QUEEN OF APOSTLES
CATHOLIC CHURCH

Children and Youth Ministries

Religious Education

Sacraments are the Beginning of Something New

Sacraments of First Penance/Reconciliation
and First Holy Communion 2018

Those who approach the sacrament of Penance obtain pardon from God's mercy for the offense committed against him, and are, at the same time, reconciled with the Church which they have wounded by their sins and which by charity, by example, and by prayer labors for their conversion.
(Catechism of the Catholic Church, 1422, Lumen gentium 11 § 2)

The Eucharist is the heart and the summit of the Church's life, for in it Christ associates his Church and all her members with his sacrifice of praise and thanksgiving offered once for all on the cross to his Father... Participation in the Holy Sacrifice identifies us with his Heart, sustains our strength along the pilgrimage of this life, makes us long for eternal life, and unites us even now to the Church in heaven, the Blessed Virgin Mary, and all the saints.
(Catechism of the Catholic Church 1407, 1419)

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www.queenofapostles.org

Generally, baptized students receive the Sacraments of First Penance and First Holy Communion in grade two and above. The student is to attend no less than two consecutive years of Religious Education and show evidence of desire for these Sacraments.

Students enrolled in Queen of Apostles School, Religious Education Program, along with the Ghana Catholic Community and those who are homeschooled and desire the Sacraments of Penance and Holy Communion are asked to commit to the following (as applicable):

Place this sheet on the refrigerator.	✝ Faithful participation in Sunday Mass and Holy Days of Obligation. ✝ Active participation in Queen of Apostles Religion class, which expects: punctuality; no more than three absences in the school year; completion of homework assignments by the due dates; and passing grades. ✝ Timely submission of certificates, form, and payment. ✝ Submission of Sacrament Registration Form to receive the sacraments and $15 sacramental fee. Page 4. **Due date: December 10, 2017.** ✝ For students in grade eighth and high school, attendance at the retreat on **December 2, 2017, 8:30 a.m.-3:30 p.m. at Queen of Apostles**, Hannan Hall. ✝ Participation in Queen of Apostles youth activities as the child's age permits.

Fr. Juan and your child's catechist will determine which students will receive First Penance and First Holy Communion.

First Penance for Religious Education students is scheduled for Saturday, **February 10, 2018 at 9:30 a.m.** in Queen of Apostles Church.

First Penance for Queen of Apostles School students is scheduled for Monday, **February 26, 2018**. School parents should confirm information with Mr. Vuong.

First Holy Communion for students attending Queen of Apostles School and Religious Education is scheduled for Saturday, **May 12, 2018**. A Mass in English is at 10:00 a.m. and a Mass in Spanish is at 12:30 p.m.

Students attending Queen of Apostles School will attend the 10:00 a.m. Mass. Students enrolled in Religious Education classes will choose to attend either the 10:00 a.m. (English) or 12:30 p.m. (Spanish) Mass. Please designate your preferred Mass time on the Registration Form.

Place this sheet on the refrigerator

Important Dates for the Sacraments of First Penance and First Holy Communion

Sunday, September 10, 2017
☐ First day of Religious Education. Parent and student orientation, 9:00 a.m., School.

Sunday, October 8, 2017, 9:00 a.m.
€Meeting with Fr. Juan and Religious Education parents of baptized students desiring First Penance and First Holy Communion, 9:00 a.m. in the School's Multipurpose Room/Library.

Saturday, December 2, 2017
☐ Mandatory attendance at Retreat for <u>all</u> students in grade 8 and high school, 8:30 a.m. - 3:30 p.m., Hannan Hall.

Sunday, December 10, 2017
€Registration Form to receive sacraments is due. Religious Education students are to choose to attend the 10:00 a.m. (English) First Holy Communion Mass or the 12:30 p.m. (Spanish) First Holy Communion Mass. Queen of Apostles School students attend the 10:00 a.m. Mass.
€Sacramental fee of $15 per child. Cash or check payable to *Queen of Apostles*.

Saturday, February 10, 2018, 9:30 a.m.
€Sacrament of Penance for Religious Education students, 9:30 a.m. in the Church. Family members are invited to Confession, too.

Monday, February 26, 2018
€First Penance for Queen of Apostles School students in the Church.

Sunday, March 18, 2018, 9:00 a.m.
€Meeting with Fr. Juan and parents of baptized students desiring First Holy Communion, 9:00 a.m. in the School's Multipurpose Room/Library.

Sunday, April 22, 2018
€Religious Education Registration for the 2018-2019 school year opens. Registration forms are available during Religious Education Check-in/Check-out desk and in the parish office.

Monday, May 7, 2018, 6:30 p.m.
€First Holy Communion Rehearsal in the church for students attending the 10:00 a.m. <u>Mass in English</u> on May 12. Attendance at the 6:30 p.m. rehearsal is required for the child and parent/s.

Friday, May 11, 2018, 6:30 p.m.
€First Holy Communion Rehearsal in the church for students attending the 12:30 p.m. <u>Mass in Spanish</u> on May 12. Attendance at the 6:30 p.m. rehearsal is required for the child and parent/s.

Saturday, May 12, 2018 at 10:00 a.m. and 12:30 p.m.
€**10:00 a.m.** (English) - First Holy Communion Liturgy with children attending Queen of Apostles School and Religious Education students. Children are to meet in Hannan Hall by **9:15 a.m**.
€**12:30 p.m.** (Spanish) - First Holy Communion Liturgy with Religious Education students. Children are to meet in Hannan Hall by **11:45 a.m.**

Sunday, June 3, 2018
€Last day of Religious Education classes for the 2017-2018 school year.

Sunday, June 13, 2018, 12 noon
€Corpus Christi Procession following the 12 Noon Mass. All students are expected to attend. Students may wear their First Holy Communion attire.

Queen of Apostles

Registration Form for the Sacraments of Penance
and Holy Communion

Due December 10, 2017 *to Queen of Apostles Parish Office*

I am applying for admittance as a candidate for the Sacrament of First Holy Communion. I understand that I must show to the Church evidence that I:

1) *Live the sacramental life of the Church by praying the Mass on Sunday and on Holy Days of Obligation and receiving Reconciliation regularly after my First Penance.*
2) *Am growing in an understanding of my faith by attending religion classes and actively participating in class, reading Scripture, and learning to pray.*

Student Candidate's Signature and Date: _____

We (I) will actively participate in our child's faith formation by helping him or her learn the basic prayers and responses for the celebration of the Sacraments; to pray for and with my child; to continue sharing the gift of myself and the gift of faith with my child, our family and with the parish community, even after my child's First Holy Communion.

Parent's Signatures: _____ _____

Please print and complete all entries:

Student's Name: _____
First *Middle* *Last*

Birth date ____/____/_____ and place of birth _____
(month, day, year) (city, state/province, country)

Baptismal date & church: ____/____/_____ _____
(month, day, year) (church name, city, state/province, country)

Parent's Names: _____ _____
Father's legal first and last names Mother's legal first and **maiden** names

I am registering to receive the Sacrament/s: € Baptism € Penance € First Holy Communion

€ I will attend the 10:00 a.m. First Holy Communion Mass in English on May 12, 2018.
€ I will attend the 12:30 p.m. First Holy Communion Mass in Spanish on May 12, 2018.

$15 sacramental fee – cash or check payable to *Queen of Apostles*: _____

Queen of Apostles

First Penance/Sacrament of Reconciliation

The Sacrament of Reconciliation, Penance, or Confession, brings about a change of heart through God's mercy and forgiveness of sin. We encourage all those who are baptized to humbly encounter Christ and to experience the Lord's compassion through the Sacrament of Penance. True sorrow for sins and serious intentions not to commit sins again are necessary for Reconciliation.

A Little Catechesis

(adapted from http://www.ols-sa.org/documents/religious_ed/First_Reconciliation_Handbook_final[1].pdf and *The Catholic Faith Handbook*)

What is sin? Sin is disobedience to God's law. Sin rejects God's will for us to be good. Because of our free will, we can choose good or evil. There are two kinds of sins: original and personal/actual. Original sin is that lack of grace (gifts from God) with which each of us comes into the world through the disobedience of Adam and Eve. Personal/actual sin is sin that we ourselves commit. Through the grace of Baptism, our sins, including Original Sin, are forgiven and we gain the grace to resist evil and sinful temptations.

Where does the Church find this authority in Scripture? The risen Lord instituted this Sacrament on Easter when He showed Himself to the apostles and said to them, "Receive the Holy Spirit. If you forgive the sins of any, they are forgiven; if you retain the sins of any, they are retained. (John 20: 22-23) The Church is faithful to this commission, assuring us that God is willing to forgive sins as it looks to the words and actions of Christ who came to "search out and save what was lost." (Luke 19:10)

Why should we tell our sins to a priest? We tell our sins to a priest because Christ gave to His apostles the authority and power to forgive sins. The priest is also the representative of the Church which we have offended through sin. He is the instrument of God's merciful love.

What is the "Seal of Confession?" The confessional "seal" is the sacred obligation of the priest to keep secret what has been revealed to him in confession. This "seal" may never be broken.

The Sacrament was established by Jesus so that we might be reconciled to God by the forgiveness of our sins. This Sacrament:

- Reconciles us with God and the Church.
- Restores in us, if lost through mortal sin, the state of grace.
- Offers peace, serenity of conscience, and spiritual consolation.
- Gives us an increase of spiritual strength for the struggle of Christian living.

The example of parents and others celebrating the Sacrament of Reconciliation in joy and with meaning teaches the child to appreciate this opportunity to seek God's forgiveness and to deepen his or her relationship with Him. Let your children see you go to Confession. Children are not afraid of Baptisms or Communion because they see those Sacraments celebrated regularly, therefore, **monthly confession is recommended**.

We ask you to help prepare your son or daughter for confession by reviewing the Ten Commandments, an Examination of Conscience, the Act of Contrition (below), perhaps during bedtime prayer time, and how to make a good confession.

As part of the preparation to receive First Holy Communion we request that children receive the Sacrament of Reconciliation three times prior to First Holy Communion.

The Ten Commandments and An Examination of Conscience for Children

by Fr. Edward Filardi, Gaithersburg, MD

I. I am the Lord your God. You shall not have strange gods before me.
Do I give time every day to God in prayer?
Do I put my trust in superstitions, good luck charms, rather than God alone?
Have I rejected any Church teaching or denied that I was a Catholic?

II. You shall not take the name of the Lord your God in vain.
Have I used the words "God" or "Jesus" in anger or irreverently?
Have I used foul or ugly language? Have I wished evil on another?

III. Remember to keep holy the Lord's day.
Have I missed Mass on Sunday or any holy day of obligation?
Do I arrive at church late or leave early?
Do I try to be reverent and pay attention during Mass?
Do I avoid unnecessary work on Sunday?
Do I make Sunday a day of prayer or rest?

IV. Honor your father and your mother.
Do I respect and obey my parents?
Have I dishonored or mistreated them by word or deed?
Am I willing to help around the house or must I be nagged a hundred times?
Do I try to get along with my brothers and sisters?
Am I a tattletale or bully?
Do I give a good example, especially to younger siblings?
Do I respect others in authority: priests, sisters, police, old people, baby sitters?

V. You shall not kill.
Do I beat up others or hurt their bodies?
Do I say cruel things, or make fun of others to hurt their feelings?

Do I say mean things about others behind their backs?
Have I stopped speaking to anyone?
Do I encourage others to do bad things?
Do I try to love all people, born and unborn?

VI. You shall not commit adultery.
Do I treat my body and other people's bodies with purity and respect?
Do I look at television shows, movies, or pictures that are bad?
Am I modest in my speech and the clothes I wear?

VII. You shall not steal.
Have I taken things that were not mine from a store or another person?
Have I destroyed or misused another person's property for fun?
Do I return things that I borrow? In good condition?

VIII. You shall not commit false witness against your neighbor.
Am I honest in my school work?
Do I tell lies to make myself look good?
Do I tell lies to protect myself from punishment?
Do I tell lies that make another person look bad or get them in trouble?

IX. You shall not covet your neighbor's wife.
Do I allow my parents to spend time with one another, or do I get jealous and want them to pay attention only to me?
Do I get mad when I have to share my friends?
Are there kids I will not play with or be mean to because they look different?

X. You shall not covet your neighbor's goods.
Am I jealous or envious of the things or abilities that others have?
Am I thankful to God and my parents for what they have given me?
Do I share the things I have with my family, friends and poor people?

How to Make a Good Confession

Preparing for Confession (adapted from *The Light is On*)

Confession is not difficult, but it does require preparation and humility. Begin with prayer, placing oneself in the presence of God, our loving Father. In Confession, we encounter Christ. We seek healing and forgiveness through repentance and a resolve to sin no more. Then we review our lives since our last confession, searching our thoughts, words, and actions for that which did not conform to God's command to love Him and one another through His laws and the laws of His Church. This is called an Examination of Conscience (see above Ten Commandments and Examination of Conscience for Children.)

Monthly Confession is recommended.

Going to Confession

- The child may kneel behind the screen or sit face to face with Father.

- The penitent and the priest begin with the sign of the Cross, saying, *In the Name of the Father and of the Son and of the Holy Spirit.*

- Father urges the penitent to have confidence in God with these or similar words, May the Lord be in your heart and help you to confess your sins with true sorrow. Father may read or say a passage from Sacred Scripture.

- The child states, *Bless me Father, for I have sinned.*
  My last confession was _____ **or** *This is my First Confession.*
  (amount of time: weeks, months)

- *These are my sins:* The child then states his or her sins. The penitent must confess all of the mortal sins he or she is aware of having committed since the last Confession, be sorry for them, and have a firm purpose of amendment to try not to commit the same sins in the future.

- After stating his or her sins, the child states, *For these and all my sins, I am truly sorry.*
  Father will speak with the penitent and give a penance. Then he will ask the child to make an Act of Contrition.

Act of Contrition

God, I am heartily sorry for having offended you,
and I detest all of my sins
because I dread the loss of heaven and the pains of hell;
but most of all because they have offended 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.

- Absolution: Father will absolve the penitent in the following words,
  God, the Father of mercies, through the death and resurrection of his Son has reconciled the world to himself and sent the Holy Spirit among us for the forgiveness of sins; through the ministry of the Church may God give you pardon and peace, and I absolve you from your sins in the name of the Father, and of the Son and of the Holy Spirit.

- The penitent then makes the sign of the Cross and answers, *Amen.*

- Following absolution, the child says, *Thank you, Father.*

Leaving the Confessional

The child leaves the confessional to fulfill his or her penance. The child goes quietly to a place in the church to pray.

Rejoice! The forgiveness of Christ has been received.

The Sacrament of Reconciliation is a private sacrament and is not recorded.

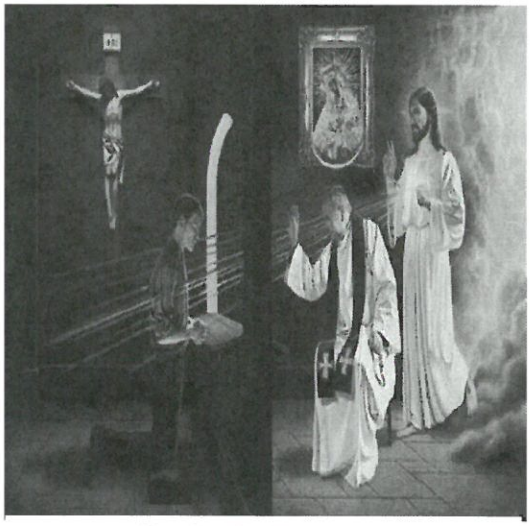


Image accessed from http://pjkmusic.com/blog/wp-content/uploads/2014/06/divine-mercy-confession.jpgImage

Queen of Apostles

Sacrament of Holy Communion

"Every time we celebrate this Sacrament we participate in the mystery of the passion, death, and resurrection of Christ. The Eucharist is the summit of God's saving action: the Lord Jesus, by becoming bread broken for us, pours upon us all of his mercy and his love, so as to renew our hearts, our lives, and our way of relating with him and with the brethren" (Pope Francis, General Audience, February 5, 2014).

Preparing as a Family

To make this preparation time for First Holy Communion a real family celebration that will be treasured by the First Communicant and the whole family, consider these suggested activities that lead up to your child's reception of the Body and Blood of Jesus. Holy Communion should be the beginning of a lifelong celebration of the Sacrament. Each time we receive the Eucharist, we receive Christ himself, and we understand this even more deeply as we grow in knowledge of the faith.

- Attending Holy Mass as a family on the Lord's Day, Sunday, arriving a little early, staying a little after Mass, and sitting up front. Encourage your child to sing and pray the responses.

- Going to Confession together as a family at least once a month.

- Choosing a member of the family such as a godparent to pray for the Communicant. Perhaps the godparent/s or family member can pray a First Communion novena during the days leading up to the child's First Communion.

- Having one family member read passages from the Scripture as a family prayer. Some suggestions from the Scriptures are: Deuteronomy 8:2-3,14b-16a; John 6:35-49; Luke 9:11b-17; Luke 22:14-20; Mark 14:22-26; 1 Corinthians 10:16-17. One parent could comment on the reading, explaining how this scriptural passage applies to your family and how they may bring this message to others.

- When saying grace before and after meals, think of some spontaneous prayers, thanking Jesus for the gift of belonging to His Body and the Church.

- Drawing a picture with the caption, "Come, Lord Jesus," and displaying it in a prominent place.

- Lighting the child's baptismal candle each anniversary.

- Talking with your child about your own First Communion experience. Try to remember your own First Communion day and share this with your child. Encourage other family members such as brothers and sisters to talk about their experiences as well. Take out First Communion photos if you have them.

- Before Holy Mass on the day of First Holy Communion and anytime before receiving Communion, the Communicant should say a prayer asking Jesus to come into his/her heart and thanking Jesus for the gift of Himself. Other family members should add their special prayers of thanks and petitions.

- Taking your family to church or the Adoration Chapel to visit Jesus in the Most Blessed Sacrament. Explain how Jesus is waiting in the Tabernacle. He invites everyone to come to Him. He loves for people to visit and just be with Him. Let the child know that we can tell Jesus everything: joys, pains, even ask for help with studies. This also would be a good opportunity to practice appropriate church behavior with your child.

Essentials for Preparing to Receive the Eucharist, the Body and Blood of Jesus

Along with your child's catechist, please help your son or daughter learn the essentials of receiving Holy Communion with faith and reverence. It is vital that the child understands the importance of having a real relationship with Jesus. Speak to your child about your love of the Eucharist; your child will learn through your examples. Remember that the reverence with which you accept Jesus in the Eucharist will be the example that will be followed by your son or daughter. No matter how much your child's catechist stresses "how to receive our Lord reverently", if this is not being done by his or her family, the lessons will be quickly forgotten.

✝ He or she must understand the difference between ordinary bread and wine and the Eucharist, the Body and Blood of Jesus.

✝ He or she must have a sincere desire to receive the Sacrament of Holy Eucharist.

✝ He or she must truly believe that Communion is our Lord whom they are receiving.

A child's understanding of the Eucharist will unfold over time. Children need assurance that God gives Himself to us in a special way in Holy Communion and that what happens in the Sacrament is much more than what we see.

Teaching Children How to Receive Holy Communion

The Communion Fast is one hour, except for water or medication.

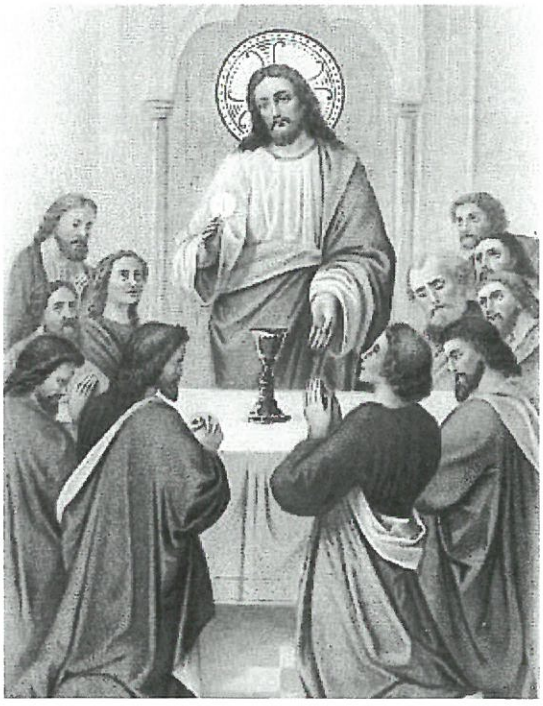
When cued, children leave their seat and approach the priest with hands folded, praying to Jesus, thanking Him for the great gift that they are about to receive, the Body, Blood, Soul and Divinity of Jesus.

> One of the most beautiful and intimate ways we participate in the Mass is through the reception of Holy Communion, the Body and Blood of our Lord Jesus Christ. We must remember that "the whole and entire Christ and the true sacrament are received under either species" (Council of Trent, "Doctrine on Communion under Both Species and on Communions of Little Children"). A person receives the fullness of grace of the sacrament whether just receiving the Sacred Host alone, or the Precious Blood alone, or both together.
> (Confer the Catechism, No. 1390).

During the First Holy Communion Mass, children will receive the Body of Christ kneeling down on a kneeler in front of the altar. The priest will say, "The Body of Christ." The child clearly responds, ***Amen***. The priest will distribute the Body of Christ on the child's tongue.

As determined by the pastor, First Communicants may/may not be offered the Precious Blood of Christ. Just like receiving the Body of Christ, the child responds ***Amen*** after the minister says, "The Blood of Christ." With the assistance of the minister, the child accepts the chalice containing the Blood of Christ, drinks a small amount, and returns the chalice.

After receiving the Body/Blood of Christ, the child then steps away and returns to his/ her seat and with reverence, kneels, and prays quietly thanking Jesus for giving Himself totally to him/her. Following the prayer of thanksgiving, the child is invited to sing the Communion Hymn.



Queen of Apostles

General Information
Sacraments of Penance and First Holy Communion

✝ The Role of Parents

As the primary religious teachers for your children, you help your son or daughter grow in the Catholic faith as you prepare him or her for fruitful reception and desire of the Sacraments.

Your attendance at Sunday Mass (Saturday evening or Sunday morning/afternoon) and Holy Days of Obligation, reception of the Sacraments, and attendance at Religious Education meetings are vital. There is, and can be, no substitute for your actual presence at such moments. Your interest, involvement, and concern make a difference in your son's or daughter's perception of what the Sacraments of Penance/Reconciliation and Holy Communion and the Christian life are all about. We must be sincerely prepared for and actively desire a Sacrament in order for its graces to transform our lives. As a family of families, Queen of Apostles want to celebrate these milestones of grace with you. Queen of Apostles encourage families to pray together – before and after meals, before bedtime, in the morning, anytime. Other ideas include saying the rosary and reading about a saint.

Please ensure your child attends Religious Education classes, arrives on time with homework finished, completes homework and other class projects, and hands-in required Sacramental paperwork by the deadline.

As part of the Disciples of the Hearts of Jesus and Mary apostolate in strengthening and building the family, from October 2017-June 2018, the program, **Towards a Missionary Family**, will be presented. A missionary family announces the joy of the Gospel to its extended family, to its neighbors and community, and at its workplace. The family is called to evangelize by inviting others to encounter Christ and by serving as joyful witnesses of connecting faith and life. Each month, a theme related to the Sacraments and their transformative ("beginning of something new") power will be introduced. Practical ideas of how to live the Sacraments as a missionary family will be offered. Additionally, the **Rule of Life**, a set of spiritual practices that allows the faith to be fully alive, will be explained.

Together with your child's catechist, we welcome this opportunity to assist your son or daughter in living the Christian life and to encounter Christ: learning to pray, knowing the Bible and learning Scripture, preparing for and living the sacraments. Because sacraments are the beginning of something new, your role continues in forming your child to live as a faithful Roman Catholic. As members of Queen of Apostles, you can freely access the online library, https://formed.org/ To register, use parish pass code Z37RTW.

Thank you for helping your child prepare well for living the Christian life.

✝ The Sacrament of Penance

Besides First Penance on **February 10, 2018**, Religious Education students and their families have opportunities to go to Confession at Queen of Apostles. Throughout the week.

Queen of Apostles School students are scheduled for First Confession on **February 26, 2018**.

The Queen of Apostles confession schedule is Monday-Friday, 7:00-7:30 a.m.; Wednesday, 6:30 p.m.; Thursday, 7:30-8:30 p.m..; Saturday, 4:00-5:30 p.m. and 6:00-7:30 p.m.; Sundays at 10:00 a.m.

✝ Retreat for <u>all</u> Students in Eighth Grade and High School

The retreat is scheduled for Saturday, December 2, 2017, 8:30 a.m.-3:30 p.m., Hannan Hall, Queen of Apostles. Attendance at the retreat is mandatory.

✝ First Holy Communion Rehearsal – May 7, 2018 at 6:30 p.m. (English) and May 11, 2017 at 6:30 p.m. (Spanish)

There will be a mandatory practice session in Queen of Apostles Church on the evening of Monday, **May 7, 2018 at 6:30 p.m.** for Queen of Apostles School students and RE students attending the **10:00 a.m. First Communion Liturgy (English) on May 12, 2018**.

For Religious Education students attending the **12:30 p.m. First Communion Liturgy (Spanish) on May 12, 2017**, there is a mandatory practice session in Queen of Apostles Church on the evening of Friday, **May 11, 2018 at 6:30 p.m.**

The 90 minute practice is designed to familiarize the students with the structure of the First Holy Communion Liturgy. The practice focuses on the children's entrance into the church, responses, and the students' participation in the Liturgy. Other logistics will also be communicated to ensure a prayerful First Eucharist Mass.

A student's parent is required to attend the practice session with the student.

✝ Dress Code and Etiquette for the First Holy Communion Mass at Queen of Apostles

Your child's attire is to reflect the dignity, reverence, and joy of First Holy Communion.

For the Girls:

- White dress with shoulders covered (no spaghetti straps or halter tops).
  - If your daughter wears a spaghetti strap or halter top dress, she must wear a white sweater/shawl to cover her shoulders throughout the Mass.
- White veil (recommended).
- White shoes with white socks or tights. Please, no open-toed sandals or flip-flops.

For the Boys:

- White shirt.
- Tie.
- Dark dress pants.
- Dress shoes. Please, no athletic shoes or sandals.

We kindly ask you to comply with the above dress code for your child. Please ensure the dress clothes items do not become a distraction to your child and others. Alterations to your child's dress clothes can be worn following the First Holy Communion Liturgy.

While we understand First Communion day is special and family and friends may wish to give your child a gift for the Mass (i.e. rosary, prayer booklet, small purse, bag, or gloves), we ask that children not carry these items to Mass. As items are often times misplaced or left behind, parents/adults should hold onto these items during the Liturgy. At the end of the Liturgy, Fr. will have a Blessing of Religious Articles: rosaries, bibles, crucifixes.

Chewing gum, eating food, using electronic devices, taking pictures, and socializing are inappropriate during the rehearsal and Mass. We also ask that family and friends arrive on-time and to dress modestly. Clothing should not be tight-fighting. Shorts, halter tops, and t-shirts are unsuitable attire, as are holey jeans, sleeveless dresses, low cut tops, skirts above the knees, tops exposing the stomach or back, sports outfits, and clothes with advertising or logos. Additionally, families may find the vestibule a suitable place to calm small children.

During the Mass, please respond and sing; First Holy Communion is a prayerful celebration. A printed program will be available for you to follow the order of Mass.

During and after Communion, please pray quietly. A prayer of thanksgiving after Communion is a spiritual practice for those who believe in the Real Presence of Jesus. Take some time to thank God for the great gift of receiving God Himself in person.

✝ First Holy Communion Liturgy

The Sacrament of First Holy Communion will be held during Mass on Saturday, **May 12, 2018 at 10:00 a.m. (English) and 12:30 p.m. (Spanish)**. The Liturgy will last about 1.5 hours. Prepared and desiring students, as determined by Fr. Juan and the student's catechist, will receive First Holy Communion.

Students are to meet in Hannan Hall **45 minutes prior to the Liturgy**. Children attending the 10:00 a.m. Mass are to be in Hannan Hall by 9:15 a.m. and children attending the 12:30 p.m. Mass are to be in Hannan Hall by 11:45 a.m. Students are to be dressed in First Holy Communion attire.

We recommend students eat breakfast and drink water before arriving to Hannan Hall. After ensuring their child is in Hannan Hall, parents are to proceed to the church and quietly find a seat. Children will be escorted to the church by their catechists. Students will have designated seated areas in Queen of Apostles Church. We kindly ask that family and friends sit in non-designated areas of the church.

To maintain the sanctity of the First Holy Communion Mass, there shall be no picture or video-taking before or during the Liturgy. Please follow the direction of the photographer for a group photo. Photos taken in the Church after the Liturgy should be done so in a reverent way.

More information will be provided regarding a professional photographer. Please do not hire your own photographer or set up video-recording equipment in the church.

Fr. will lead a Blessing of Religious Articles near the end of the Liturgy. Parents/adults of the First Communicant should hold onto the articles during Mass.

Please note that attendance at the **First Holy Communion Mass <u>does not</u> fulfill Sunday Mass Obligation**.

First Communicants are expected to attend Religious Education class on Sunday, May 13, 2018. Children are invited to wear their First Holy Communion attire on May 13 and again on Corpus Christi, June 3.

✝ First Holy Communion Certificates

Certificates will be available for pickup from the parish office about two weeks following First Holy Communion.

✝ After First Penance and First Holy Communion

We have insisted that the Sacraments are not end in themselves. They mark new beginnings in our life. First Penance and First Holy Communion are not "graduations" from faith formation; faith formation is lifelong as we continue to seek and encounter Christ. The Queen of Apostles Religious Education Program is intended for Catholic faith formation over years and it is not only for receiving Sacraments. The program is designed to have continuity from kindergarten/grade 1 through high school. Skipping years between Sacraments does not allow for adequate faith formation or confidence in living the faith and evangelizing.

Please continue to enroll your child in the Religious Education classes and/or encourage him or her to participate in youth-related activities such as Nazareth or Emmaus. Children will stay in religious education if they see their parents striving to grow in holiness. Additionally, consider attending a parish bible study, volunteering for Religious Education, and participating in the Family of Families projects. As Catholics, attending Mass, praying individually and as a family, living the Sacraments, and going to Confession/ Reconciliation should be intentional priorities in your schedule. As a parent, your mission continues to be to bring your son or daughter closer to the heart of God.