






2021-2022 FAITH FORMATION CALENDAR | Sacred Heart, Sauk Rapids

<p>SEPTEMBER '21</p> <table border="1"> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>Th</td><td>F</td><td>S</td></tr> <tr><td></td><td></td><td></td><td>1</td><td>2</td><td>3</td><td>4</td></tr> <tr><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td></tr> <tr><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td></tr> <tr><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td></tr> <tr><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td></td><td></td></tr> </table>	S	M	T	W	Th	F	S				1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30			<p>6 Labor Day 15 FF Opener 22 FF Session 29 First Sacrament Parent Meeting (6:00-7:00pm) 29 Conf Orientation with Parents & Candidates (7:15-8:15pm)</p>	<p>FEBRUARY '22</p> <table border="1"> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>Th</td><td>F</td><td>S</td></tr> <tr><td></td><td></td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td></tr> <tr><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td></tr> <tr><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td></tr> <tr><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td></tr> <tr><td>27</td><td>28</td><td></td><td></td><td></td><td></td><td></td></tr> </table>	S	M	T	W	Th	F	S			1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28						<p>2 FF Session 6 Conf Retreat (St. Francis Xavier, Sartell) 9 FF Session 16 FF Session – SET Session 23 FF Session 27 Conf Retreat (St. Francis Xavier, Sartell)</p>							
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NOTES: (All events are located at Sacred Heart unless noted in parenthesis.)

- Faith Formation sessions run from 6:30 to 7:30pm. For First Sacraments (First Reconciliation and First Communion) please see the scheduled times for those events in the Parent Information materials. Confirmation sessions are held during Faith Formation sessions. – Youth Group will follow on the first and third Wednesday of the month for grades 6-12. See Youth Group Calendar for more amazing events and opportunities!
- Wednesday Morning Bible Study meets Wednesdays at 9am beginning September 8, 2021. Contact Jen for details.
- Advent Study – Monday's: November 29 & December 6, 13, 20 at 6:30pm; Lenten Study – Monday's: March 7, 14, 21, 28 & April 4 at 6:30pm
- Faith Formation Committee meets the first Thursday of the month at 6:30pm beginning September 2, 2021.
- Are you a Faith Formation or Youth Group Volunteer? Join us for our gatherings December 18, 2021 & May 11, 2022!

FIRST SACRAMENTS AT SACRED HEART



Greetings Family of a Sacred Heart
First Sacrament Student!

This is the year your child will be able to receive their First Sacraments. Immediate preparation for the Sacraments of First Reconciliation and First Eucharist generally occurs for children in grade 2 (or older) who have been baptized. In order to begin preparation to receive these Sacraments please **RSVP by registering for Faith Formation** on our parish website. What a blessing it is to be part of preparing your child to receive the Sacraments of Reconciliation and Eucharist (First Communion) for the first time! This will be an exceptional and challenging year and as we begin there are a number of things you will need to know. Please be sure to contact us if you have any questions or concerns.

The expectations for those preparing for these sacraments are:

- Parent or guardian attend one of the Parent First Sacrament Meetings.
- Child participate in Faith Formation, either through our Sacred Heart Faith Formation program or attendance at a Catholic school. **Remember, we are all lifelong learners!**
- Child with a parent, guardian, godparent, or grandparent participate in one of the Reconciliation Retreats **and** one of the First Communion Retreat/Rehearsals.
- A copy of the child's baptismal certificate is required for all those not baptized at Sacred Heart. If we require your child's certificate you will be notified by mail.
- Note:** You will be asked to sign up for the First Reconciliation Retreat and the First Eucharist Retreat/Rehearsal as well as the date your child will celebrate First Eucharist at the Parent Meeting.

Secret Prayer Partners—Shhh! It's a surprise!

You may choose someone to serve as a secret prayer partner for your child. This person will pray for them throughout the year and perhaps send them notes or letters of encouragement as your child prepares for the Sacraments. The Secret Prayer Partners will wait until the day of your child's First Communion to reveal their identity. Great choices for this are grandparents, aunts, uncles, or godparents. Please return the enclosed sheet with the mailing information for your child and their prayer partner to Jen Haman in the Parish Office **by December 1, 2021**. We will then send a letter of explanation to their prayer partner.

SAVE THESE DATES! FIRST SACRAMENT SCHEDULE FOR 2021-2022

- Parent First Sacrament Meeting–Wednesday, September 29 OR Saturday October 2.
- Reconciliation Retreat: Sign up for either Saturday, January 8 or Saturday, January 16, 9:00 – 11:30am in the Parish Hall and the Worship Space. **This retreat includes celebration of First Reconciliation and the child must be accompanied by a parent.** If something comes up and you are unable to attend the retreat, you can call and schedule another time to celebrate the sacrament.

It is recommended that those celebrating First Communion plan to celebrate the sacrament of Reconciliation a second time prior to receiving First Communion. There are many opportunities to do that at Sacred Heart or at the other Catholic Churches in the area. Saint Katharine Drexel school children usually celebrate Reconciliation in Lent during the school day. See our parish bulletin for additional dates and times.

◇ First Communion Retreat: **Saturday, April 23**, 9-11:30am; **Sunday, April 24**, 1-3:30pm; **Monday, April 25**, 6-8:30pm; or **Tuesday, April 26**, 6-8:30pm in the Parish Hall and the Worship Space. At least one parent must attend with their child. Tasting of the bread and the wine will be part of the retreat.

◇ First Eucharist Masses:

Saturday, April 30, 5:00pm

Sunday, May 1, 10:00am

Saturday, May 7, 5:00pm

Sunday, May 8, 10:00am

Special Needs: If your child or a family member has special needs in regard to the retreats, rehearsals, or celebrations of the Sacraments, contact Jen. Please let us know if your child has a gluten intolerance or other concern.

What to Wear for First Communion: Children should wear something “dressy,” as they would for a special occasion. Girls can wear either white or colored dresses – veils are optional. The St. Cloud Book Shop has donated some First Communion dresses. If you are interested in looking at them, contact Jen. Boys should have dress pants with a nice shirt – white or colored, ties are optional. No jeans or t-shirts, please. This should be a special occasion for the children but not cause a financial hardship for anyone.

Photographs: We ask that you refrain from taking flash photographs during Mass as not to disrupt the prayerful spirit of the liturgy. You may take pictures in the church after Mass. Our priests are happy to pose for photos with your child after Mass. We will have the children pose as a group at the end of each Mass for a group photo.

Volunteers: If family members would like to be Ushers, Altar Servers, Eucharistic Ministers or Lectors at the Mass when your child is celebrating First Eucharist, contact Jen or Jill in the Parish Office by Wednesday, January 5.

Important points to remember about the Eucharist:

- Jesus is really present in His Body & Blood that we receive, in the form of the bread and the wine.
- Preparing to receive Eucharist is preparation for a lifetime of communion with Jesus and each other. It is more than just this one day.
- We are called to live our faith by worshipping regularly with the faith community, by recognizing and growing in holiness in daily life, and by serving others.

Yes, there is a great deal of information here but don't worry! We will get through this year together, one step at a time! It will be a beautiful and memorable year!

Yours In Christ,

Jen Haman

Director of Faith Formation-Sacred Heart Parish, Sauk Rapids, MN

Contact Information: 251-8115 (ext. 117) or jhaman@sacredheartsaukrapids.org

FAITH FORMATION WELLNESS POLICY

At Sacred Heart Church, we strive to provide a healthy environment for all and ask those experiencing symptoms of communicable illnesses refrain from in-person activities. We will do our best to maintain a safe environment and follow all COVID guidelines and protocols set forth by the Diocese of St. Cloud, but with any gathering there is a risk.

Due to COVID, we can't emphasize enough the importance of following our wellness policy. If in the last 10 days, you or someone you are bringing, have been told to quarantine by a medical or government official, had a fever, or a persistent dry cough or shortness of breath, we ask that you please stay home. We appreciate your care and consideration for others.

Participants should screen themselves and/or their children before attending Faith Formation. If you or one of your children are experiencing any of the below symptoms of communicable illnesses, we ask that you to please keep them at home.

- Fever (100.4°F or higher) or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea
- Green nasal discharge
- Unexplainable rash
- Watery, matted eyes
- Head lice (those with head lice can only return to church after being treated with a lice killing medication and no live lice are seen and all nits are removed.)

Additional precautions and information...

- Masks are required for those not vaccinated who are in attendance on site. Extra masks will be available if needed. Social distancing will be practiced and encouraged throughout the session. We will be utilizing the cleaning and disinfecting measures necessary to keep our participants safe. Children, youth, and volunteers will sanitize or wash hands often and before each session.
- Parents will be notified immediately if their child starts feeling unwell. Please be sure your contact information and your emergency contact information are correct and up to date!
- IF WE SHOULD NEED TO CANCEL FAITH FORMATION DUE TO WEATHER, ETC. WE WILL POST THE INFORMATION ON OUR WEBSITE, FACEBOOK, AND *MYPARISH* APP BY 2:00PM THAT DAY. (If school has been cancelled due to weather, Faith Formation will also be cancelled.) Please monitor these sites for information or any further updates or contact Jen Haman in the Parish Office with any questions.

SHOULD YOU NEED TO CONTACT ME!

Jen Haman (Director of Faith Formation)

320-251-8115 ext. 117

jhaman@sacredheartsaukrapids.org