemo back?
2. What are some things we do as family and as our Church family to help others?
3. How important is Nemo to his Dad? How important do you think you are to God?

**Ice Age – Theme: Community; Trust; Doing the Right Thing**

The story is set when glaciers covered much of the earth, 20,000 years ago. A clever, funny, and touching story of an unlikely trio of animals who band together to return a human baby to his family. They don't like or trust each other very much, at the beginning, and the journey becomes one where they share experiences and confidences that make them see each other and themselves very differently.

1. Why do the animals want to return the human baby? How do they work together?
2. What do the animals experience together in the movie? How does their experiences affect them?
3. How does working together help Jesus?

**Eucharist Family Prayer and Activities**

**The Blessing Cup**

The blessing cup is a family tradition you can begin in your home to build upon strengthening family bonds. Select or decorate a cup made of glass, pottery, or metal. Keep it in a place of honor in your home. Use it when you gather as a family, especially during special times like birthdays or holidays. To pray around the blessing cup, fill it with a favorite beverage all can share. Let the filling of the cup be a special privilege. Select a leader of prayer and someone to proclaim the Scripture reading from the bible (verse listed in the service below).

**Opening Prayer and the Sign of the Cross**

Leader: We walk together in the light of God’s blessing, in the name of the Father, and of the Son, and of the Holy Spirit. Amen.

**Scripture Reading:** Matthew 26:26-28

**Petitions**

Leader: Our response to each of the petitions is “Lord Jesus, you are the bread of life.”  
We are grateful for the bread of life you give us. With joy, we pray.  
**R. *Lord Jesus, you are the bread of life.***

Leader: We pray that we all may be filled with the grace and power of your Spirit. In a special way we pray for \_\_\_\_\_\_\_\_\_ who will receive your Holy Spirit in a special way, that s/he may joyfully serve the Church. With joy, we pray. **R.**

Leader: We thank you and praise you for the gift of Eucharist. In a special way we pray for \_\_\_\_\_\_\_ and all those who will receive your most precious body and blood for the first time. With joy, we pray. **R.**

Leader: We pray that all of us will be living examples of Christ’s life for each other. With joy, we pray. **R.**

**Collect**

Leader: Blessed are you, Father, for all the works of your goodness, but most especially we thank you for one another in the sharing of this blessing cup. May it be a true sign of our love for one another, as we proclaim your goodness to the ends of the earth.

**Sharing of the Blessing Cup**

Leader: We, now, carefully pass around the blessing cup for all to share, each taking a sip as a sign of our love and service to one another.

**The Lord’s Prayer**

Leader: Together we pray the words Jesus taught us  
All: Our Father, who art in heaven...

**Liturgy of the Eucharist**

**Communion Rite**

Your child will receive the Body of Christ from the bishop or pastor of the parish. He or she will then receive the Blood of Christ from another priest, deacon or an extraordinary minister of the eucharistic~~.~~

***How to receive Jesus in Holy Communion***

I walk to the priest with my hands joined, thinking about Jesus, who I will receive.

When it is my turn, the priest raises the Host, and I bow my head.

The priest says, “The Body of Christ.” I respond, “Amen”.

If I choose to receive the Host in my hand, I cup my left hand on top of my right hand.

(or the opposite if I am left-handed).

After the Host is placed in my hand, I step to the side and carefully use my bottom hand to place the Body of Christ in my mouth. I swallow the host then go to the chalice.

If I choose to receive the Host on my tongue, I hold my head up and gently put out my tongue. After the Host is placed on my tongue, I step to the side, swallow the host then go to the chalice.

If I am going to receive from the chalice, I first swallow the Host then move to the communion minister holding the chalice. The minister raises the chalice; I bow my head.

The minister says, “The Blood of Christ” I respond, “Amen”.

Then, I take the chalice carefully, holding on tightly with both hands, take a sip, then give it back to the minister.

If I am not going to receive from the chalice, I still stop in front of the chalice for a few seconds and bow to show reverence for the Blood of Christ.

I return to my seat, singing the Communion hymn, then kneel or sit to spend some time in quiet prayer.

**Concluding Rite**

The bishop gives a special Blessing and Prayer over the People at the end of Mass.

**Bishop:** God our Father,

complete the work you have begun and keep the gifts of your Holy Spirit

active in the hearts of your people.

May they never be ashamed to proclaim to the world

Christ crucified, living and reigning for ever and ever.

**All**: Amen.