

CCD FIRST HOLY COMMUNION PROGRAM

Parent Handbook

**G2 FIRST HOLY COMMUNION COHORT
SPECIAL HOLY COMMUNION COHORT**



FIRST HOLY COMMUNION PROGRAM

- G2/ FHC – Students in Gr2 (7 years old by September of year of registration)
- Special Holy Communion – Students in G3-G5 (9 – 11 years old) who have not yet received their First Holy Communion.

ONLINE REGISTRATION, BAPTISMAL CERTIFICATES & FHC FEE

Registration for CCD classes will be completed online. Upon submission of the form, please remember to save a pdf copy of the registration form for your records.

We require a copy of your child's baptismal certificate to complete registration. If the certificate is not in English, please supply an English translation as well. If you do not have a copy of this, we can also accept, at a later date, an official letter from the Parish where your child was baptised detailing when the sacrament was administered.

The Program Fee is \$100. Kindly arrange payment via PAYNOW to UEN: T08CC4052A Church of St Ignatius. Kindly indicate CCD+Child'sName+Grade (e.g. CCDJohnDoeG2) in the transaction reference and save a screenshot for your records.

Please send the following by email to CCDStIgnatius@gmail.com to complete your registration:

- Copy of Registration Form
- Screenshot of Payment Confirmation
- Soft copy of Baptismal Certificate

PARENTS' PRAYER

Dear God our Father,

You have called all Christian families to be a sign of your love to the world.

Help us to be generous with the gifts of life and love that you have showered on our family.

May we share them so that our homes become true signs of unitive and fruitful love.

Let us never forget to thank you each day
for all that sustains us and to look to Christ,
who comes to us in the events of family life,
in the sacraments of the Church,
and in service to the poor.

In all of this, our family becomes
a living expression of your Church,
a hallowed home of life and love.
By the power of the Holy Spirit, may all of us
—spouses, parents, and children—
share, as members of his Body,
in Jesus' mission to build a civilisation of love.

Father, we ask this in Jesus' name
in union with the Holy Spirit. AMEN.

ROLE OF PARENTS OF FHC STUDENTS

- ✝ Parents are the primary educators of their children and are responsible for initiating their children into the Sacramental life. Parents are models for children in the way that they live out their Christian Life.

 - ✝ Parents should receive the Sacrament of Reconciliation at least once a year. They should help children form a good conscience and morality. Parents should model forgiveness and apology situations in their family life.

 - ✝ Parents should encourage their children to attend Mass as a family, either in person or online, not only to familiarise students with the liturgy but to show them the centrality of the Holy Eucharist in our Catholic faith.

 - ✝ Parental support is key to the success of this program. We look to parents to help ensure that children complete the readings and supplementary materials at home and students regularly attend the online class sessions. Parents of very young children may need to accompany them during the online class sessions.

 - ✝ Parents are requested to advise the class teacher regarding absences and to arrange for a make-up session if available.
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PRAYERS STUDENTS SHOULD KNOW

Please help your children learn these prayers in preparation for First Holy Reconciliation and First Holy Communion

Our Father

Our Father in heaven, hallowed be Thy name.
Thy Kingdom come, thy will be done, on earth as it is in heaven.
Give us this day our daily bread and forgive us our trespasses,
as we forgive those who trespass against us.
Lead us not into temptation but deliver us from evil. Amen.

Hail Mary

Hail Mary, full of grace. The Lord is with you!
Blessed are you among women, and blessed is the fruit of your womb, Jesus.
Holy Mary, Mother of God pray for us sinners, now and at the hour of our death. Amen.

Glory Be

Glory be to the Father, and to the Son, and to the Holy Spirit
as it was in the beginning, is now, and ever shall be world without end. Amen.

Act of Contrition

Dear Lord Jesus,
I am truly sorry for all my sins.
I thank you for loving me and I want to love you in return.
Help me to live like you, and not to sin again. Amen.

HOW PARENTS CAN HELP PREPARE CHILDREN FOR FIRST HOLY RECONCILIATION

1. Your participation in preparing your child for the Sacrament of Reconciliation is crucial. Please help ease your child's anxieties. Remind them that the experience is a loving celebration of how much God loves and cares for us. Perhaps talk to them about how they feel when you forgive them. Also talk to them about your unconditional love for them. This doesn't mean they can behave in any way they choose, but it does mean that when they fail or make a bad mistake you will always love them. This is how God love us.
2. Explain the steps of Reconciliation with your child. Remind them that it includes the following a) Reflection - thinking about Jesus' life and how he would act. Saying prayers for guidance b) Examination - thinking about what you did wrong and expressing sorrow for these failings c) Confession - going to the priest. Again, it is not what is said, but how it is said...with respect and sorrow d) Forgiveness - Receiving a Penance and then doing it e) Sharing - Sharing this forgiveness with family and friends.
3. Reflect on your own feelings about forgiveness and reconciliation. Ask yourself these questions: a) What is your warmest memory of being forgiven? b) When you are most angry or upset with your child, why do you still love him or her? Do you think God can ever cease to love us?
4. Please help your child understand that he/she is able to tell the priest anything at all that they feel they have done wrong, and to tell them that the priest cannot ever tell anyone else about it. What they tell the priest remains between them and God. The priest is there as God's instrument on earth to give them the verbal forgiveness that God grants.
5. Explain to them about Penance, that it is a way of showing that you are sorry for what you did, and that when you have done it, you are completely o.k. with God again.

6. Model Love and Forgiveness. Celebrate forgiveness in your family. Here are some suggestions:
- a) Talking about what went wrong. Admit wrongdoing. Say you are sorry. Repair any damage.
 - b) Shake hands, make an agreement, write a letter of apology, say a prayer asking for forgiveness, or leave a note of forgiveness.
 - c) Do not go to bed angry with one another or hold a grudge.
 - d) Talk each day or week about how things are going.
 - e) Communicate openly and honestly. Avoid fault finding to place blame on another.
 - f) Acknowledge each individual's strengths and limitations.
 - g) Prioritise supporting and restoring one another.

HOW PARENTS CAN HELP PREPARE CHILDREN FOR FIRST HOLY COMMUNION

1. Realise that you already have been preparing your child for first Communion since the day he or she was born. Eucharist is about the absolute love of God for us. The ways you have loved, cared for and modelled forgiveness speak of the unconditional love of our God. Our most intimate experiences of God's presence with us often occur within the everyday moments, interactions and relationships of family life. The challenge is that sometimes we are so busy that we miss them. Family life is holy, is sacred. That is where God is.
2. Talk together. Tell stories about your God times. Use scripture stories and parables. Answer their questions, even the ones they're not asking!
3. Stress the connection of Baptism and the Eucharist. Get out your photo albums and recall your child's baptism. Unpack the baptismal garment and tell its history: when and where you bought it or who made it, who else wore it.
4. Celebrate the liturgical seasons at home: Advent wreaths, putting up nativity scenes, reading scripture stories, talking about family members' baptism and first Communion photos, etc.
5. Put a little extra into family meals (they have a big connection to Eucharist!) Let your child decorate the table for an evening meal. Talk about special meals your family has shared.
6. Pray as a family – often and as a natural part of family life: mealtimes, bedtimes, happy times, worrisome times, after an argument, when someone is in trouble, always on special occasions.
7. Make Mass a family event, whether it's in person or online. Point out one or two things each week for your child to watch for. Talk about the homily after the mass. Talk with your family about who you want to pray for during the General Intercessions; and what you want to thank God for during the Eucharistic Prayer.

8. Grow together in appreciation of God's Word. On Saturday evenings, read the scriptures you will hear at Mass. What is God saying to your family this weekend?
 9. Familiarise yourself with your church. When you attend mass in person, point out to your child the altar, the tabernacle, and the crucifix. If you can't be there in person, show him or her photographs of his or her baptism and point out these objects in the pictures.
 10. The Catechism of the Catholic Church reminds us the Eucharist commits us to the poor (#1397.) Together fix a meal for a neighbour in need, sort through toys and clothing for gifts to the poor, visit a nursing home, add small change to a charitable donation.
 11. Keep First Communion first. It should be just what we call it: first. Don't put so much emphasis on this one. It's important because it is the first of many, the first of a lifetime of 'Coming to the Table.' In reality, most of these suggestions are not just about preparation for first Communion, they are about living the wonder of our Catholic family all the time.
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FIRST HOLY COMMUNION ATTIRE

Boys: Long dark pants (navy blue or black). Please no shorts.
Long sleeved white buttoned shirt
Dark colour dress shoes and dark socks
Tie, bow tie and/or jacket optional
Face masks

Girls: Plain white, ivory, or cream dress (knee-length or below) or blouse and pants
Closed shoes or sandals in white or silver
White headbands, flowers, or veils may be worn
No gloves
Face masks



PROGRAM EVENTS

- Mandatory Parent Meeting (Online) in Term 1

This is an introductory meeting for parents whose children have been accepted into our program. Parents will be briefed on key information regarding the program and will be able to meet catechists in this online briefing.

- First Holy Communion Program Retreat (Online) in Term 2

In this session, students will be led through several parables that will help them understand the meaning and significance of the sacraments that they are preparing for. Through journaling and drawing, the students will be able to reflect about how God is speaking to them through these beautiful Bible stories.

- First Holy Reconciliation Session (In-person) in Term 2

Students will be fully prepared to know what to do and say during these face-to-face sessions where they will first experience the joy of receiving God's forgiveness.

- First Holy Communion Mass (In-person) in Term 2

This celebration is the culmination of our year, with each student finally being called to be part of the Supper of the Lord. It is always a beautiful and meaningful celebration for all students and their families.

FIRST HOLY COMMUNION PROJECT



All students in the program will be required to complete a First Holy Communion Banner. CCD will procure and distribute the felt cloth for this project to students in March. More detailed instructions will be provided at a later date. This project must be completed in time for the First Holy Communion Program Retreat in May.

- The banners should include the child's FIRST NAME and be decorated with a holy symbol or First Holy Communion theme (e.g. Chalice and Host, cross, church, grapes, bread and wine) The design can be as simple or elaborate as your child wishes.
- They may use sequins, fabric, glitter, paint, foam stickers, etc. to make the design. Try Art Friend or Spotlight in Plaza Singapura for craft materials.
- The banners should be in VERTICAL or PORTRAIT format only.
- Please do not cut the edges of the cloth or use a design that extends beyond the edge.

- Parents will be requested to send a photo of the completed banner to catechists by the specified due date.

KEY CONTACTS

Catechists

Lourdes Samson, FHC Coordinator and SHC Catechist, fhc.ccd@gmail.com

Gwen Lim, G2 Catechist, Limlianchen@hotmail.com

Liana Santoso, G2 Catechist, Lianasantoso@gmail.com

Carmel Tan, G2 Catechist, tancarmelmary@gmail.com