

First Holy Communion

Weekend of
April 30th & May 1st, 2022

For St. Olaf Children
who will be
7 years old
by April, 2022
(or in 2nd Grade)

This joyous sacrament is one of the three sacraments of initiation into the Christian life. Also known as the Sacrament of the Eucharist, holy communion is our weekly bread fellowship with Jesus and one another. Through this sacred meal we are nourished by Christ himself, who becomes food for the journey to heaven that began with our Baptism.



“Let the children come to me; do not prevent them, for the kingdom of God belongs to such as these.”

- *Jesus of Nazareth*

(Mark 10:14 NAB)

Class

Our first class will take place on:

Sunday, January 9th, 2022

12:30pm

St. Olaf Church

Please register through the parish office at
joy.erickson@stolafschurch.org

We will be following all the Covid guidelines for faith-based gatherings, as mandated by the State of Washington and the Archdiocese of Seattle.

Dear Parents,

Welcome to First Holy Communion Class! Thank you for investing your time and effort in helping your children enter this central and important part of their lives as Christian disciples.

First Holy Communion at St. Olaf centers around being present in the church on weekends to become familiar with Mass and all its many parts. We teach how to celebrate the entirety of the sacrament, along with its meaning and significance. In addition, we teach the heritage of our Judeo-Christian tradition through our lesson plans and hands-on activities.

Through the habit of weekly participation we teach your children about when to stand and sit and kneel, about the various church furnishings such as the tabernacle and statues, how and when to genuflect/bow, important prayers, and many other elements that comprise the culture surrounding our particular Eucharist celebration.

With the pandemic and its associated dispensation from attending Mass, we ask that you candidly consider the degree to which you expect to regularly be present in church each weekend. It's so central that your children be formed within the practice and rhythm of weekly participation. If you do not expect to come to Mass regularly, even for legitimate health reasons, it would be preferable that you wait for next year, when public health circumstances will hopefully be more favorable for all of us.

We've also experienced many instances of families wishing First Holy Communion for their children, yet not having any connection to the church nor any regular participation in the weekend Mass. If this might be the case for you, we ask that you please consider whether or not you plan to make Mass and sharing in the life of the community a priority for your family. Children entering into participating fully in the Eucharist need the example and leadership of the adults in their lives to help imbue them with receiving communion being a regular and life-long practice which leads to other sacraments and other forms of participation in the life of the Christian community. It's heartbreaking to watch children make their First Holy Communion and then never receive the leadership they need to continue. Should you realize that raising your children in the faith in the context of the parish is not a priority for you at this time, please know that we will provide you with materials for you to continue teaching your children in the meantime, in anticipation for the future. Please return when you are ready.

For Active Military Families: Here at St. Olaf and St. Peter we are deeply familiar with and respectful of the reality of navy deployments and other military requirements. Please know that you are welcome here, and that we understand how your schedules might be disrupted and out of sync with our calendar. Even though your comings and goings are frequent, our experience is that you readily enter into parish life and weekend services, and will continue to live your faith within the Christian community wherever your next duty station might be.

So, given what is presented here, if you are ready to commit to being present at Mass on the weekends with your children; to bring your children regularly to Mass after First Holy Communion class is over as they grow up; to attend all the parent/child classes; to support them completing their on-line assignments; to share in the life of the parish; then please plan to enroll your children in our classes. And thank you again for all your efforts in helping your children grow from their Baptism into the subsequent stages of their life of Christian discipleship.

Fr. David