

FIRST HOLY COMMUNION

PREP GUIDE

Prayers and items to know

- ☐ [Weekly, Sunday Mass attendance](#)
- ☐ Genuflect before sitting in pew
- ☐ How to sit in Mass
- ☐ Sign of the Cross ✠
- ☐ Mass responses



Prayers: Lord, I am not worthy that you should enter under my roof - but only say the word, and my soul shall be healed.

Clothing:

Girls:

- ☐ White dress (cream or ivory ok)
 - ☐ Please make sure dresses are not too long
- ☐ Dresses may be sleeveless, short or long-sleeved.
 - ☐ It's recommended that the girls wear a light sweater or short jacket if sleeveless—it's usually very cool in the Church
- ☐ No gloves in church and should not carry anything during reception of the Sacrament.
- ☐ Veils or flower wreaths -- personal preference.

Boys:

- ☐ Suit or Blazer, Khaki pants -- color of choice
- ☐ Dress Socks
- ☐ Dress shoes -- no sneakers



Dates:

FHC at St. Benedict is held after Easter through the weekend before Pentecost, at the Weekend Masses. Typically the months of April—June

Sign-up information will be sent following the Opening

Information Meetings. Parents and families are expected to set the example for their children.