

# How to Receive First Communion From a Roman Catholic Church



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## Receiving First Holy Communion is a monumental occasion for Catholics.

The sacrament of First Holy Communion is an important rite of passage in the Roman Catholic church. It is the first time a child, usually around seven or eight years of age, receives Communion, which is a wafer of bread that represents the body of Jesus Christ. The Communion wafer is also known as the Eucharist. During Roman Catholic masses, the bread is consecrated and is believed to be transformed into the body of Christ by the priest. There are several steps a child must take before receiving this blessed sacrament.

## Instructions

things you'll need:

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- White dress, veil and gloves for girls
  - Dark suit, white shirt and tie for boys
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# 1. Instructions

o 1



[Roman Catholic churches can be found in most communities.](#)

Join a parish. If your child is not already a member of a Roman Catholic parish, he or she must become one before receiving the sacrament at that church. Begin to attend mass regularly there so that your child can become accustomed to the church and its teachings.

o 2

Get baptized or present proof of baptism. A child cannot receive the sacrament of Communion without first being baptized. If the child was baptized at another church, request the baptismal certificate from that parish.

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Attend religious [education](#) classes. Children generally begin studying for First Communion in the first grade. Those children who don't attend Catholic [school](#) go to religious instruction classes after school or on weekends at their parish. In most cases, at least one to two years of religious education must be undertaken before they can receive communion for the first time.

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Receive Sacrament of Penance (also known as Reconciliation or First Confession). This sacrament usually takes place a week or so before the Communion. During Penance, the child must confess his or her sins to the priest in a private confessional at the church.

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Purchase appropriate clothing. Boys typically wear a dark suit with a white shirt and a tie. Girls wear a white dress, a veil attached to a headdress and white gloves. The veil symbolizes the tablecloth used at the Last Supper and the dress symbolizes the robes that Jesus wore.

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Schedule the ceremony and plan a [celebration](#) to follow. Check with your parish to see when Communion ceremonies take place. They usually occur around Easter time. Children receive the sacrament with other parishioners their age. Many families plan parties following the ceremony with family and friends either at home or at restaurants or catering venues.

Ref.: [http://www.ehow.com/how\\_8177922\\_receive-communion-roman-catholic-church.html](http://www.ehow.com/how_8177922_receive-communion-roman-catholic-church.html)