

ST AGNES CATHOLIC CHURCH

# FIRST PENANCE FIRST COMMUNION HANDBOOK

2024-2025





# ST. AGNES CATHOLIC CHURCH

## ST. AGNES PARISH

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### MISSION STATEMENT

Called by our Lord Jesus Christ, and strengthened by His Word and Sacraments, as faithful Catholics, we strive to be missionary disciples of Jesus Christ, committed to sharing His love with one another and all in need.

### CORE VALUES

**Communion:** Uniting ourselves with Jesus and other baptized Christians in the Church, which has its source and summit in the Eucharist.

**Holiness:** Embracing the “light, love and limitless possibility” communicated by the Holy Spirit and consecrating ourselves to doing God’s will by uniting ourselves to His Son, Jesus Christ.

**Joy:** Delighting in the peace that comes from knowing God’s love and manifesting His love to others in the hope of sharing in His glory.

**Service:** Promoting the dignity of the human person by sharing our God-given time, talent and treasure with others and in service to the Church.

**Discipleship & Formation:** Recognizing that conversion is a lifelong process, we commit to fostering a deeper relationship with God, living a fully sacramental life, sustaining our faith through ongoing catechesis and witnessing to the love of God through Jesus in our words, actions and relationships, and passing this on to our children.

Dear First Holy Communion Parents

This preparation time for First Penance and First Eucharist marks an important step in your child's formation in the Catholic faith. What a wonderful privilege it is for you to talk to your son or daughter about your relationship with Jesus; to teach them how much God loves them and waits for them in the Sacrament of Penance; and how Jesus, the Bread of Life, sustains us for the Christian journey!

Passing on the Church's faith in the love of God and the values taught to us by Jesus Christ, is the most important thing you can do as a parent. As children grow and learn, they make mistakes. It is all part of learning. Teaching your child forgiveness and humbly asking for forgiveness are important lessons in shaping them to become the person that God has created them to be. The Sacrament of Penance is an encounter with the merciful love of Christ that lets children know that there is nothing that they can ever do that will make God love them less. He waits for them with great love in the Confessional to offer His mercy and healing.

As parents, we nourish our children with good food to help them grow strong and healthy. Catholics truly believe Jesus' words in John 6:53-55: "Amen, amen, I say to you, unless you eat the flesh of the Son of Man and drink his blood, you do not have life within you. Whoever eats my flesh and drinks my blood has eternal life, and I will raise him on the last day. For my flesh is true food, and my blood is true drink." **When we receive the Eucharist, we receive Jesus Himself - Body, Blood, Soul and Divinity - in both the literal and spiritual sense of the word.** Jesus, who takes the form of bread and wine, comes to us to nourish us, strengthen us, and unite with us so that we may be one with Him and the Father and the Holy Spirit, and be empowered to live out our mission. The Holy Eucharist truly is the "source and summit of the Christian life." (CCC 1324)

This is the gift your child receives at First Communion. At every Mass, Jesus becomes entirely and absolutely present among us. Jesus Christ is God's total and absolute Love made flesh. As human beings we can't love like this. Yet, in the Eucharist, we receive Christ's Body and Blood so that we can experience this kind of infinite love. This infinite love is made manifest in the Eucharist. As we partake of the Eucharist, Christ intimately unites Himself to us, so we may participate in the Trinitarian Love of the Father, Son and Holy Spirit and share this Love with others.

The home is the primary place where faith is cultivated. Parents are their child's primary example of how to live as a Christian and you remain integral to your child's spiritual formation throughout life. By living a fully sacramental life, availing of the Sacrament of Penance regularly and the Holy Eucharist every Sunday, you model the trust, love and faith you desire for your children in their relationship with God. As you attend to your own personal faith formation and holiness, you model the true meaning of discipleship. As expressed in the words of every baptismal liturgy, the handing on of the faith is primarily the responsibility of parents, and you are described as the first and best teachers of your children in the ways of faith. You are not alone in this role. We, at St. Agnes, are ready to guide, support and encourage you as you lead your family to become intentional disciples of Our Lord Jesus Christ.

Blessings,

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## OUR MISSION & VISION

*At St. Agnes, we believe in the inherent dignity of every person, created out of love and for love, in the image and likeness of God.*

*The goal of St. Agnes Religious Education is to provide opportunities for students and families to have a profound encounter with Our Lord and Savior, Jesus Christ, in the Sunday liturgies, the Sacraments, the Word of God and joyful service to become intentional disciples and ambassadors for Christ.*

*By living a grace-filled life, nourished by prayer, strengthened by the Sacraments, and transformed by the Word of God, our students and families are empowered to grow in the Faith, deepen their relationship with God, and live out their mission to love as Christ loves and invite others to experience the joy, peace and hope that comes from a loving personal relationship with Our Lord Jesus Christ.*

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**"Be who God meant you to be, and you will set the world on fire."  
- St . Catherine of Siena**

# 1ST COMMUNION AT ST. AGNES

## YEAR TWO REQUIREMENTS

### TAKE HOME WORKBOOKS

Students must complete two workbooks: Penance & 1st Communion. These workbooks are sent home to allow parents to share in the preparation of their children and grow together in their love for the Eucharist.

**DUE DATES:** January 7, 2025 (Penance WB) and April 1, 2025 (Communion WB).

### MASS JOURNALS & BINGO

**Attending Sunday Mass is the most important preparation to receiving First Communion.**

Students are asked to thoughtfully complete the weekly Mass Journal sheets. In addition, optional Bingo cards will be given to students each month. Submit the completed Mass Journal & Bingo cards for a special prize at the end of the month.

### PARENT INVOLVEMENT & FAMILY FAITH FORMATION

This special time of preparing children to receive Jesus in the Most Holy Eucharist becomes more meaningful and memorable with the parents' active involvement in their child's preparation. With the Flipped classroom approach, students are able to prepare for their Religious Education classes beforehand using Word of Life, with the help and support of the parents. This allows the catechist to devote more time to delve deeply into the Faith, and for more creative learning and liturgical celebrations in the classroom.

Parents are expected to be actively involved with the formation of their children by helping them with online lessons and workbooks, praying together as a family, faithfully attending Mass and availing of the Sacrament of Penance. In addition, parents are expected to participate in the monthly Family Faith Formation (FFF) sessions that will take place on the first RE session of each month. Children and catechists will join the parents for these monthly sessions as they grow together and build relationships with other families.

### STUDENT & PARENT RETREATS

Parents are required to attend a Parents Retreat for 1st Penance on Feb. 22, 2025 to help their students prepare for this sacrament of mercy. Students will go to their First Penance retreat on March 29, 2025. A mandatory First Communion retreat on for both students and parents will be held on May 3, 2025.

### FIRST PENANCE & FIRST COMMUNION

Students will receive their First Penance on March 29, immediately after the First Penance Retreat. Students are asked to wear their Sunday's best.

Families have two options to schedule their child's First Communion: May 11th or on May 18th at the 11AM Sunday Mass. Appropriate First Communion attire is required.



### OTHER KEY DATES

Online registration & fees: September 30, 2024  
Start Mass Journal & Bingo: October 13, 2024  
FFF Days: 9/17, 10/01, 11/12, 01/07, 02/04, 03/04, 04/01

*NOTE: Non-St. Agnes parishioners will need to submit a permission letter from their pastor to receive the Sacraments at St. Agnes*

# FIRST PENANCE/COMMUNION IMPORTANT CALENDAR DATES

2024

<b>September 17</b> RE & FFF BEGIN	<b>September 10</b> FHC PARENT MEETING - SCHOOL	<b>September 30</b> APPLICATION, POLICY & FEE DUE	<b>October 1</b> FAMILY FAITH FORMATION DAY	<b>October 8</b> FHC PARENT MEETING - RE
<b>October 13</b> MASS JOURNAL BEGINS	<b>November 1</b> ALL SOULS HOLY DAY OF OBLIGATION	<b>November 12</b> FAMILY FAITH FORMATION DAY MASS JOURNAL DUE	<b>December 25</b> CHRISTMAS HOLY DAY OF OBLIGATION	

2025

<b>January 1</b> MARY, MOTHER OF GOD HOLY DAY	<b>January 7</b> FFF DAY MASS JOURNAL PENANCE WB DUE	<b>February 4</b> FFF DAY MASS JOURNAL DUE	<b>February 22</b> 1ST PENANCE RETREAT FOR PARENTS	<b>February 25</b> 1ST PENANCE TEST
<b>March 4</b> FFF DAY MASS JOURNAL DUE	<b>March 29</b> 1ST PENANCE FOR STUDENTS	<b>April 1</b> FFF DAY MASS JOURNAL COMMUNION WB DUE	<b>April 29</b> 1ST COMMUNION TEST	<b>May 3</b> 1ST COMMUNION RETREAT
	<b>May 11</b> 1ST COMMUNION LITURGY #1 11 AM MASS	<b>May 18</b> 1ST COMMUNION LITURGY #2 11AM MASS		

# FIRST PENANCE/COMMUNION PLANNER

## DON'T FORGET!

- 1st Communion Registration & Fee
- Weekly Sunday Mass Journals
- Monthly Family Faith Formation
- First Penance Workbook
- Practice Daily Examen of Conscience
- Memorize Act of Contrition
- First Penance Retreat - PARENTS
- First Penance & Retreat - STUDENTS
- First Communion Workbook
- First Communion Retreat
- Practice Reverence & Receiving Host
- Visit Jesus in the Most Blessed Sacrament
- Go to Confession 1-2 weeks before First Communion.
- Receive Jesus in the Eucharist every Sunday and holy days with great love.

## FIRST COMMUNION ATTIRE

**GIRLS** should wear white dresses with shoulders and back covered (sleeveless dresses need to be covered, e.g. with a sweater; cap sleeves are okay) as well as white shoes, white socks or tights, and white veil. Dresses should be knee-length or longer.

**BOYS** should wear a white shirt, a tie, dress pants, dress shoes, and a jacket (conservative colors).

Gloves are not allowed, and the children may not carry anything in their hands at Mass (i.e. no purses, books, rosaries, etc.).

## INSPIRATIONAL

"I think that many people do not fully understand the value of Mass, because if they recognized the enormous blessing we have in a Lord who gives himself as our food and drink in the Sacred Host, they would go to Mass every day to participate in the fruits of the sacrifice and let go of so many superfluous things."  
- St. Carlo Acutis

## PARENTS MATTER!

**Parents are the best and primary models of faith, reverence and discipleship for children.**

"Parents have only one good and hopefully effective way to raise children to understand and carry on their family's religion (or perhaps return to it someday after a period of disaffection). That is for parents simply to practice their own personal religious faith, naturally, for its own sake and as role models for their children. If all goes well, children will over time learn, absorb, and embrace their own version of that faith, almost unconsciously." (Religious Parenting by Smith, Ritz, and Rotolo, 179)

# FIRST PENANCE/COMMUNION RESOURCES

## **Arlington Diocese RE Guidelines & Standards of Learning**

<https://www.arlingtondiocese.org/catechetical-resources/religious-education-guidelines/>

## **Word of Life**

<https://www.augustineinstitute.org/program-and-resources/word-of-life>

## **Formed.org**

Create an account by choosing St. Agnes Church and using zip code 22207 to access content for both children and adult formation.

## **Blessed Series by Dynamic Catholic**

**First Reconciliation:** <https://www.youtube.com/playlist?list=PLZisXcLIZva4ZGET7CPqvgB75PFXZfVo7>

**First Communion:** <https://www.youtube.com/playlist?list=PLZisXcLIZva6wnuJgKnPxNo-GJOHu5wKF>

## **Eucharistic Miracles**

<http://www.miracolieuaristici.org/en/Liste/list.html>

## **Recommended Children's Books**

Heavenly Hosts: Eucharistic Miracles for Kids by K. Sweggart  
I Look at Jesus and Jesus Looks at Me by Nannet Horton  
Great Adventures Kids Catholic Bible Chronicles by Amy Welborn  
The Children's Book of Virtues by William J. Bennett

## **Adult Formation Resources**

<https://hallow.com/>  
Catechism of the Catholic Church, Ascension Edition  
Jesus & the Jewish Roots of the Eucharist by Brant Pitre & Scott Hahn  
Theology of Home by Carrie Gress & Noelle Mering

Go to [saintagnes.org](http://saintagnes.org) for information on adult Bible studies, special events and other Faith Formation opportunities.



# THE EFFECTS OF HOLY COMMUNION

## THE UNITY OF THE MYSTICAL BODY: THE EUCHARIST MAKES THE CHURCH

Those who receive the Eucharist are united more closely to Christ. Through it Christ unites them to all the faithful in one body - the Church.

## THE EUCHARIST COMMITS US TO THE POOR.

To receive in truth the Body and Blood of Christ given up for us, we must recognize Christ in the poorest, his brethren

## HOLY COMMUNION SEPARATES US FROM SIN.

The body of Christ we receive in Holy Communion is "given up for us," and the blood we drink "shed for the many for the forgiveness of sins."

## THE EUCHARIST AND THE UNITY OF CHRISTIANS.

Before the greatness of this mystery St. Augustine exclaims, "O sacrament of devotion! O sign of unity! O bond of charity!"

## HOLY COMMUNION AUGMENTS OUR UNION WITH CHRIST

The principal fruit of receiving the Eucharist in Holy Communion is an intimate union with Christ Jesus.

## THE EUCHARIST HELPS US TO BECOME MORE MATURED IN FAITH

It helps us to become like Christ to others.

