**ATTACHMENT C**

**Submission on Sacramental Program for Eucharist**

What we believe is missing from the current sacramental program booklets and courses on Eucharist are the paragraphs of the Catechism concerning the obligation not to receive Eucharist if you have a mortal sin on your soul and the obligation to receive both the Sacrament of Reconciliation and Eucharist at least once a year (*see Attachment O*).

Paragraph 1415 of the *Catechism of the Catholic Church* states:-

“*Anyone who desires to receive Christ in Eucharistic communion must be in a state of grace. Anyone aware of having sinned mortally must not receive communion without having received absolution in the sacrament of penance*.”

Paragraph 1385 states:-

“*To respond to this invitation we must prepare ourselves for so great and so holy a moment*.” St Paul urges us to examine our conscience, ‘*Whoever, therefore, eats the bread or drinks the cup of the Lord in an unworthy manner will be guilty of profaning the body and blood of the Lord. Let a man examine himself, and so eat of the bread or drink of the cup. For anyone who eats and drinks without discerning the body eats and drinks judgement upon himself*’. 216 “*Anyone conscious of a grave sin must receive the sacrament of Reconciliation before coming to communion*.”

Paragraph 1417 states:-

“*The Church warmly recommends that the faithful receive Holy Communion each time they participate in the celebration of the Eucharist; she obliges them to do so at least once a year.*”

Paragraph 1457 states:-

*“According to the Church’s command, ‘after having attained the age of discretion, each of the faithful is bound by an obligation faithfully to confess serious sins at least once a year’. 56 Anyone who is aware of having committed a mortal sin must not receive Holy Communion, even if he experiences deep contrition, without having first received a sacramental absolution, unless he has a grave reason for receiving communion and there is no possibility of going to Confession. 57Children must go to the sacrament of Penance before receiving Holy Communion for the first time. 58*

Children would already have been told about both of these paragraphs in the sacramental program for Reconciliation (if our recommendations are accepted) and the teacher would get students to recall what they had already learnt. If they could not remember all of this, the teacher would restate and remind them and their parents. The teacher would use word pictures to describe the soul as being white and pure when in a state of grace and blemished when mortal sin was committed. He or she would emphasise the benefits of the Sacrament of Reconciliation in once again reconciling us with God. The children would be referred to the fact that Jesus is present physically in the form of bread and wine and that to receive Communion in an unworthy state would be to offend God and to commit a very serious sin.