

# *St. Timothy Catholic Church*

## *Office of Religious Education*

13807 POPLAR TREE ROAD  
CHANTILLY, VIRGINIA 20151  
(703) 378-9143



## **Handbook for**

## **First Penance**

## **&**

## **First Holy Communion**

2022 - 2023



# ST. TIMOTHY CHURCH

**Rev. Fr. David Meng**

*Pastor*

**Reverend Charles Pavlick**

**Reverend James Searby**

**Reverend Sunny Joseph**

*Parochial Vicars*

## RELIGIOUS EDUCATION STAFF

**Denise Masiello**, *Director of Religious Education*

**Cathy Edwards**, *Assistant Director of Religious Education*

**Elisa Minock**, *Assistant*

### Office Hours

Monday 8:00am- 4:00pm

Tuesday 8:00am - 4:00pm

Wednesday 8:00am - 4:00pm

Thursday 8:00am - 4:00pm

Friday, Saturday & Sunday Closed

(703)378-9145

ccd@sttimothyparish.org

FIRST



## PENANCE/CONFESSION DATES

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

**January 21, 2023** -

**RE, HT & Missing Sacraments classes**

**January 28, 2023** -

**STS Classes**

There is **NO GROUP PRACTICE for Penance**. However, all classes will visit the confessionals during one class time, before their First Confession, to prepare them by seeing it.

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

### **Dress Code and Appearance for the Sacraments**

**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 HOLY COMMUNION DATES

**Saturday, May 6, 2023 at 10:00 a.m. RE, HT & Missing Sacrament**

**Saturday, May 13, 2023 at 10:00 a.m STS Classes**

## PRACTICES

for First Holy Communion will take place in the Church

**Thursday, May 4 at 5:00p.m. RE, HT & Missing Sacraments**

**Wednesday, May 10 following school dismissal STS Classes**



## 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. A FEE OF \$20 WILL BE CHARGED AFTER SEPTEMBER 19<sup>TH</sup>.

CERTIFICATES FROM ST. TIMOTHY SCHOOL STUDENTS ARE COLLECTED AT THE SCHOOL AND TURNED INTO THE RELIGIOUS EDUCATION OFFICE.

Candidates who were baptized at St. Timothy Church **MUST** provide the Religious Education 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 recited during 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.
4. All First Communion candidates should regularly attend Mass on Sundays and Holy Days of obligation.
5. Candidates should accompany family when parents and older siblings go to Confession. Family attendance at Confession is recommended **AT LEAST ONCE A MONTH**. Before your child receives First Communion they should go to confessions. Each Saturday from 3:30P.M. to 5:00P.M., and Wednesday 11:30-11:50A.M. & 8:00P.M., confessions are heard in the Church.

# IMPORTANT INFORMATION

## **Attendance Policy for students preparing for Sacraments**

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 a parent has contacted the Religious Education Office by phone and the student has completed all missed work at home. Voicemail is monitored regularly.

## **Baptismal Certificate**

A copy of the candidate's baptismal certificate must be submitted to the Religious Education Office with registration. Candidates who were baptized at St. Timothy's **MUST** also provide a copy of their certificate. The Church office does not keep them on file.

## **Class Pictures**

An opportunity to take class pictures will take place in the New Parish Hall immediately following the Mass.

## **NO PHOTOGRAPHY**

We are requesting that **NO PHOTOGRAPHY** take place during Mass. The holy sacrifice of the Mass is a most sacred time in which Christ is present. It is a time where all attention should be focused on Our Lord in the Eucharist. Remember that your child will be receiving the Body, Blood, Soul and Divinity of Christ. Movement in the church is a distraction, not just for the children but for everyone.

## **Sacramental Fee**

A sacramental fee of \$30 is charged to defer the cost of supplies necessary in preparation for the Sacrament of First Holy Communion.

## **Basic steps for receiving the Eucharist**

Practice with your children the steps to reverently receive the Eucharist before the day of their First Holy Communion.

1. Bow before you walk to the priest. Keep your hands folded in prayer.
2. When the Priest or other ministers will hold up the Blessed Sacrament and say “The Body of Christ”.
3. You reply “Amen”. This “Amen” means you believe the Eucharist is the Body and Blood of Jesus.
4. Then, tilt your head slightly back, open your mouth wide and extend your tongue.
5. The priest or minister will place the Sacred Host on your tongue.
6. Wait until the Sacred Host is safely placed on your tongue before you return your tongue inside your mouth and close it.
7. Make the Sign of the Cross and walk back to your seat in the pew.
8. Kneel down and say a prayer, thanking God.

**Receiving the Host on the tongue is the method taught in religious education classes. All First Communicants are expected to receive on the tongue at the First Holy Communion Mass.**

# THE SACRAMENT OF RECONCILIATION

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

1. 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.
2. 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.
3. 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.
4. Remind your child how loving God is and how much He is overjoyed when anyone comes to Him to confess their sins.

## 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.



**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.

**Child:** Thank you Father.

**Priest:** Gives Absolution (the prayer which removes one's sins)

**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?

Did I play 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?