



Expected Outcomes for First Holy Confession and Solemn Holy Communion Preparation

UKRAINIAN CATHOLIC EPARCHY OF EDMONTON

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Preamble:

This list of expected outcomes was created to be used as a guide for those preparing children for first Holy Confession and Solemn Holy Communion in the Ukrainian Catholic Eparchy of Edmonton. The aim is that there be consistency in what the children are asked to learn, and that they may, with confidence, declare the “I can” statements listed in each section. We hope you find this material beneficial in planning and teaching preparation classes and welcome your feedback. This outline is not meant to replace any resources or class lessons that Catechists may be using. You will note however, that it lists resources that are useful in each of the sections. These approved resources are based on those that are currently being used by Catechists within the Eparchy and are all available through the Pastoral Resource Centre of the Ukrainian Catholic Eparchy of Edmonton or online.

They are:

Resources that are the official programs approved by the Ukrainian Catholic Bishops of Canada for use in parishes and schools

God Gives Life – Grade 2, God with Us Publications

We are Children of Light, Sisters Servants of Mary Immaculate, Canada

Resources that are also helpful and are recommended for use in Catechesis

Christ Our Pascha, Catechism of the Ukrainian Catholic Church, Commission for the Catechism of the Ukrainian Greek Catholic Church

The Divine Liturgy of Saint John Chrysostom, Pew Book, Synod of the Hierarchy of the Ukrainian Catholic Church

The Divine Liturgy – An Anthology for Worship, Metropolitan Andrey Sheptytsky Institute of Eastern Christian Studies

Give Thanks to the Lord – A Basic Catechism, Rev. Peter Babej, Ukrainian Catholic Eparchy of Edmonton

Beneath the Mantle of Your Mercy, Rev. Peter Babej, Ukrainian Catholic Eparchy of Edmonton

Song of the Soul – Пісня Душі, Audio and Print Resource, Edmonton Catholic Schools

Celebrating Forgiveness, God with Us Publications

Marilyn the Catechetical Puppet, Fr. Bo Nahachewsky - www.theosis.ca

Note * It is highly recommended that part of the preparation for Solemn Communion be regular attendance at Sunday Divine Liturgy. The Catechist is encouraged to emphasize regular attendance not only during the preparation time but all through the lives of those preparing to receive. Think of ways that you as a Catechist can encourage this through involving the children and their families in the service.

Educational Objectives - Cognitive

God as Trinity

See: *Christ Our Pascha*, The Catechism of the Ukrainian Greek Catholic Church, Part I

I can...

1. say that God is the Creator who made me and loves me.
2. tell you that God created the world, everything in the universe and all things visible and invisible (i.e. heaven, angels).
See: Genesis 1,2; God Gives Life, Grade 2 – Unit 1, Lesson 2; Give Thanks to the Lord, Lesson 3
3. name God as Father, Son and Holy Spirit (the Holy Trinity). God is Eternal and is everywhere present. God is all knowing, and all loving.
See: God Gives Life, Grade 2 – Unit 1, Lesson 1; Give Thanks to the Lord, Lesson 5
4. declare that the Trinity is the Father, Son and the Holy Spirit together. It is a mystery that God is one, yet in God there are three persons. They are all equal and all three are one God. Because we are human, we can't really understand this, but what we do believe is that the persons of the Trinity love each other completely and perfectly. It is this love that we receive from God and that we are called to give to others.
See: God Gives Life, Grade 2 – Unit 1, Lesson 1; Give Thanks to the Lord, Lesson 6
5. tell you that we are created to know, love and serve God through serving one another, and to be happy with him forever.
See: God Gives Life, Grade 2 – Unit 1, Lesson 1,2; Give Thanks to the Lord, Lesson 3,4

The Incarnation (God becomes human)

See: *Christ Our Pascha*, The Catechism of the Ukrainian Greek Catholic Church, Part I

I can...

1. tell you that Mary is called the Mother of God or *Theotokos* which means “God bearer” because Jesus was God even when he was a baby.
See: *God Gives Life*, Grade 2 – Unit 1, Lesson 4; Marilyn the Catechetical Puppet: www.theosis.ca
2. tell you that the story of the life of Jesus is about the incarnation – God became human so that humans might become more like God. Jesus taught about the kingdom of God by his explanations and through stories called “parables.” He healed the sick and did many other wonderful things. Through his suffering, death and resurrection, he freed us from sin, opening the way to heaven and eternal life. Jesus ascended but promised to send us the Holy Spirit.
See: *God Gives Life*, Grade 2 – Unit 1, Lesson 3; *We are Children of Light* – Theme 10,11
3. tell you that the twelve apostles were the first disciples of Jesus. Later, more men and women came to follow him, and now we are all called to be his disciples.
To the Teacher: Emphasize what it means to be a disciple – we follow Jesus, we try to live like him, to grow closer to him, we pray to him, and we tell others about how great it is to have him in our lives. We need to take action.
See: *God Gives Life*, Grade 2 – Unit 1, Lesson 4,5,6;
Marilyn the Catechetical Puppet, www.theosis.ca
4. tell you that we are called Christians because we are one with Christ through faith and baptism and we have given our lives to be his followers. The word “Christian” comes from “Christ.”
See: *God Gives Life*, Grade 2 – Unit 1, Lesson 4,5,6
5. tell you that at Pentecost, the Holy Spirit descended (came down) upon the disciples.
To the Teacher: Emphasize the importance of the descent of the Holy Spirit for us as followers of Christ. The Holy Spirit was/is essential in the formation of the Church and continues to provide the gifts we need everyday as disciples who are called to tell others about Jesus.
See: *God Gives Life*, Grade 2 – Unit 2, Lesson 9; *Give Thanks to the Lord*, Lesson 10

Prayer and Worship

See: *Christ Our Pascha*, The Catechism of the Ukrainian Greek Catholic Church, Part II;

God Gives Life, Grade 2 – Unit 3 Lesson 14; *We are Children of Light*, Theme 8; *Give Thanks to the Lord*, Lesson 2; *Marilyn the Catechetical Puppet*: www.theosis.ca

I can...

1. tell you that prayer is conversation with God.

To the Teacher: It is important to emphasize that praying is first listening to God, opening ourselves to the Holy Spirit, being aware of His presence and being thankful for all He has done for us, so that we can grow closer to Him. It is not simply a list of petitions or rote words, although we can ask God for help. Prayer is also a time to express our sorrow for our wrongdoings and to ask for God's forgiveness. Practising quiet contemplative prayer such as the Jesus Prayer with the children will be very helpful.

See: the Edmonton Eparchy website <http://eeparchy.com/> for an audio resource with various prayers.

2. tell you that prayer must be sincere, and from the heart. I can pray anywhere and at any time, e.g., using my own words, using the words of the Church, and other forms of prayer.
3. tell you that in the Divine Liturgy, we worship God, we hear God's Word, we pray as a family of God, we receive Christ in Holy Communion, and then we are sent out to the world to tell others the good news about Jesus and live our life as best we can, letting Christ shine through us.

See: *God Gives Life*, Grade 2 – Unit 3; *We are Children of Light*, Unit 2; *Give Thanks to the Lord*, Lesson 11

The Holy Mysteries (Sacraments)

See: *Christ Our Pascha*, The Catechism of the Ukrainian Greek Catholic Church, Part II, Section C

I can...

1. tell you about the Sacramental Mysteries and why we need them.

To the Teacher: This does not necessarily mean to memorize them but to be familiar with them and their significance.

See: *God Gives Life*, Grade 2 - Unit 2; *Children of Light*, Units 1 to 3; *Give Thanks to the Lord*, 10-14

2. tell you that the three Mysteries of Initiation are Baptism, Chrismation and Eucharist. They are called the Mysteries of Initiation because through them the person becomes a full member of the Body of Christ (the Church) and can participate fully in the Church.

3. tell you that at Baptism:

1. We receive the grace to be children of God.
2. We receive new life in Christ. We die and rise with Christ.
3. We are cleansed of sin and become holy by the Holy Spirit that comes to live within us.
4. We are baptised into the Church and become members of the Body of Christ (the Church).

4. tell you that at Chrismation we are sealed in our new life with the Holy Spirit which means that we are given the strength of the Holy Spirit to do good and avoid evil; to be strong in faith, hope and love; to speak courageously about Christ's love; and to grow in holiness throughout our lives.

5. tell you that the Eucharist is important because the risen Christ is present to us even though we still see bread and wine. He gives us the Holy Spirit to strengthen us and we become closer to one another through our communion with Christ.

To the Teacher: Review the meaning of communion and why this word is used when we talk about the Eucharist.

See: *God Gives Life*, Grade 2 – Unit 2, Lesson 12; *We Are Children of Light* – Unit 2, Themes 13 and 14; *Give Thanks to the Lord*, Pg. 78-80; *Marilyn the Catechetical Puppet*: www.theosis.ca

6. tell you that in the Mystery of Repentance we confess our sins before God and his priest and receive God's healing grace. It is a chance to reflect on our lives, have a change of heart, come to God for forgiveness of our sins, and be reconciled to the Church and one another.

To the Teacher: Historically the entire church body would be witnesses to confessions. Sins would be confessed in front of the people because sin affects our right relationship within the Body of Christ – the Church. Today the priest represents the Church, therefore, we make our confession before Christ in the presence of the priest.

See: *Celebrating Forgiveness*; *God Gives Life*, Grade 2 - Unit 4, Lessons 22 and 23; *We are Children of Light*, Unit 3; *Give Thanks to the Lord*, Lesson 12.

7. tell you that Jesus gave his priests the authority to forgive in his name.

Christian Life

See: *Christ Our Pascha*, The Catechism of the Ukrainian Greek Catholic Church, Part III

I can...

1. tell you that sin is turning away from God, by saying “No!” to God. It is being unloving toward one another.
See: *Celebrating Forgiveness – Unit 4*, *God Gives Life – Unit 4*, Lessons 22 and 23, *We are Children of the Light*, Theme 18
2. tell you what the Ten Commandments are and why we need them.
To the Teacher: Here we do not necessarily ask the children to memorize the commandments in order, but we hope for a more meaningful understanding of them. They should be familiar with all ten and be able to speak about them and recognize them.
See: *God Gives Life*, Grade 2 – Unit 4, Lessons 20 and 21; *Marilyn the Catechetical Puppet*, www.theosis.ca
3. tell you that the two greatest commandments are:
 - 1) Love the Lord your God with all your heart, with all your soul, with all your mind and with all your strength.
 - 2) Love your neighbour as your self.***To the Teacher: Ensure that the children know that this comes from Jesus: (Mark 12:30-31, Mt 22:36-40). Reflect on the fact that both of these commandments have to do with our relationship with God and with others. To love our neighbour is to love God. How loving we are towards God and others should be the most important guiding posts in our lives.***
See: *God Gives Life – Unit 4*, Lesson 20 - 21
4. tell you the meaning and significance of the prayers in Appendix A on Pg. 9.

Educational Objectives - Behavioural

See: *Song of the Soul*, an audio and print resource available through the Catechetical Resource Centre of the Ukrainian Catholic Eparchy of Edmonton and on the Eparchy of Edmonton website <http://eeparchy.com/>

I can...

1. make the sign of the cross with my fingers in correct position and tell you the meaning and symbolism of the hand position.
See: *Give Thanks to the Lord*, Pg. 16; *Marilyn the Catechetical Puppet*, www.theosis.ca
2. make a proper *metania* and tell you why we bow
To the Teacher: A metania is a bow at the waist while making the sign of the cross. Teach the children about the fact that Christ is our Lord and King and when we come in to Church we bow in reverence to God, our King, our Creator who is present in a special way on the altar.
See: *Give Thanks to the Lord*, Pg. 17
3. perform a prostration – a deep profound bow
See: *Give Thanks to the Lord* Pg. 18; *Marilyn the Catechetical Puppet* -www.theosis.ca
4. exhibit appropriate behaviour and liturgical actions upon entering the church, participating in the Divine Services and receiving Holy Communion.
See: *Josiah and Julia Go to Church* – book available through the Catechetical Resource Centre of the Ukrainian Catholic Eparchy of Edmonton
5. receive the Mystery of Repentance in the appropriate manner.
To the Teacher: this does not have to be memorized. They may bring a written form in with them – perhaps on a prayer card or bookmark. See Appendix D on Pg. 12 for the acceptable forms of confession.
See: *We are Children of Light*, Pg. 202; *The Divine Liturgy – an Anthology for Worship*, Pg. 23-25; *Give Thanks to the Lord*, Pg. 87-92; *Marilyn the Catechetical Puppet*, www.theosis.ca
6. sing and have a basic understanding of the Hymns of the Divine Liturgy in Appendix B on Pg. 10
To the Teacher: Time should be spent explaining each of the prayers to the children and their significance.
See: *Christ Our Pascha*; *Divine Liturgy Pew Book*; *The Divine Liturgy – an Anthology for Worship*; *The Divine Liturgy for Children – an interactive guide*; and *The Divine Liturgy Activity Book* (note that in this resource, the words are not specifically based on Ukrainian Catholic wording, but the explanations are good for children and at their level);
7. say the correct Christian greetings at the appropriate times of the year as listed in Appendix C on Pg. 11

Educational Objectives - Attitudinal

I can...

1. say that our Church is a family and therefore we love each other.
2. tell you that as part of God's family, we celebrate the Lord's Day and Great Feasts. We should focus on making Sunday holy because each Sunday is a celebration of Jesus' resurrection.
To the Teacher: Take this opportunity to familiarize the children with the great feasts: Nativity of the Theotokos; Exaltation of the Cross; Protection of the Theotokos; Entrance of the Theotokos into the Temple; Nativity of Our Lord/Christmas; Baptism of Our Lord/Theophany of Our Lord; Encounter of Our Lord in the Temple; Annunciation of the Theotokos; Entry into Jerusalem or Flowery/Willow/Palm Sunday; Ascension of Our Lord; Descent of the Holy Spirit/Pentecost; Transfiguration of Our Lord; Dormition (Falling Asleep) of the Theotokos. This would be an appropriate time to go into the church to show the children the icons that your church might have that depict these feasts.
[See: A Byzantine Rite Liturgical Year, J. Katrij OSBM – available at the Catechetical Resource Centre. Prints of icons and explanations of these feasts are also available to borrow or purchase.](#)
3. tell you that as part of God's family, we obey God's commandments.
4. worship God with my whole body by singing, chanting, bowing, doing prostrations, and making the sign of the cross.
5. honour those who love and care for me by loving them in return, serving them and obeying them.
6. try to do good with the help of God, praying for his help to always do what Jesus would want.
7. ask forgiveness when I do wrong and forgive others when they do wrong to me and try to make up for how I have hurt others where possible.
8. repent of my sins by turning back to God in order to come closer to Him.
[See: Celebrating Forgiveness; God Gives Life, Unit 4, Lessons 22 and 23; We are Children of Light, Unit 3; Give Thanks to the Lord, Lesson 12](#)
9. tell you that my Baptism is a personal call from God to follow Him. I need to always pray and grow closer to God so that I may understand my calling and live my life as God is calling me to do.
To the Teacher: It is important to emphasize that each of us – not just the clergy and religious – is called to a mission in the Church and in the world. Disciples are called to “act.” Spend time exploring what the charisms of the children might be, e.g., good listener, being compassionate, devoted to prayer, a helper, etc.
10. tell you that the Holy Spirit who came to us at our Chrismation has placed a seal upon us that can never be removed.
11. tell you that in the Divine liturgy we receive the gift of God's love and offer our praise and thanksgiving for it.
[See: God Gives Life – Unit 3, Lesson 17; We are Children of the Light, Theme 8](#)

Appendix A - Prayers

1. Make the Sign of the Cross
See: *Give Thanks to the Lord*, Pg. 16
Marilyn the Catechetical Puppet, www.theosis.ca
2. Glory be to the Father and to the Son and to the Holy Spirit, now and forever and ever. Amen
See: *Christ Our Pascha*, Pg. 309
3. Our Father
See: *Christ Our Pascha*, Pp. 133 - 34, 219 - 20, 309
4. Prayer to the Mother of God – Byzantine
See: *Christ Our Pascha*, Pp. 226, 311; *The Divine Liturgy – An Anthology for Worship*, Pg. 4; *Beneath the Mantle of Your Mercy* Pg.10
5. Nicene Creed –Confession of Faith
See: *Christ Our Pascha*, Pg. 311; *Divine Liturgy Pew Book*; *Give Thanks to the Lord*, Pg. 129
6. Prayer before Communion – *I believe, O Lord and confess...*
See: *Divine Liturgy Pew Book*, Pg. 66-67
7. Prayer after Communion
To the Teacher: Choose one of the prayers in the Divine Liturgy Pew Book Pg. 81-87, or this simplified prayer of St. Basil:
Lord Jesus, thank you for all the good things that you have given me. Thank you especially for allowing me to receive you today in Holy Communion.
Please bless me and protect me.
Always help me to be worthy to receive this wonderful gift of your love.
May it be for the forgiveness of my sins and life everlasting, now and forever and ever. Amen.
8. Guardian Angel Prayer
See: *Beneath the Mantle of your Mercy*, Pg. 78; *Give Thanks to the Lord*, Pg. 21
9. Jesus Prayer
See: *Christ Our Pascha*, Pg. 2; *An Anthology for Worship*, Pg. 5; *Give Thanks to the Lord*, Pg. 1-12. Hear an audio version on the Eparchy of Edmonton Website, <http://eeparchy.com/>

Appendix B - Hymns of the Divine Liturgy

Prayer to the Holy Spirit: Heavenly King, Advocate, Spirit of Truth, who are everywhere present and fill all things, Treasury of Blessings, Bestower of life, come and dwell within us; cleanse us of all that defiles us, and, O Good One, save our souls.

- Царю небесний, утішителю, Душе істини, що всюди еси і все наповняєш, скарбе дібр і життя подателю, прийди і вселися в нас, і очисти нас від усякої скверни, і спаси, благий, душі наші. Pg. 8-9

Trisagion (Thrice-Holy Hymn): Holy God, Holy and Mighty, Holy and Immortal have mercy on us.

- Святий Боже, святий кріпкий, святий безсмертний, помилуй нас. Pg. 30-31

Baptismal Hymn: All You who have been baptised into Christ, have put on Christ. Alleluia.

- Всі ви, що в Христа хрестилися, у Христа зодягнулися. Алилуя.

To the Teacher: This hymn is sung instead of the Thrice-holy Hymn on the following days: The Nativity of Our Lord (Christmas), the Feast of Theophany, Lazarus Saturday, Holy Saturday, Pascha (Easter), all the days of Bright Week and Pentecost. This is done because it was usual to administer the Holy Mysteries of Baptism and Chrismation at these times.

Cherubic Hymn: Let us who mystically represent the cherubim and sing the Thrice-Holy Hymn to the life-giving Trinity, now lay aside all cares of life.

- Ми, херувимів тайно являючи і животворній Троиці трисвятую пісню співаючи, всяку нині житейську відкладім печаль. Pg. 42-43

Triumphal Hymn (Song of the Seraphim): Holy, Holy, Holy Lord of Sabaoth, heaven and earth are full of your glory! Hosanna in the highest! Blessed is He who comes in the name of the Lord. Hosanna in the highest!

- Свят, свят, свят Господь Саваот, повне небо і земля слави Твоєї, осанна на висотах. Благословений, хто йде в ім'я Господнє, осанна на висотах. Pg. 54-55

Offering Thanksgiving: We sing of You, we bless You, we thank you, O Lord and we pray to You, our God.

- Тебе оспівуємо, Тебе благословимо, Тобі дякуємо, Господи, і молимося Тобі, Боже наш. Pg. 54-55

Professing Christ's Holiness: One is Holy, one is Lord, Jesus Christ, to the glory of God the Father. Amen

- Єдин святий, єдин Господь, Ісус Христос, на славу Бога Отця. Амінь Pg. 66-67

Troparion of the Holy Spirit: We have seen the true light, we have received the heavenly Spirit. We have found the true faith. We worship the undivided Trinity for having saved us.

- Ми бачили світло істинне, ми прийняли Духа небесного, ми знайшли віру істинну, нероздільній Троиці поклоняємось, Вона бо спасла нас. Pg. 72-73

Hymn of Praise: May our mouths be filled with your praise O Lord, that we may sing of Your glory. For You made us worthy to partake of Your holy, divine, immortal and life-giving Mysteries. Preserve us in your holiness that we may meditate all the day upon your justice. Alleluia, alleluia, alleluia.

- Нехай сповняться уста наші хваління Твого, Господи, щоб ми співали славу Твою, бо Ти сподобив нас причаститися святих Твоїх, божественних, безсмертних і животворних Таїн. Збережи нас у Твоїй святині весь день повчатися правді Твоїй. Алилуя, алилуя, алилуя. Pg. 72-73

Appendix C - Christian Greetings

- Glory be to Jesus Christ! Glory be forever!

- Слава Ісусу Христу! Слава навіки!

- Christ is among us! He is and (always) will be!

Христос посеред нас! І є, і буде!

During the Christmas Season:

- Christ is born! Glorify him!

- Христос раждається! Славіте Його!

During the Easter Season:

- Christ is risen! Truly he is risen!

- Христос воскрес! Воістину воскрес!

Appendix D - Two Forms of Confession

LONGER FORM

Child: + In the name of the Father and of the Son and of the Holy Spirit. Amen. Glory be to Jesus Christ!

Priest: Glory be Forever!

Child: This is my first confession, OR my last confession was... (how long ago?). I, a sinner confess to Almighty God, the Lord, One in the Holy Trinity; to the immaculate Virgin, the Mother of God, to all the Saints, and to you my spiritual father, all my sins.

Tell your sins.

For these sins, and for all my sins which I cannot remember, I am truly sorry because I have offended (turned away from) God who is good. I sincerely repent and I promise with the help of God, to better my way of life. And so, I ask you, my spiritual father, for saving penance and absolution.

The priest will say a few words to you. He will give you a penance to do after confession.

Child:

+ God be merciful to me a sinner.

+ God, cleanse me of my sins and have mercy on me.

+ I have sinned without number, forgive me, O Lord.

Priest: *Prays the prayer of absolution and gives a blessing.*

Child: Thank you Father, Glory be to Jesus Christ!

Priest: Glory be Forever!

I go and do my penance, thanking God for the gift of forgiveness.

SHORTER FORM

Child: + In the name of the Father and of the Son and of the Holy Spirit. Amen. Glory be to Jesus Christ!

Priest: Glory be Forever!

Child: This is my first confession, OR my last confession was... (how long ago?). These are my sins.
Tell your sins.

Child: With my whole heart, I regret that by my sins I have offended (turned away from) God.
The priest will say a few words to you. He will give you a penance to do after confession.

Child:

+ God be merciful to me a sinner.

+ God, cleanse me of my sins and have mercy on me.

+ I have sinned without number, forgive me, O Lord.

Priest: *Prays the prayer of absolution and gives a blessing*

Child: Thank you Father, Glory be to Jesus Christ!

Priest: Glory be Forever!

I go and do my penance, thanking God for the gift of forgiveness.

UKRAINIAN CATHOLIC EPARCHY OF EDMONTON

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