



"To love is our vocation, to win souls for our Beloved- St. Therese of Lisieux"

St. Timothy Religious Education

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Handbook for First Penance & First Holy Communion



2021 – 2022

STAFF & TEACHERS

ST. TIMOTHY CHURCH

Rev. David Meng
Pastor

Rev. James Searby
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Rev. Sunny Joseph
Parochial Vicars

ST. TIMOTHY SCHOOL

Mr. Michael Pryor, Principal
Ms. Haley Hennessy, Assistant Principal

RELIGIOUS EDUCATION STAFF

Deacon Gerard-Marie Anthony, DRE
Sister Emelita Sobrepena, S.N.D.S., Assistant DRE
Cathy Edwards-Assistant to Religious Education Program
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STS TEACHERS & ASSISTANTS

2A- Ms. Adrienne Nicholson/Mrs. Erin Murphy
2B – Ms. Michaela Wuest/Mrs. Cheryl Rowsey
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CCD CATECHISTS & ASSISTANTS

Sr. Jacinta S.N.D.S/Ms. Irene Alexander
Mrs. Mylinh Tran/Mrs. Emely Romero-Marquina
Mrs. Karen Karl/Ms. Melina Washburn
Mrs. Cyndi Kim
Ms. Brittany DePoto/Mrs. Teresa DePoto
Mrs. Josette Sayegh
Ms. Elise Minock/Mrs. Antonella Minock

Family Project (Due April 19, 2022)

Communion with God also means Communion with humanity and family:

1. Spend 20 minutes before the Blessed Sacrament in this Diocesan Year of the Eucharist
2. Watch 2 Saint episodes together (the link is here: <https://www.youtube.com/c/ChristianKidsTV/videos>) and do a family discussion.
 - The children should draw a picture and write 2-3 sentences about what the family got out of learning about the saint.
3. Do at least one *Lectio Divina* as a family. The instruction video is here: <https://vimeo.com/478260174> .
 - The children should draw a picture and write 2-3 sentences about what the family got out of the *Lectio Divina* experience.



Both of these should be turned into the Religious Education Office or St. Timothy School Teacher by April 19, 2022.

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FIRST PENANCE/CONFESSION DATES

Two First Pences are scheduled for the following **Saturdays** at **10:00 a.m.** in the Church:

January 29, 2022 - St. Timothy School

February 12, 2022 - Monday and Tuesday
Religious Ed Classes/Home Taught /Missing
Sacraments Classes

All practices for Penance will be done in classrooms so there is **NO GROUP PRACTICE for Penance (except Home Taught will have their practice on Friday Feb. 11' 2022 from 5:45-6:30pm-see below)**. However, all classes will visit the confessionals before their First Confession to get the students accustomed to their new environment.

Please make sure that your child knows the Act of Contrition on page 7 in this handbook and “How to make a good confession” on page 44 in The New Saint Joseph First Communion Catechism.

Home Taught Religious Ed 2nd Grade Class will meet as a group on: February 11, 2022 from 5:45-6:30pm in the Church.

I will go over the Commandments, the examination of conscience and how to make a good Confession with your students. They will also have a chance to visit the confessional at this meeting. Parents are asked to stay and wait in the Church. This brief meeting probably will end at 6:30pm.

FIRST HOLY COMMUNION DATES

First Holy Communion is scheduled for the following **SATURDAY** in the Church.

St. Timothy School -

May 7, 2022 at 10am

**Religious Ed Groups -
Monday and Tuesday Religious
Education Classes/Home Taught
And Missing Sacraments Class**

May 14, 2021 at 10:00 am

PRACTICE for First Holy Communion is right before First Communion:

St. Timothy School

Friday May 7, 2022 after 9am Mass in the Church.

***PLEASE ARRIVE ON TIME AS THE MEETING WILL START
PROMPTLY After the 9:00 am Mass.***

Religious Education Groups –

Saturday, May 14, 2022 after 9am Mass in the Church.

***PLEASE ARRIVE ON TIME AS THE MEETING WILL START
PROMPTLY After the 9:00 am Mass.***

***If the CCD group practice will move to another day, we will notify you via email.
Thank you.***

REQUIREMENTS FOR FIRST PENANCE AND FIRST HOLY COMMUNION

1. A COPY OF EACH CANDIDATE'S BAPTISMAL CERTIFICATE **MUST** BE SUBMITTED TO THE CCD OFFICE WITH REGISTRATION.

Certificates on file at St. Timothy School will be made available to the CCD office.

Candidates who were baptized at St. Timothy Church **MUST** provide the CCD office with a copy of the Certificate. **The Church does not keep copies of the certificates on file.**

2. STUDENTS MUST LEARN AND MEMORIZE:

The Ten Commandments

Act of Contrition

Our Father

Hail Mary

Glory Be

Prayer to My Guardian Angel

The Communion Prayer we say at Mass:

“Lord I am not worthy that you should enter under my roof, but only say the word and my soul shall be healed.”

3. All candidates should study, The New Saint Joseph First Communion Catechism in its entirety.
Religious Education candidates should study the following chapters in the Faith and Life CCD text:

Preparing for 1st Reconciliation – chapters 5, 7, 8, 17, 18, 19 and 20

Preparing for 1st Holy Eucharist – chapters 22, 25, 26, and 28.

4. All First Communion candidates should be attending Mass on Sundays and Holy Days of Obligation or at least doing something to honor God until the dispensation is lifted.
5. Candidates should accompany parents to the Church when parents and older siblings go to Confession. Family attendance at Confession is recommended **AT LEAST ONCE A MONTH**. Since the majority of the children will make their First Confession in January or February, hence we encourage you as parents to make sure that your child has an opportunity to receive this Sacrament again before First Communion. Confessions are heard each Saturday from 3:30P.M. to 5:00P.M., and Wednesday 11:00-11:50A.M. & 7-8P.M. or by appointment.
6. Parents should review with the candidates the Catechism of the Catholic Church, Part Two, Section Two, and Article 3 & 4, which refer to Penance and the Eucharist.

ACT OF CONTRITION

Oh my God, I am deeply sorry for having offended You. I detest all my sins because of Your just punishments, but most of all because they offend You, my God, Who are all good and deserving of all my love.

I firmly resolve, with the help of Your grace, to confess my sins, to do penance, and to amend my life. Amen.

IMPORTANT INFORMATION

Attendance Policy for CCD Students

Sacramental Preparation

Attendance is mandatory for all children in sacrament preparation classes. This includes grades: 2, 7, 8, and Missing Sacrament classes. Students preparing for the sacrament who **miss 3 or more unexcused classes** will not be recommended to the Pastor for the respective sacrament.

(An excused absence is when parent has contacted the CCD Office by phone and student has completed all missed work at home. Homework should be handed in to the teacher at the next class.)

Baptismal Certificate

A copy of the candidate's baptismal certificate must be submitted to the CCD Office with registration. Candidates who were baptized at St. Timothy's **MUST** also provide a copy of their certificate. If a certificate is unattainable, under special circumstances, a notarized letter (Forms available in the CCD Office) may be used in lieu of a certificate.

Dress Code and Appearance

First Penance - In order to receive First Penance, all candidates must be in their "Sunday best". Children arriving in play clothes, sports related uniforms, etc. will be asked to make up the Sacrament at a later date.

First Communion - **NO JEANS, NO SNEAKERS.**

Boys: Sunday best – suits, blazers or dress sweaters, and dress slacks. Ties **MUST** be worn.

Girls: * Traditional white dress and a head piece of some kind (veil, circle of flowers, headband, etc.) or Sunday best - **NO** slacks or pants.

**Communicants wearing white gloves must receive the Eucharist on the tongue.*

Office Hours for CCD

The Religious Education Office is open Monday through Wednesday at 11:00a.m.

The Office telephone number is 703-378-9143. The phone is equipped with an answering machine to take calls at any time.

Portraits for First Holy Communion

CCD Office will try to make arrangements for class and individual pictures. If we can find a photographer then more information will be sent home later.

PHOTOGRAPHY DURING CHURCH SERVICES IS PROHIBITED. AFTER THE MASS, PLEASE REFRAIN FROM TAKING PICTURES ON THE SANCTUARY.

PHOTOGRAPHY – THIS HAS BEEN A BIG PROBLEM. We are requesting that during Mass, **NO** one should distract the children from Jesus by moving into the aisle or to the front to take pictures during Mass or when the children are receiving the Eucharist for the first time.

Sacramental Fee

To defray the cost, each child in the First Communion program is being asked to pay a **\$30** fee. This sacramental fee will help to cover St. Joseph First Communion Catechism, First Penance & First Communion certificates, paper supplies for making handbooks & programs, and a nice small gift for each of the First Holy Communicants. Your help and understanding are deeply appreciated. Please make checks payable to St. Timothy CCD.

THE SACRAMENT OF HOLY EUCHARIST

Two requirements are absolutely essential for a child to receive the Eucharist:

- He or she must understand the difference between ordinary bread and the Eucharist.
- He or she must have a sincere desire to receive the Sacrament of the Eucharist.

To participate more fully in the Eucharist, however, a child must continue to grow in the following ways:

+ Understanding that the Eucharist:

- Is a memorial of the Lord's Passion, Death, and Resurrection, and that His sacrifice on the Cross and Resurrection become present in every celebration,
- Is a meal at which Christ nourishes us with His Word and His Body and Blood so that we have greater love of God and neighbor,
- Reminds us of our unity with our brothers and sisters in Christ, and
- Anticipates the banquet of God's kingdom.

+ Knowledge of the Last Supper and the Jewish roots of the covenant meal.

+ Awareness of the Father's love, of the call to participate in Christ's sacrifice, and of the gift of the Spirit.

+ Familiarity with the main events of Jesus' life (The Rosary can help here).

+ Faith that Jesus is present in the Eucharist: not only in the priest, in the Christian assembly, or in the reading of His Word, but in a unique and most excellent way under the appearance of bread and wine, which after the Consecration, become the Body and Blood of Jesus.

+ Desire to visit and pray to Jesus apart from Mass.

The Mass is the summit of Christian life. Remember that your child will be receiving the Body, Blood, Soul and Divinity of Our Lord, Jesus Christ.

The manner in which your child will receive the Holy Eucharist

Receiving the Host on the tongue will be taught in classes.

All First Communicants are expected to receive on the tongue at the First Holy Communion Mass.

Here are some helpful instructions:

To receive Jesus on your tongue, keep your hands folded in prayer. The Priest or other ministers will hold up the Blessed Sacrament and say “The Body of Christ”. You reply “Amen”. This “Amen” is an affirmation of faith. Then, with head straight or tilted slightly back, open your mouth wide and extend your tongue – the tongue need not protrude far out of the mouth, but it should block the view of the lower lip. The priest or minister will place the Sacred Host on your tongue. Wait until the Sacred Host is safely placed on the tongue and only then return your tongue and close your mouth. It is not proper to use your teeth to receive and it is never a good idea to bite the minister’s fingers. Please wait until the Sacred Host is safely on your tongue before moving.

What four things must I do to prepare to receive Jesus? (CCC 1385)



Because you are going to receive Jesus, you must be ready to meet the Lord! This is the most important event in your life!!! Think of the Heart of Jesus which beats with God’s love. The heart receives blood (things we receive from God) and gives blood (two things we must do for God)

Things received (blood received)

1. You must believe the truth that Jesus said he is with you in the Most Blessed Sacrament: Body, Blood, Soul, and Divinity (Jn. 6:51-56; 1Cor. 11:23-27).
2. You must believe all the truths that the Catholic Church teaches

Things you Must do (blood pumped out)

3. You must be in a state of grace. This means that you must not have any mortal sins. You should examine your conscience and if you need to, you should go to confession before receiving Holy Communion (1Cor. 11: 28-32).
4. You must observe a Eucharistic fast. This means that you must not eat or drink anything for one full hour before receiving Holy Communion (you may have water or medicine, and you are excluded if you are elderly or caring for an elderly person).

If you are unable to receive Holy Communion (due to mortal sin, having not kept the communion fast, being non-Catholic, or some other reason) it is a good practice to make a Spiritual Communion. The following is a simple, yet profound Act of Spiritual Communion you can pray while kneeling in your pew:

An Act of Spiritual Communion

“My Jesus, I believe that You are present in the Most Holy Sacrament. I love You above all things, and I desire to receive You into my soul. Since I cannot at this moment receive You sacramentally, come at least spiritually into my heart. I embrace You as if You were already there and unite myself wholly to You. Never permit me to be separated from You. Amen.”

Here are some suggestions for you in helping your child to prepare the celebration of Holy Eucharist:

1. Attend Mass with your child on Sundays and Holy Days of Obligation. Practice the Communion Prayer we say at Mass, "*Lord I am not worthy that you should enter under my roof, but only say the word and my soul shall be healed.*" When you attend Mass, help your child to fully participate in the Mass. Remember, if you do not sing or do the responses, neither will your child.
2. Teach your child to respect and worship the Real Presence of Our Lord, Jesus Christ by genuflecting in front of the Tabernacle and by keeping silent in Church.
3. Please practice receiving Holy Communion frequently. Remind your children that they will be receiving the Body, Blood, Soul and Divinity of Our Lord, Jesus Christ.
4. Take your child to visit the Blessed Sacrament. This is a proof of gratitude, an expression of love, and a duty of adoration toward Christ our Lord. Our adoration chapel is open from after the 6:15am Mass until 9pm Monday through Friday. Explain how Jesus is waiting in the Tabernacle for us to come to him, how He loves us to come and just be with Him. Let the children know that we can tell Jesus everything; our joys, our pains, even ask for help in our studies. This also would be a good chance to practice appropriate Church behavior with your child while showing him/her your own love of the Lord. **Practice the Sign of the Cross, Prayers, Genuflecting, etc.**
5. You are a model for your child. Remember that the reverence with which you accept Jesus in the Eucharist will be the example that will be followed by your child. No matter how much your child's catechist stresses "how to receive reverently" and if his/her family is not doing the REVERENCE, then the lessons will be quickly forgotten.

THE SACRAMENT OF RECONCILIATION

The Sacrament of Forgiveness

The forgiveness of sins committed after Baptism is conferred by a particular sacrament called the sacrament of conversion, confession, penance or reconciliation (CCC1486)

St. Ambrose says of the two conversions that, in the Church “there are water and tears: the water of Baptism and the tears of repentance.” (Cf. 1429)

Christ instituted the sacrament of Penance for all sinful members of his Church: above all for those who, since Baptism, have fallen into grave sin, and have thus lost their baptismal grace and wounded ecclesial communion. It is to them that the sacrament of penance offers a new possibility to convert and to recover the grace of justification. The Fathers of the Church present this sacrament as “the second plank [of salvation] after the ship wreck which is the loss of grace. (CCC1446)

Only God forgives sins. Since he is the Son of God, Jesus says of himself, “The son of man has authority on earth to forgive sins” and exercises this divine power: “Your sins are forgiven.” Further, by virtue of his divine authority he gives this power to men to exercise in his name. (CCC1441)

The Ministry of Forgiveness and Reconciliation

During his public life Jesus not only forgave sins, but also made plain the effect of this forgiveness: he reintegrated forgiven sinners into the community of the People of God from which sin had alienated or even excluded them. (CCC#1443)

In imparting to his apostles his own power to forgive sins the Lord also gives them the authority to reconcile sinners with the Church. This ecclesial dimension of their task is expressed most notably in Christ’s solemn words to Simon Peter: “I will give you the keys of the kingdom of heaven, and whatever you bind on earth shall be bound in heaven, and whatever you loose on earth shall be loosed in heaven.” The office of binding and loosing which was given to Peter was also assigned to the college of the apostle united to its head.” (Jn. 20:20-23; CCC#1444)

Therefore only bishops and priests have the power to forgive sins.

- i. The Lord forgives sins in virtue of his Cross and Resurrection.
- ii. A priest or bishop, when he celebrates the sacrament of Penance, is acting in the person of Christ. Through his ordination, a priest or bishop can act in the person of Christ when celebrating the sacraments.
- iii. A priest or bishop may never, under any circumstances, reveal the sins of a penitent to anyone for any reason. This is called the SEAL OF CONFESSION.

Contrition

Among the penitent's acts contrition occupies first place. Contrition is "sorrow of the soul and detestation for the sin committed, together with the resolution not to sin again." (CCC1451)

When it arises from a love by which God is loved above all else, contrition is called "perfect" (contrition of charity). Such contrition remits venial sins; it also obtains forgiveness of mortal sins if it includes the firm resolution to have recourse to sacramental confession as soon as possible. (CCC1452)

The contrition called "imperfect" (or "attrition") is also a gift of God, a prompting of the Holy Spirit. It is born of the consideration of sin's ugliness or the fear of eternal damnation and the other penalties threatening the sinner (contrition of fear). Such a stirring of conscience can initiate an interior process which under the prompting of grace, will be brought to completion by sacramental absolution. By itself however, imperfect contrition cannot obtain the forgiveness of grave sins, but it disposes one to obtain forgiveness in the sacrament of Penance. (CCC 1453)

Confession

The confession (or disclosure) of sins, even from a simply human point of view, frees us and facilitates our reconciliation with others. Through such an admission man looks squarely at the sins he is guilty of, takes responsibility for them, and thereby opens himself again to God and to the communion of the Church in order to make a new future possible. (CCC1455)

Confession to a priest is an essential part of the Sacrament of Penance: "All mortal sins of which penitents after a diligent self examination are conscious must be recounted by them in confession, even if they are most secret and have been committed against the last two precepts of the Decalogue; for these sins sometimes wound the soul more grievously and are more dangerous than those which are committed openly." (CCC 1456)

Individual and integral confession of grave sins followed by absolution remains the only ordinary means of reconciliation with God and with the Church. (CCC 1497)

Satisfaction

The confessor proposes the performance of certain acts of "satisfaction" or "penance" to be performed by the penitent in order to repair the harm caused by sin and to re-establish habits befitting a disciple of Christ (CCC 1494)

The spiritual effects of the sacrament of Penance are:

- Reconciliation with God by which the penitent recovers grace;
- Reconciliation with the Church
- Remission of the eternal punishment incurred by mortal sins;
- Remission, at least in part, of temporal punishments resulting from sin;
- Peace and serenity of conscience, and spiritual consolation;
- An increase of spiritual strength for the Christian battle.

While the above information is difficult to express to second graders, it may be helpful for parents as guidelines when instructing children.

Here are some suggestions for you in helping your child to prepare for the Sacrament of Penance:

1. You began preparing your child for the Sacrament of Penance long ago. Every time your child has seen or experienced loving forgiveness in your home, he or she has understood a little more about God's forgiving love. With the help of a catechist and assistant, your child has begun a special preparation for the Sacrament of Penance. The preparation will focus on how God is a loving Father who forgives us if we just humble ourselves, repent, amend our lives, and return to Him in the sacraments.
2. Take time out every week to go over or discuss the lesson your child has learned in the Religion class. Help him/her to do their homework and to pray together at dinner or before bed time the Act of Contrition, Our Father, Hail Mary, Glory Be, and the Guardian Angel Prayer. Repetition is a great tool for learning and for memorizing.
3. Help your child to learn the Ten Commandments. Please use the St. Joseph First Communion Catechism book to go over the Commandments, the examination of conscience and how to make a good confession as often as you can.
4. Take your child along as an interested observer when you go to Confession. All classes will visit the confessionals prior to their First Confession to get the students accustomed to their new environment.
5. Role-play "going to Confession". (Don't use real sins when role playing; make up some false sins) Take turns with your child being the priest and the penitent. Teach your child that to sin is to say "No" to God. Make sure your child understands the difference between a mistake or accident, temptation, and sin by talking about some typical situations, which illustrate these occurrences.
6. Above all, relax and remember that this will be the first time your child will receive the Sacrament of Penance. It is the first step in a lifetime during which your child's appreciation of the sacrament will grow and deepen. Please bear in mind that it is **YOUR responsibility** to make sure that your child is provided the opportunity to go to Confession on a regular basis. Going to Confession as a family **AT LEAST ONCE A MONTH IS A GREAT FAMILY DEVOTION TO LIVE OUT.**

CHILDREN'S FORM FOR CONFESSION

Child: In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

Bless me, Father, for I have sinned.

It has been _____ weeks since my last Confession. (Or this is my first Confession.)

These are my sins:
(Name the sins.)

When finished, say:

For these sins and the sins of my whole life, I am sorry.

Priest: Gives words of advice and suggestions.

Asks child to say a penance (prayers to be said in Church after Confession.)

Child: Say the Act of Contrition
(See page 6 of this handbook)

or

An Act of Contrition you have Memorized.

Priest: Gives Absolution (the prayer which removes ones sins)

Priest: Go in peace.

Child: Thanks be to God.

CHILDREN'S EXAMINATION OF CONSCIENCE

Taken from the *New St. Joseph First Communion Catechism* p.43

Did I miss Mass on purpose on a Sunday or Holy Day? (Do not confuse this with your parents not taking you to Mass. You only have the obligation to ask them to take you.)

Did I not do something to make Sunday a day for God?

Was I late for Mass through my own fault? (Again, this is not your responsibility.)

Did I laugh or talk in Church?

Was I disobedient to others?

Did I talk back to them?

Did I fight with someone?

Did I use angry words?

Did I try to get even with someone?

Did I use bad words?

Did I steal something?

Did I tell any lies?

Was I unkind to others?

Did I call anyone bad names?

Did I tease someone unkindly?