



RECONCILIATION & EUCHARIST

INFORMATION & SCHEDULE 2025-26

All sessions Sundays, 9:35-10:45 a.m.

OVERVIEW OF PROCESS

The preparation for First Reconciliation and First Eucharist is fully integrated into **Family Faith Formation**. Children preparing for these sacraments must be enrolled in and attend the full Family Faith Formation program, which begins in October and runs through the school year.

While the "first" sacraments are significant milestones in your child's faith journey, **they are not meant to be "one-and-done" events**. The true purpose of sacramental preparation is to **foster a lifelong sacramental life** rooted in the family. Regular celebration of the sacraments—especially Sunday Eucharist and regular confession—is essential to Catholic life. Thus, our program is designed to encourage a way of life within the home and the parish. Our expectation is that families are seeking to live out the Catholic life fully and the parish's goal is to encourage and support that vocation.

Preparation includes:

- Full participation in Family Faith Formation (October-May)
- Completion of short at-home lessons with your child
- Two meetings with Fr. Joe (once per semester)
- Reconciliation Practicum date: Wednesday, January 14, 2026 @ 6pm
- Reception of the 1st Reconciliation: Wednesday, January 21, 2026 @6pm
- Eucharist Practicum date: Wednesday, April 22, 2026 @6pm
- Reception of the 1st Eucharist: Saturday, April 25/ Sunday, 26, 2026 – A Mass of Family's choosing

SACRAMENTAL PREPARATION COMPONENTS

Family Faith Formation

Children first experience God's unconditional love through their parents, and parents grow in their union with Christ through the self-sacrificial love they show their children. Our Family Faith Formation program is designed to form both children and their parents. During sessions, children gather with catechists while parents receive catechesis based on monthly themes, support for leading at-home lessons, and time to develop relationships with other parents. Some sessions will involve the entire family together.

The program meets twice a month from October through May (ending May 3rd). **At least one parent or guardian must attend each session with their child.** We encourage the entire family to attend

At-Home Material

In addition to the regular Family Faith Formation at-home lesson packets, each 1st sacraments family will receive a separate **Home Lesson Booklet**, focused specifically on the sacraments. Lessons are written at an elementary level and often include a short activity or craft. Parents do not need to be experts in the faith – the goal is to help you introduce and reinforce the meaning of the sacraments at home, ideally doing one short lesson each week.

Meetings with Fr. Joe

Families will meet with Fr. Joe once in the fall and once in the spring. These meetings are a vital part of preparation and offer:

- A time to check in and ensure everything is on track
- Pastoral support for parents navigating this stage of their child's faith life
- A chance for you and your child to get to know your pastor
- An open space to ask questions or express concerns
- A brief review of sacramental content to help ensure children are ready for reception

Practicum

- The **First Reconciliation Practicum** provides a walk-through of the sacrament with Fr. Joe to help children feel comfortable.
- The **First Eucharist Practicum** will be held in the Worship Space. It includes a review of the Mass, liturgical roles (like bringing up the gifts or prayers of the faithful), and altar server training. This is meant to deepen understanding and help families feel at home during the liturgy.
- Children will be able to be altar servers for any mass after their First Eucharist.

Absences and Make-up

We understand that illness and family conflicts sometimes arise. If your child must miss a scheduled session, please contact Lukas Steffensmeier as soon as possible. **Missed sessions must be made up prior to reception of the sacrament.**

First Eucharist dates

There will be 3 opportunities to receive First Eucharist, based on which Mass fits your family's schedule.

For more information, contact:

Lukas Steffensmeier

Office Number – 651-789-3162

lsteffensmeier@guardian-angels.org

Please register online by **September 27, 2025.**