
EUCHARIST PREPARATION AT A GLANCE

HOW PREPARATION COULD LOOK IN A PARISH

- Step 1 **Consult** the [Organising First Communion in your Parish](#) checklist found on the [Flame of Faith website](#)
- Step 2 Facilitate **Parent Session** - include information adult formation for the Sacrament of Eucharist, information about preparation in the parish, and prayer
- Step 3 **Rite of Enrolment** - children are formally enrolled at the parish Masses over a weekend
- Step 4 **Family Activities** (this is a 4 to 5 week process) - family friendly, simple activities that parents can do with their children using a resource such as the Archdiocesan Ministries [my sacramental journey: Eucharist](#) (with [Parent Guide](#)) or Liturgy Brisbane *Our Family Prepares: Communion*.
- Step 5 **Parish Workshop/Retreat** - a time for catechesis and encounter through games, crafts, activities and prayer
- Step 6 **Celebrate** a simple second rite of the Sacrament of Penance (For example see: Sample Liturgy of God's Mercy, Liturgy Brisbane [Our Family Prays](#) p80-82)
- Step 7 **Practice** - an opportunity to lead children and parents through the Mass
- Step 8 **First Communion during parish Mass**
- Step 9 **Continue the journey** - stay connected to families through email, social media and the parish website. What parish activities can you invite families to?
[my sacramental journey: from Eucharist](#) to Penance is a journal for children to continue to reflect on living the Eucharist each day



*Archdiocesan Ministries is available to support your parish during all the planning phases.
Sacramental preparation is a collaborative process - parish based, family centred
and school supported*