

# RECEIVING FIRST COMMUNION

**Celebrated at Initiation and thereafter weekly at Mass**

First Communion is initiation into the Holy Eucharist. The essential signs of the sacrament of the Eucharist are the bread and wine, on which the blessing of the Holy Spirit is invoked when the priest pronounces the words of consecration spoken by Jesus during the Last Supper.

Preparation for the Eucharist is specialized for a child or adult. Before age seven, children are encouraged during the Eucharist to advance to the priest or Eucharistic Minister with their arms crossed at their breast to receive a benediction rather than the Eucharist.

The Eucharist is given to children raised in the Catholic faith usually at age seven, when they have undergone careful preparation and have sufficient knowledge to understand the mystery of Christ according to their capacity. For adults, the Eucharist is one of the three sacraments of the **Rite of Christian Initiation** that define our Christianity. Adults baptized as Catholics may receive the Eucharist.

**CHILDREN:** Sacramental preparation for First Reconciliation and First Communion occur in the 2nd grade. A child must be registered in the OLM Sunday School.  
Contact **Marie Slaton** or call 310.456.2361

**ADULTS:** Those who wish to partake of the Eucharist for the first time as adults must be enrolled in OLM's **Rite of Christian Initiation for Adults (RCIA)**.

Contact: **Jane Griesemer**, Director, Religious Education for Adults  
or call 310.456.2361