

# First Eucharist Attire



**A Word of Caution:** What the young people wear should not become a major issue. The children need to be comfortable. Certainly First Communion is a special occasion and demands "special clothes"; whatever one chooses to be "special."

**The Focus of First Eucharist:** The major emphasis of First Eucharist should be on spiritual formation and being invited to the Lord's table to receive Jesus in Holy Communion for the first time, not external dress. There is no need to spend a great deal of money on clothes and accessories that the child might only wear once.

**Dressing for First Eucharist:** We encourage you to have your children dress "special" for this is a special day. Our suggestions, but not requirements, for you are:



Boys:           +White dress shirt, tie optional (most wear tie, some wear suits)  
                  +Solid color dress slacks  
                  +Clean shoes, no broken laces

Girls:           +Solid color pastel or white dress (most wear white). No bare shoulders.  
                  (This means no spaghetti straps or strapless dresses.)  
                  +White ankle socks or white stockings  
                  +Clean shoes, low heels, no broken laces  
                  +Hair/Head: Flowers, white headband, or simple veil. Veils are available  
                  in the gift shop.  
                  +Preferably, no gloves. Gloves may be worn only before Mass and during  
                  the procession into the church. Then they must be taken off until after  
                  Mass.

Parents:        This is a dress up in your "very best" occasion.

**Questions to Consider:** When it comes to deciding how to clothe a child, ask yourself:

- What will be the child's focus: the clothing or receiving Jesus?
- Is this liturgy a celebration of the child or the paschal mystery of Christ?
- Are we making a "fashion" or a "faith" statement?

**A Personal and Communal Celebration:** First Eucharist is a day of personal and communal celebration. While it is a step in the personal faith growth of the child, it is not a private matter between Jesus and the child. It involves the whole Church represented by the parish community and individual families. "First Communion unites us not only with Jesus, but with all our brothers and sisters in Jesus." We hope your child will participate ever more fully in the life of the Church.

**Questions?:** Contact Mary Ann Marschall, Coordinator of Grades 1-6 Faith Formation, 763-762-7406; maryannmarschall@saintvdp.org.

