

## Sacraments: Preparation & Living the Faith

There are seven sacraments in the Catholic Church grouped into three categories:

- ⇒ **The Sacraments of Initiation.**
- ⇒ **The Sacraments of Healing.**
- ⇒ **The Sacraments of Service.**

Here we intend to provide guidelines for sacramental preparation. These guidelines are not only beneficial for those learning about the sacraments for the first time, but also for those who seek to live a vital, spiritual life rooted in an ever-deepening faith.

Much of this information is from <http://formed.org/>, a Catholic platform subscribed to by our parish and available free to all parishioners. The content includes informative videos, multi-lesson Bible studies, audio books, and streaming movies. You are encouraged to explore the site to find not only those resources listed here on the sacraments, but also the wide-ranging content aimed at strengthening your understanding of our Catholic beliefs, traditions, and practices. Whatever your stage in life or your learning preferences, you're sure to find a good fit!

Simply go to <http://formed.org/>, find "St. Thomas Redmond" and set up your own personal account with an email and password. Then explore at your own pace, searching out areas of interest to you.

Included in our preparation guidelines for the sacraments is additional context provided by the Diocese of Baker documents:

- ⇒ **Pastoral Guidelines.**
- ⇒ **Catechetical Guidelines and Norms for Sacramental Preparation.**

## Sacraments of Initiation

The sacraments of initiation provide a foundation for the “vocation to holiness and to the mission of evangelizing the world” that all of Christ’s disciples have (CCC 1533).

We follow the [Baker Diocese Pastoral Implementation for Sacraments of Initiation](#). Children prepare for the sacraments through religious education, youth group, and preparation programs. Adults prepare by participating in the Rite of Christian Initiation for Adults (R.C.I.A.). The specific plan for preparation is determined based on a range of factors as outlined in the pastoral guidelines for the diocese, including whether the person has the use of reason, and whether they should be baptized or catechized.



## Eucharist

Jesus instituted the Eucharist at the Last Supper, and it is “the source and summit of the Christian life. The other sacraments are [...] bound up with the Eucharist and are oriented to it. For in the blessed Eucharist is contained the whole spiritual good of the Church” (CCC 1324). As Catholics we believe in the true presence in the Eucharist—that it truly is the Body and Blood of Christ.

Aside from First Holy Communion as part of the R.C.I.A. program, we have a preparation program for youth in 2<sup>nd</sup>—5<sup>th</sup> grade to receive this sacrament. Additionally, we have a separate Teen preparation program for youth in 6<sup>th</sup>—12<sup>th</sup> grade.

### Requirements to receive 1<sup>st</sup> Holy Communion:

- ⇒ registration by the end of September.
- ⇒ Attendance at 1-2 monthly Monday Sacrament classes offered in both Spanish and English for 2<sup>nd</sup>—5<sup>th</sup> grades (2<sup>nd</sup>—12<sup>th</sup> grades meet 4:00—5:30 p.m.)
- ⇒ Wednesday Faith Formation (2<sup>nd</sup>—5<sup>th</sup> grades) 3:00—5:00 p.m.
- ⇒ Wednesday Youth Group (6<sup>th</sup>—12<sup>th</sup> grades)  
6:30—6:50 p.m.—social time; 7:00—8:15 p.m.—class time.
- ⇒ Weekend Mass attendance and Check-In (your choice of Mass times and parishes).

*Symbolon, Part 2* has sessions that focus on the Eucharist and the Mass. The sessions explain the belief vital to the Catholic faith about the Real Presence of Jesus in the Eucharist. It is especially helpful for Catholics who do not feel they have sufficient background to explain this belief or for those exploring the Catholic faith, you will find a detailed explanation of this central belief.

