



# First Holy Communion FAQs

## **Photography during the Mass**

Out of respect for the Mass and the solemnity of this Sacramental occasion, we strongly ask that **NO FLASH PICTURES OF ANY KIND BE TAKEN DURING MASS**. We also ask that you kindly remind all guests to please respect this request. You are free to take any pictures that you like AFTER the celebration of the liturgy.

## **Cell phone and other electronic devices:**

Cell phones, pagers, and other beeping or musical/disruptive electronic devices must be turned off during the celebration of the First Communion liturgy. We ask that you ask all invited relatives and guests to also comply with this prayerful request.

You will know at the Rehearsal where you and your child will be seated. Please let relatives and guests know ahead of time where it would be better for them to sit. Please do not use your cell phone in church to do this!

The best gift that all can give the children on this important day is the gift of prayerful participation.

## **Gum, candy, food, etc.**

Gum and wrapped candies, like any food, break the fast required prior to Communion. Out of respect for the sacred space and as preparation for reception of Holy Communion, we ask that you refrain from eating these in Church at all times.

## **Seating at First Holy Communion**

Each family will receive one reserved pew for their child's FHC mass. Please advise if your family is larger or smaller so we can assign you a pew accordingly.



## **Observing the fast before First Holy Communion**

The Church requires a fast of one hour from all solid foods and liquids, both alcoholic and non-alcoholic (with the exception of water, which can be taken at any time, and medicine). This fast also includes gum and candy. (As noted above, chewing gum also shows a lack of respect for God's house and for the sacred mysteries celebrated there.)

Exceptions to the Eucharistic fast include the elderly and the ill (as well as those who care for them) who need only fast for fifteen minutes before receiving Communion.

Fasting helps us to prepare for and appreciate the sacredness of this great gift. It reminds us of what we are doing: receiving the very Body and Blood of Christ. Fasting for one hour helps us to set that time aside for the Lord, lest this very holy gift become common.

## **First Holy Communion Gifts**

Parents and other relatives will sometimes ask about appropriate gifts to give a child on the occasion of their First Communion.

Decisions on clothing, gifts, and parties should not distract from the importance of First Holy Communion itself.

The primary emphasis should be placed on the preparation of the heart and the mind, and less on the clothing, gifts, and parties.

If choosing and giving gifts, this occasion is an opportunity to give gifts that will help develop your child's growing faith and faith-life. This would include items like prayer books, rosaries, statues, etc. Saint Veronica Parish does not endorse any particular vendor in this regard, but suggests that you look for suitable gifts a reputable Catholic bookstore or gift shop that is able to help you with appropriate choices.

This might also be an occasion for you and/or your child to suggest that donations be given to a favorite charity or a local food bank - like our own parish's St. Vincent de Paul Society. Contributions can also be given to the St. Veronica Religious Education Program for purchase of religious education materials.