

THE SACRAMENT OF FIRST COMMUNION IN THE DIOCESE OF PUEBLO

For the administration of the Most Holy Eucharist to children, it is required that they have sufficient knowledge and careful preparation so as to understand the mystery of Christ according to their capacity, and can receive the Body of the Lord with faith and devotion. The Most Holy Eucharist may be given to children who are in danger of death, however, if they are able to distinguish the Body of Christ from ordinary food and to receive Communion reverently. It is the responsibility, in the first place, of parents and those who take the place of parents as well as of the pastor to see that children who have reached the use of reason are correctly prepared and are nourished by the divine food as early as possible, preceded by sacramental confession; it is also for the pastor to be vigilant lest any children come to the Holy Banquet who have not reached the use of reason or whom he judges are not sufficiently disposed.
(*Canons 913-914; see also 897-958, 959-991 and Catechism 1322-1419, 1422-1498*)

The following indications are necessary to show that your child is ready to receive the Sacrament of First Communion.

- 1. **Valid Baptism Certificate**
- 2. **Consistent Mass attendance on Sundays & Holy Days**
- 3. **Daily Prayer**
- 4. **Completed Formation** (N.B. in a group setting is preferred, but not mandatory*) Recommended: Blessed (Dynamic Catholic)
- 5. **First Reconciliation****
 - a.) The candidate is instructed concerning and understands sin and the 4 components (contrition, confession, satisfaction, and absolution, see CCC 1448, 1491) of the sacrament of Reconciliation
 - b.) The candidate is instructed in a practical manner on how to go to confession, using any guides that would be helpful
 - c.) And it is reinforced that the candidate should begin receiving the sacrament regularly after receiving First Reconciliation.
- 6. **Discernment Interview with Pastor or a trained and qualified delegate*****
- 7. **Commitment by parents/guardians to bring the candidate to Mass on Sundays and Holy Days and to confession regularly.******

* If formation is not completed in a group setting, the parent/guardian will demonstrate what has been covered to the satisfaction of the pastor.

** Note that the candidate for First Communion is to make his/her First Reconciliation before receiving First Communion.

*** This discernment interview will focus on the candidate's lived relationship with Jesus, understanding of the Real Presence of Jesus in the Holy Eucharist, and disposition to receive the sacrament. This could be accomplished in part by the candidate telling the story of his/her relationship with Jesus up to this point in his/her life.

It is not required for the candidate for First Communion to have a Sponsor.

It is not required to have a first communion candle