



**Holy Spirit Catholic Church**  
**First Reconciliation/ First Communion Preparation 2010-2011**

**Links to Catholic Updates handed out at Sacramental Preparation Parent Orientation  
September 2010**

**Reconciliation**

How to Celebrate the Sacrament of Reconciliation Today

<http://www.americancatholic.org/Newsletters/CU/ac0800.asp>

Ten Tips for Better Confessions The Gift of Reconciliation

<http://www.americancatholic.org/Newsletters/CU/ac0890.asp>

Understanding Sin Today

<http://www.americancatholic.org/Newsletters/CU/ac0197.asp>

**Eucharist**

Eucharist: Sign and Source of Christian Unity

<http://www.americancatholic.org/Newsletters/CU/ac0500.asp>

The Real Presence: Jesus' Gift to the Church

<http://www.americancatholic.org/Newsletters/CU/ac0901.asp>

The Liturgy of the Eucharist

<http://www.americancatholic.org/Newsletters/CU/ac0503.asp>

First Communion: Joining the Family Table

<http://www.americancatholic.org/Newsletters/CU/ac0495.asp>

Eucharist: Understanding Christ's Body

<http://www.americancatholic.org/newsletters/cu/ac0199.asp>