

Religious Education

Sacraments of Initiation 2021

Student Packet

Holy Baptism is the basis of the whole Christian life, the gateway to life in the Spirit and the door which gives access to the other sacraments. Through Baptism we are freed from sin and reborn as sons of God; we become members of Christ, are incorporated into the Church and made sharers in her mission: "Baptism is the sacrament of regeneration through water in the word."
(Catechism of the Catholic Church, 1213 and Roman Catechism II, 2, 5).

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).

Preparation for Confirmation should aim at leading the Christian toward a more intimate union with Christ and a more lively familiarity with the Holy Spirit – His actions, His gifts, and His biddings – in order to be more capable of assuming the apostolic responsibilities of Christian life.
To this end catechesis for Confirmation should strive to awaken a sense of belonging to the Church of Jesus Christ, the universal Church as well as the parish community.
The latter bears special responsibility for the preparation of confirmandis.
(Catechism of the Catholic Church, 1309).

Sacraments are the Beginning of Something New

Unbaptized students, over the age of 7 years old, who have attended the Queen of Apostles Religious Education Program for no less than two consecutive years, and who desire Baptism/Sacraments of Initiation and their parents, are asked to commit to the following:

Place this sheet on the refrigerator.

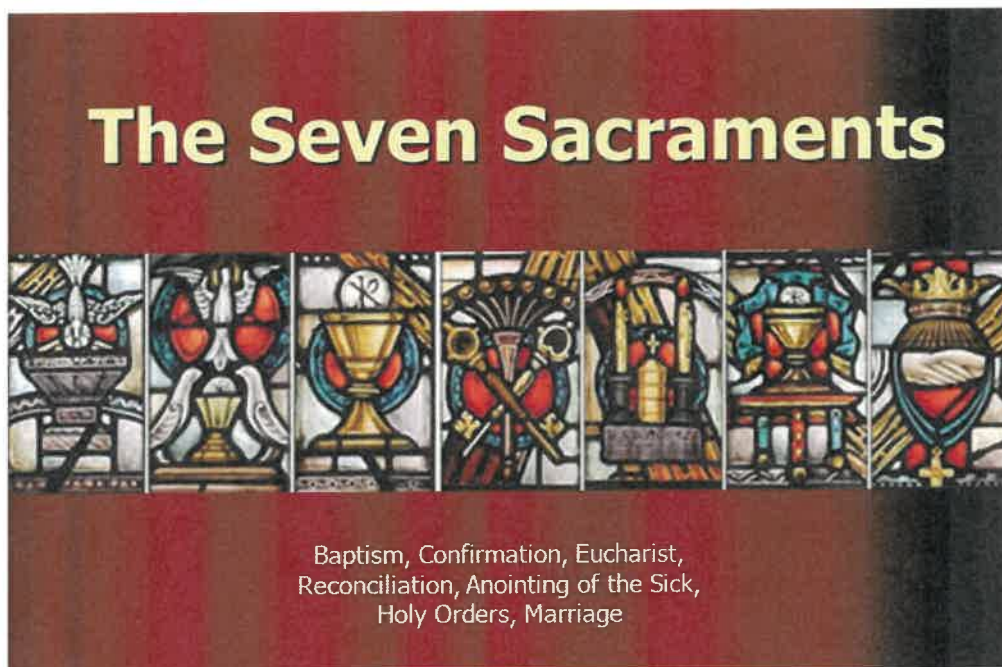
- Faithful participation in Sunday Mass and Holy Days of Obligation.
- Active participation in a Religious Education Program, which expects: punctuality; no more than three absences in the school year; completion of homework assignments and projects by the due dates; and earning no less than 70% on homework. **Students must attend at least 2 consecutive years of Religious Education classes. Students are to continue attending Catholic faith formation classes.**
- Timely submission of certificates, forms, and payment, and attendance at **Rites and Scrutinies**.
- Attendance by parents/godparents at meetings with the priest on **November 22, 2020 at 9:00 a.m. Another meeting will be scheduled ~February/March 2021.**
- Submission of Sacraments **Registration Form** that includes selection of a Christian name, if needed, for Baptism/Confirmation, name of godparent/sponsor and his/her parish name, \$50 fee, and 2021-2022 Registration. **Due date: January 10, 2021. Page 6.**
- The Roman Catholic Baptismal godparent/Confirmation sponsor needs to submit a signed and sealed Sponsor **Certificate of Eligibility** form from his/her home parish to Queen of Apostles. **Due date: January 17, 2021. Page 9** (for Queen of Apostles parishioners).
- Completion of a **Saint Name report/poster**. The student may use his/her first or middle Christian name. **Due date: January 31, 2021. Pages 10-12.**
- Completion of **service hours and a written report**. A minimum of 20 service hours is required of students in eighth grade and high school. A minimum of 5 service hours is required of students in fourth through seventh grades. Students in third grade and below do not have required service hours. The service hours log is on page 15. **Due date: February 7, 2021. Pages 13-19.**
- Attendance by the students, parents, and godparents at the **Learn the Liturgy** meeting at Queen of Apostles Church. Date and time TBA.
- Attendance and participation at the **Rite of Election** on **~February 21, 2021** at 2:30 p.m. at St. Thomas More Cathedral, Arlington, VA. (Date and time to be confirmed).
- **First Penance/Sacrament of Reconciliation** about a month following the reception of Baptism.
- Participation in Queen of Apostles activities, ministries.

Based on the above and the requirements outlined in this packet, Fr. Alexander Diaz and the student's catechist will determine which desiring and prepared students will receive Baptism, Confirmation, and Holy Communion on Easter Vigil or another time at Queen of Apostles.

The Easter Vigil Liturgy is on Saturday, April 3, 2021 at ~8:30 p.m. with a Rehearsal at 11:00 a.m.

If the student does not show evidence of desire for the sacraments, does not complete the requirements, is not prepared, the student will be delayed. A later date and time will be set for the student's reception of sacraments.

Because of the coronavirus pandemic, times and dates are subject to change.





Queen of Apostles

Important Dates for Sacraments of Initiation For Unbaptized Students, Over the Age of 7 Years Old and Who are in His/Her Second+ Consecutive Year of Religious Education

Sunday, November 22, 2020, 9:00 a.m.

Meeting with the priest and parents/godparents of unbaptized children over the age of 7 years old who have attended at least 2 consecutive years of Religious Education, 9:00 a.m., School Library.

Sunday, December 6, 2020, 12 Noon Mass

Rite of Acceptance and Rite of Welcoming. RE students and RCIA, and his/her godparent sit in the front pews nearest the Presider's Chair, Queen of Apostles Church.

Sunday, January 10, 2021

Registration Form to Receive the Sacraments of Initiation, including a Christian Baptismal Name (if needed), Patron Saint/Confirmation Name, Name and Parish of Godparent/s, Garment Measurements, and Registration for the next school year. Page 6.

Sacramental fee of \$50 to cover costs of garment, materials, and 2021-2022 Religious Education registration. Cash or check payable to *Queen of Apostles*.

Sunday, January 17, 2021

Godparent/Sponsor Certificate of Eligibility form signed and sealed by a priest from his/her registered parish and submitted to Queen of Apostles. For registered members of Queen of Apostles, a Certificate is included in this packet. Page 9.

Sunday, January 24, 2021, 12 Noon Mass

Minor Exorcism, Anointing and Blessing. Students and RCIA, and his/her godparent sit in the front pew nearest the Presider's Chair, Queen of Apostles Church.

Sunday, January 31, 2021

Completion and submission of type written Patron Saint Name Report/Poster. Pages 10-12.

Sunday, February 7, 2021

Completion of apostolic service hours and a type written report. Pages 13-19.
A *minimum* of 20 service hours is required of students in eighth grade and high school.
A *minimum* of 5 service hours is required of students in fourth-seventh grades.
Students in younger grades do not have required service hours but they are welcome to perform service to others. The hours log and type written report are to be handed to your catechist.

***Sunday, February 21, 2021, 2:30 p.m.**

Rite of Election and Call to Continuing Conversion, Cathedral of St. Thomas More, Arlington, VA. Students and RCIA, and his/her godparent/sponsor are expected to attend. We will have assigned seating for students, adults, and godparents; limited seating for family members.

**Date and time to be finalized.*

February – March 2021

Catechumens meet with parish priest. Parents and godparents meet with priest.

TBA time and day

Learn the Liturgy with the priest. Students, parents, and godparents are to attend this meeting in Queen of Apostles Church.

Sunday, March 7, 2021, 12 Noon Mass

First Scrutiny and Presentation of the Creed.

Unbaptized students and RCIA, and his/her godparent sit in the front pew nearest the President's Chair, Queen of Apostles Church.

Sunday, March 14, 2021, 12 Noon Mass

Second Scrutiny.

Unbaptized students and RCIA, and his/her godparent sit in the front pew nearest the President's Chair, Queen of Apostles Church.

Sunday, March 21, 2021, 12 Noon Mass

Third Scrutiny and Presentation of the Our Father.

Unbaptized students and RCIA, and his/her godparent sit in the front pew nearest the President's Chair, Queen of Apostles Church.

Saturday, April 3, 2021, 11:00 a.m. and ~8:30 p.m.

Easter Vigil Rehearsal with unbaptized students, RCIA, and godparents/sponsors, 11:00 a.m. Queen of Apostles Church. Attendance is required for the student, RCIA, and his/her godparent/sponsor.

Easter Vigil Liturgy, ~8:30 p.m. Students, RCIA, and godparent are to be in Church by ~7:45 p.m.

Sunday, April 25, 2021

General Religious Education Registration for the 2021-2022 school year opens. Sacraments of Initiation students are already registered.

May 2021

First Penance for newly Baptized students.

Sunday, May 30, 2021

Last day of Religious Education classes for the 2020-2021 school year. See you September 12, 2021.

Sunday, June 6, 2021

Corpus Christi Procession following the 12 Noon Mass. All students are expected to attend and participate. Please wear the white garment.

Sunday, September 12, 2021

First day of Religious Education classes for 2021-2022 school year.



Queen of Apostles

Registration Form for Sacraments of Initiation and for the 2021-22 Religious Education School Year

(for unbaptized children over the age of 7 years old)

Due January 10, 2021 to Queen of Apostles Parish Office

I am applying for admittance as a catechumen for the reception of Baptism, Confirmation, and Holy Eucharist. 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.*
- 2) *Am growing in an understanding of the Catholic faith by attending and actively participating in Religious Education class, completing assignments, reading Scripture, learning to pray, and attending the 2021-2022 RE school year.*
- 3) *Reflect upon and strengthen my desire to become Catholic.*
- 4) *Serve as Jesus did by performing service hours within my community and being involved in parish youth activities.*

Student's Signature and Date: _____

We (I) will actively participate in our child's faith formation by helping him/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 reception of Baptism/Sacraments of Initiation.

Parent's Signatures: _____

Please print and complete all entries:

Student's Legal Name: _____

First

Middle

Last

Sex of Child: Male. Female. Birth date (month, day, year): ____/____/____
(month day year)

Place of birth: _____
(city, state/province, country)

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

Name of Baptismal Godparent/s: _____

Name of Confirmation Sponsor (one baptismal godparent): _____

Name and Place/City/State/Country of Godparent's Registered Parish: _____

Godparent contact information: phone: _____ email: _____

Baptismal Name if Given Name is Not Christian: _____

Confirmation Name/Patron Saint (a report about this saint is required): _____

Measurements for White Garment: Height (feet/inches): _____ Weight (lbs): _____

\$50 fee – cash or check payable to *Queen of Apostles*: _____ date: _____



Queen of Apostles

Choosing a Baptismal Godparent/Confirmation Sponsor and Certificate of Eligibility

Due January 17, 2021 to Queen of Apostles Parish Office

What is a Baptismal Godparent/Confirmation Sponsor?

A godparent/sponsor is a Roman Catholic man or woman who accompanies the student in learning about and living the Catholic faith. He or she encourages and assists the student to embrace and actively practice the Catholic faith before and after receiving the sacraments. The godparent/sponsor helps the student be a courageous witness to Jesus and His Church. A godparent/sponsor should be a mature, moral, and faithful individual who is ready to accept the responsibility of being part of the child's life.

The godparent/sponsor presents the student to the pastor during the Easter Vigil Liturgy or another time. He or she shows the student how to pray, encourages the child to go to Confession, and helps the child attain salvation, therefore, parents must pray and take great care in choosing a godparent/sponsor. Godparents/sponsors are responsible for assisting parents in raising child in the faith.

Who Can Serve as a Godparent/Sponsor?

The godparent/sponsor must be an active, practicing Roman Catholic who serves as an excellent role model for the student. The eligible godparent/sponsor may be a Catholic man or woman over the age of 16 years old. Parents may not serve as the godparent/sponsor.

At Queen of Apostles, one man and/or one woman serve as the baptismal godparent/s and **one** man or one woman serves as the Confirmation sponsor. Generally, the Confirmation sponsor is one of the baptismal godparents.

According to Diocesan regulations and the Code of Canon Law 893, at a minimum, the Sponsor:

- † Has received the Sacraments of Baptism, Penance, Eucharist, and Confirmation.
- † Attends Mass every Sunday and Holy Days of Obligation.
- † Receives the Sacraments of Holy Communion and Penance regularly.
- † If married, his/her (present) marriage is a valid Catholic marriage.
- † Is at least 16 years old and is not the candidate's mother or father.

How does a Godparent/Sponsor Obtain a Certificate of Eligibility?

The godparent/sponsor will likely need to meet with his or her parish priest who will determine eligibility. The priest may meet with the potential godparent/sponsor before signing and sealing a Certificate of Eligibility. A Certificate for registered parishioners of Queen of Apostles follows on the next page.

A godparent/sponsor may need to make an appointment with his/her parish priest in order to obtain a signed and sealed Certificate of Eligibility.

A godparent/sponsor should call his/her home parish before coming to the parish office. An appointment with the priest may take a week or longer. Please call the parish office weeks before the January 17, 2021 Certificate deadline.

The Certificate of Eligibility is to be completed and signed in front of the priest.
Queen of Apostles parishioners may use Page 9.

Please do not sign the certificate before meeting with the priest.

Incomplete Certificates will be returned to the student/parents.



Queen of Apostles

Certificate of Eligibility – Baptismal Godparent/
Confirmation Sponsor

Due January 17, 2021 to Queen of Apostles Parish Office

Queen of Apostles Catholic Church
4329 Sano Street
Alexandria, VA 22312
703-354-8711

For Registered Parishioners of Queen of Apostles – Please Do Not Sign Before Meeting with a Priest

I, _____ am a registered member of Queen of Apostles Catholic Church in Alexandria, VA, of legal canonical age (16 years or older) to be a sponsor for Baptism or Confirmation in the Catholic Church.

I affirm the following:

1. I have received the Sacraments of Initiation: Baptism, Confirmation, and First Eucharist.
2. I faithfully participate in Mass on Sundays and Holy Days of Obligation and give witness to my catholic faith in Christ Jesus by regularly receiving Him in Holy Communion.
3. **(For married Catholics)** I have entered into a valid marriage in accordance with the laws of the Catholic Church.
(For Religious or Clergy) I am a member in good standing with my religious community or diocese.
(For single Catholics) I am living a Christian life in accordance with the laws of God and the Catholic Church.
4. I actively strive to live out my commitment to Christ and to the community life of the Catholic Church by my loving response to all those with whom I come into contact.
5. I will give support to the person I am sponsoring by my prayers and by my Christian example. I will help him/her grow and thrive in the Catholic Faith.

Sponsor's Signature: _____ **Date:** _____

Witnessed in the presence of:

Fr. Alexander Diaz

Fr. Joseph Rampino

Student's/Catechumen's Name (please print): _____

Parish Seal



Queen of Apostles

Confirmation Patron Saint Name and Report/Poster for
Students Desiring and Preparing for the Sacraments of Initiation

Due January 31, 2021 to Your Catechist

Each catechumen is asked to write a reflection paper or create a poster on the Saint who they have chosen as their patron, intercessor, and companion.

Choosing Your Patron Saint:

You, the catechumen, are encouraged to read about the heroic lives of the Saints of the Catholic Church and select a Saint whose life will serve as a model and patron during your life. Choose a Saint whose life inspires you to strive for holiness and live the Christian life. Do not just choose a name you like, rather, develop a meaningful spiritual relationship with your Saint so you can ask him or her to pray for you. You may choose a male or female saint.

The Saint you choose will serve as your Confirmation Saint. Your Confirmation name can be your Christian baptismal name, too. The Saint's name will be proclaimed by the pastor during the Easter Vigil Liturgy or another time.

The Saint's name chosen must be complete, i.e. St. Francis of Assisi, St. Maria Goretti, St. Teresa of Calcutta, etc. Titles of Mary such as Our Lady of the Rosary will default to Mary.

There are many books and websites with information about the Saints. **Please, Wikipedia is not an accepted source!** Read several information sources and pray about what Saint you are inspired to choose. As part of your reflection paper or poster, include a Bibliography/Works Cited (a proper list of sources (books, websites, periodicals) page.

Some examples of acceptable sources are:

Websites:

- <http://catholicsaints.info>
- www.catholic.org/saints
- www.ewtn.com/saintsHoly
- <https://www.franciscanmedia.org/source/saint-of-the-day/>

Books:

- Butler's Lives of the Saints
- Our Sunday Visitor's Lives of the Saints

- Saints are not Sad by F.J. Sheed
- The Roman Martyrology edited by Canon J. B. O'Connell.
- Saint of The Day edited by Leonard Foley and revised by Pat McCloskey

Saint Report/Poster Guidelines:

The typed Patron Saint Reflection Paper (essay) is to have introductory and closing paragraphs. If choosing to create a poster about your patron Saint, the poster is to measure 24"x36" or 36"x48" and include typed and graphic information.

The body of the essay or the written content on the poster should answer the following questions in sentence and paragraph form:

1. When and where was your saint born? What was going on in the world during that time? (i.e. persecution, reformation, Middle Ages, current times, etc.)
2. If the information is available, what was your Saint like when he or she was your age?
3. Did your Saint undergo a major conversion experience such as living a poor Christian life to one of great virtue? Explain.
4. What virtues does your Saint possess? Describe how he or she exercised the virtues?
5. What works or service is your Saint known for? (i.e. missionary, teacher, doctor, mother, soldier, writer, religious (priest, sister), etc.)
6. What symbol/s, if any, are associated with your Saint? Why? Explain the symbol/s.
7. What is your Saint's Feast Day (if they have one on the Liturgical Calendar)?
8. How did your Saint die? Where is he/she buried? When was he/she canonized?
9. Is your Saint the patron of any group?
10. Describe a specific devotion that is attributed to your Saint.
11. Why did you choose this Saint as your Confirmation Saint?
12. What about your Saint do you hope to imitate?

For students in eighth grade and high school, typed reports should be at least two pages double-spaced not including pictures or bibliography.

For students in grades five through seven, typed reports should be at least one page double-spaced not including pictures or bibliography.

For students in grades two through four, reports should be at least one paragraph long/five sentences, not including pictures or bibliography.

Please include a cover page with your name, the Saint's name, and include your class: Religious Education, Queen of Apostles School, or Ghana Catholic Community.

Reports/posters and written information are to be your original work and not plagiarized.

Please print-out your report and hand your report/poster to your catechist on or before January 31, 2021.

Please do not email the report to your catechist.





Queen of Apostles

Apostolic Service Hours for Students Desiring
and Preparing for the Sacraments of Initiation

Due February 7, 2021 to Your Catechist

Student's Name: _____

Service Hours Overview

The Apostolic Service Project is an answer to the Gospel challenge to love our neighbor as Jesus loves us. To further prepare students to receive the Sacraments, it is important that he or she spend time going out into the world and being Christ to others by serving in familiar and new ways.

1. The apostolic volunteer service is to be done in a Christ like manner, with a prayerful and loving Spirit, and a merciful heart. Consider service as a way of encountering Christ – for others and yourself, and being a witness for Jesus.

All projects must be in accord with Catholic Church teachings and unpaid. Service projects should not be tasks that are ordinarily expected at home.

Service to others and sharing one's gifts and talents with the community is part of living the Christian life. **By apostolic service, we specifically mean acts that show care for the human person**, and are part of the Works of Mercy (see page 13).

Volunteering at an animal shelter does **not** qualify for apostolic service hours.

Youth are encouraged to look beyond their immediate environment of home and school, and serve others, especially the elderly and disabled.

2. A service hours log (page 15) and essay must be completed and turned in together to your catechist by February 7, 2021.

Type and print-out a report about your apostolic service experiences and how the services formed you in your Catholic faith.

As you write your paper, please answer the questions on page 16. Also, describe how the Corporal and Spiritual Works of Mercy are reflected in the services performed. A list of The Corporal and Spiritual Works of Mercy is on page 16.

3. Service hours and report length:

- a. Students in eighth grade and high school are required to complete at least twenty service hours, with no more than five hours for family service (i.e. babysitting, regular chores). **Please type and print-out a two-page paper about your experiences and how the services have taught you about living the Catholic faith.**
- b. Students in fourth through seventh grades are required to complete at least five service hours with not more than two hours for family service (i.e. babysitting, regular chores). **Please type and print-out a one-page paper about your experiences and how the services have taught you about living the Catholic faith.**
- c. Students in third grade are not required to complete service hours but may choose to volunteer to learn about service to others. No report is required.

Serve God by Serving Others





Queen of Apostles

Apostolic Service Hours Log - for Students Desiring and Preparing for the Sacraments of Initiation

Due February 7, 2021 to Your Catechist

Date of Service	Place (agency/business) of Service	Type of Service (community, parish, family)	Service Done (visited elderly, taught prayers to children, etc)	Hours	Work/s of Mercy	Signature of Adult Supervisor

Total Service Hours: _____ Minimum of 20 hours for 8th grade and high school. Minimum of 5 hours for 4th-7th graders. Hours log and report are due February 7, 2021.

Student's signature: _____

Date: _____

Parent's signature: _____

Date: _____

Queen of Apostles

Apostolic Service Hours Reflection Paper – for Students Desiring and Preparing for the Sacraments of Initiation

Due February 7, 2021 to Your Catechist

As part of the required Apostolic Service Hours Project, each catechumen in grades 4 through high school is to type an essay on your experiences with the service hours, how the experiences may be shaping or strengthening your desire to become Catholic, and how the services were opportunities for encountering Christ.

Students in eighth grade and high school are to submit a typed report that is at least two pages long, double-spaced. Students in fourth-seventh grade are to submit a typed report that is at least one page long, double-spaced. Please print out the report and submit the apostolic service hours log and report to your catechist by February 7, 2021. Please include a cover page with your name, and whether you are a Religious Education, Queen of Apostles School, or Ghana Catholic Community student.

As you write your Apostolic Service Reflection Paper, please address the following:

- I was able to become God’s hands (or ears) and communicated His care for us by... (type of service, name of agency, etc.)
- Describe the projects that you completed. Who benefited from the services?
- I chose to do these services because...
- How did the services help you to build up the Church (i.e. the people of God)? Did you help lead those you served to encounter Christ?
- What did these service experiences teach you about yourself? What did they teach you about God?
- How did you experience God’s mercy toward others?
- How did your service experiences relate to the Corporal and Spiritual Works of Mercy?
- What works of mercy do you think you could do on a regular basis?
- Which works of mercy/service is your Confirmation saint known for?

Corporal and Spiritual Works of Mercy

Corporal and Spiritual Works of Mercy are actions we perform that extend God's compassion and mercy to those in need.

Corporal Works of Mercy	Spiritual Works of Mercy
Feeding the hungry.	Counseling the doubtful.
Giving drink to the thirsty.	Instructing the ignorant.
Clothing the naked.	Admonishing sinners.
Sheltering the homeless.	Comforting the afflicted.
Visiting the sick.	Forgiving offenses.
Visiting the imprisoned.	Bearing wrongs patiently.
Burying the dead.	Praying for the living and the dead.

Queen of Apostles

Apostolic Service Project Ideas– for Students Desiring and Preparing for the Sacraments of Initiation

Due February 7, 2021 to Your Catechist

Below are some ideas of places and opportunities where you can volunteer and be a witness for Christ. You may have other ideas for completing your apostolic service hours. Ask your teachers and neighbors for additional opportunities to serve, and remember, you are not to be paid.

Please do not rely on Queen of Apostles Parish Office or Queen of Apostles School to find you Service Hours or to put you in contact with one of the parish ministries or other agencies that offer volunteer opportunities. Plan ahead and contact the agency/ministry directly and make arrangements to serve. It may take several weeks to arrange a volunteer opportunity.

Some apostolic service opportunities may require a parent to accompany you or have minimum age requirements. A parent will need to provide transportation to and from the volunteer sites. Remember to bring the Apostolic Service Hours Log, page 15, to your volunteer site.

† For the Local Community:

- Catholic Charities 703-841-3830, www.cdda.net
- Mow lawns, rake leaves, shovel snow and/or do chores for elderly or disabled neighbors. Pray a rosary daily or weekly for them.
- Volunteer Alexandria, Volunteer Fairfax, Hands On Connect. Fairfax County Neighborhood and Community Services.
- Arlington Food Assistance Center, 703-845-8486, www.afac.org
- Organize a food, clothing (socks and undergarments are especially needed), or toiletries drive and donate items to a homeless shelter.
- Hold a diaper/new baby supplies drive that support mothers and babies in need. Pregnancy and Adoption Services, 703-425-0100; The Marih Center, 703-370-4774; Hope of Northern Virginia, 703-536-2020.
- Help serve a Thanksgiving or Christmas Dinner with a local parish or help stock a local food pantry.
- Special Olympics, 800-932-4653 <http://specialolympicsva.org/contact-us>
- Donate “like new” items to a charity or volunteer at a thrift shop such as Christ House.

- Prepare and serve meals for So Others May Eat (SOME), 202-797-8806, <https://some.org/volunteer/youth-opportunities>

† For the Parish Community:

- Bring someone to Mass who cannot attend without help or watch Mass together via livestream.
- Check the bulletin and Friday e-newsletter for upcoming events that need volunteers.
- Pray every week for a sick or dying Queen of Apostles parishioner, that God will give him/her the grace of dying in His love.
- Assist with cleaning and organizing the church pews and vestibule, decorate the church for Christmas.
- Create homemade cards for parish shut-ins/sick telling them you are including them in your prayers. (Contact the parish office).
- Shovel snow from the parish, school, and convent walkways without being asked.
- Provide tutoring to a younger sibling, neighbor, etc.
- Assist with the Advent Angel Tree (November/December). Contact the parish office.
- Provide assistance to the parish's Pro-life initiatives such as helping plant/remove flags from parish property, pray the rosary for unborn children and their parents (Saturday mornings), participate in the annual Life Chain (October/November) or 40 Days for Life.
- Pray a holy hour for the intentions of our priests, deacons, seminarians, sisters, parishioners, for peace in our nation and communities.

†For your Family (no more than 8 hours; Confirmation service hours for the family are to be above and beyond regular chores):

- Read the Gospel or Scripture stories to young children in your family and in your neighborhood. Explain how the stories are encounters with Christ.
- Teach a sibling how to pray the Rosary. Make a pilgrimage to the Basilica of the Immaculate Conception, Washington, D.C. or to the National Shrine Grotto of Lourdes and National Shrine of Elizabeth Ann Seton, Emmitsburg, MD.
- Volunteer to do **extra** chores around the house. Perhaps prepare the family meal and help clean up; try this for several meals and learn skills in the home. Remember that Confirmation service hours go above and beyond your regular chores.
- Write a letter to each family member and thank them for the different ways they contribute to your family and how much they mean to you.
- Contact a relative who is alone, elderly, or has no family members near them.
- Offer to prepare and lead prayers before meals; include a special prayer asking God to bless your family.



Queen of Apostles

Sacraments of Initiation

Sacraments are the beginning of something new. All sacraments are an encounter with Christ who is the original sacrament.

The Sacraments of Initiation are Baptism, Confirmation, and Holy Eucharist. They are interrelated and all three are required for full Christian initiation.

The Christian is born anew by Baptism, strengthened by Confirmation, and receives in the Eucharist the food of eternal life.
(Paul VI, apostolic constitution, *Divinae consortium naturae*: AAS 63 (1971) 657; cf. RCIA Introduction 1-2.)

As has been stated in meetings with the priest and this information packet, Fr. Juan Espino and the student's catechist will determine which students will receive Baptism, Confirmation, and Holy Communion during the Easter Vigil Mass on April 3, 2021.

If a student does not show evidence of desire for the sacraments and is not prepared, he or she will need to wait and receive Sacraments at a later time.

Baptism

Baptism is the foundational Sacrament and is a prerequisite for all other sacraments. Baptism unites us with Jesus and frees us from Original Sin.

(From the Rite of Baptism)

You have asked to have your child baptized. In doing so you are accepting the responsibility of training him (her) in the practice of the faith. It will be your duty to bring him (her) up to keep God's commandments as Christ taught us, by loving God and our neighbor. Do you clearly understand what you are undertaking?

Parents of children who are not baptized are required to be registered parishioners of Queen of Apostles and attend a pre-Baptismal instruction class. A Baptismal instruction class/meeting with the priest for parents and godparents will be scheduled for February/March 2021.

If the student's given name is not a Christian name (first or middle name), a Christian/Saint's name must be chosen.

Baptism Rite:

On Easter Vigil (or another time), those who are being baptized will be asked to move forward with his/her godparent/s. The pastor will ask a series of questions to which the student replies, *I do*.

Following the Profession of Faith, the priest baptizes each student by pouring of water over his/her forehead, and using the words,

(Name), I baptize you in the name of the Father, and of the Son, and of the Holy Spirit.

The priest will also anoint the student by using oil.

Following the pouring of water and anointing with oil, the newly baptized will be given a white baptismal garment that the godparent places on the student. The godparent will light and hold the baptismal candle.

Queen of Apostles provides the white garment and a quality baptismal candle that are taken home. Lighting the candle on the anniversary of the child's baptism is a beautiful way to remember and celebrate the sacrament.

Confirmation

As part of the preparation for the reception of the Sacrament of Confirmation, students have a number of requirements besides attending and participating in Religious Education classes and Sunday Mass.

The sacrament fulfills baptismal graces and perfects the other Sacraments of Initiation. Confirmation is not the end of the faith journey – it is an invitation to participate in the life of the Church, to be His witnesses, evangelize, respond to what God is asking, and to serve others.

Other requirements for the Sacrament of Confirmation include attendance at a retreat (grade 8-high school), selection of a Confirmation Patron Saint Name (could be the Baptismal name) and written report/poster, completion of service hours and a report, and selection of an eligible godparent/sponsor and submission of the Certificate of Eligibility.

Confirmation Rite:

On Easter Vigil (or another time), students receiving Confirmation will be asked to move forward with their sponsors. During the conferral of the Sacrament, the pastor anoints each student, using the words,

(Name), be sealed with the Gift of the Holy Spirit.

The student responds, **Amen**.

The priest says, *Peace be with you.*

The student responds, ***And with your spirit.***

The priest may extend his hand for a sign of peace.

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 develop and 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 Communion 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. (Catechism of the Catholic Church, No. 1390).

During the Easter Vigil Mass or another time, children will receive the Body of Christ 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 (and Blood) of Christ, the child then steps away and returns to his or her seat and with reverence, kneels, and prays quietly thanking Jesus for giving Himself totally. Following the prayer of thanksgiving, the child is invited to sing the Communion Hymn.





Queen of Apostles

General Information Sacraments of Initiation

▪ **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 Baptism, Confirmation, and Holy Eucharist. God communicates His divine life through the sacraments.

Queen of Apostles requires that unbaptized students over the age of 7 years old, attend at least two consecutive years of Religious Education classes before a sacrament is administered, and, continue attending Religious Education classes. Fr. Juan Espino and the student's catechist will determine which students will receive Baptism, Confirmation, and Holy Communion during the Easter Vigil Mass on April 3, 2021 or another time.

Please ensure your child attends Religious Education classes, has no more than three absences in the school year, arrives on time with completed homework and other projects, and hands-in required sacramental paperwork by the deadline dates.

Your attendance at Sunday Mass (Saturday evening or Sunday morning/afternoon) and Holy Days of Obligation, reception of the sacraments, attendance at Religious Education meetings, and attendance at the Baptismal preparation class 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 Baptism/Sacraments of Initiation and the Christian life are all about. One 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 wants 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, reading about a saint, praying a Holy Hour, or coming to Mass a little early and staying a little later.

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. Please continue to enroll your child in Religious Education because each year builds on the next year of faith formation. Also, as members of Queen of Apostles, you can freely access the online library, <https://formed.org/> To register, use parish pass code Z37RTW.

- **Retreat**

The retreat is required for **all** students in eighth grade and high school. The retreat promptly begins at 8:30 a.m. at Queen of Apostles. The retreat ends at 3:00 p.m. Please ensure your child is dropped off and picked up from Hannan Hall/Queen of Apostles.

- **Learn the Liturgy**

Unbaptized students, along with their parents and godparent/sponsor, are asked to attend the Learn the Liturgy workshop in Queen of Apostles Church. The time and date needs to be determined. The priest will review the Mass, gestures, sacramentals, symbols, responses, and answer your questions about the Mass and church building. *Date and time to be finalized.*

- **The Rite of Election**

The Rite of Election marks the celebration of those preparing for reception into the Catholic Church through the sacraments. The unbaptized (catechumens) come to bear witness to their developing Catholic faith and their commitment to Christ and the Church. They come to gather, in the presence of the Bishop for the first time, to declare their intentions and their commitment to receive Baptism/Sacraments of Initiation. Further, they come to experience, for the first time, a sense of belonging to a larger, universal church and to celebrate with others on their Catholic faith journey.

Students (catechumens) and his/her godparent are expected to attend this annual liturgical celebration at the Cathedral of St. Thomas More, 3901 Cathedral Lane, Arlington, VA. This is not a Mass. Queen of Apostles will have assigned seating. Family members may not be able to sit together.

Queen of Apostles will participate in The Rite of Election on *Sunday, February 21, 2020 at 2:30 p.m.). **Date and time to be finalized.*

Following the Rite of Election, the catechumens are called the Elect.

- **Other Rites and Scrutinies**

The primary way the Church assists the catechumens in the conversion process during Lent is through the celebration of the rites called Scrutinies. These ritual celebrations in December, January, March, and on the Third, Fourth and Fifth Sundays of Lent are communal prayers celebrated around the elect to strengthen them to overcome the power of sin in their lives and to grow in virtue. To scrutinize something means to examine it closely. The community does not scrutinize the catechumens; the catechumens scrutinize their own lives and allow God to scrutinize them and to heal them.

All of us are called to continuing conversion throughout our lives, so we join with The Elect in scrutinizing our own lives and praying to God for the grace to overcome the power of

sin that still infects our hearts. Taking seriously this dynamic of scrutiny and conversion gives us a richer perspective on Lenten “giving up.” What we are to give up more than anything else is sin, which is to say we are to give up whatever keeps us from living out our baptismal promises fully. Along with the elect we all need to approach the season of Lent asking ourselves what needs to change in our lives if we are to live the gospel values that Jesus taught us. Our journey through these forty days should be a movement ever closer to Christ and to the way of life he has exemplified for us. (adapted from the Ghana Catholic Community, Arlington Diocese)

Below is the schedule for Rites and Scrutinies held at Queen of Apostles (except the Rite of Election) during the 12 noon Sunday Mass. Because of the pandemic, dates/times/places may change.

December 6, 2020: Rite of Acceptance and Rite of Welcoming

January 24, 2021: Minor Exorcism, Anointing, and Blessing of the Catechumens

*February 21, 2021 at 2:30 p.m.: Rite of Election and Call to Continuing Conversion at the Cathedral of St. Thomas More, 3901 Cathedral Lane, Arlington, VA. **Date and time to be finalized.*

March 7, 2021: First Scrutiny and Presentation of the Creed

March 15, 2021: Second Scrutiny

March 21, 2021: Third Scrutiny and the Presentation of the Our Father

Students and RCIA participants are asked to sit in the front pews closest to the Presider’s chair inside Queen of Apostles Church. Students and adults are to attend the Rites and Scrutinies with their godparent/sponsor.

▪ **Easter Vigil Mass Rehearsal**

If your child is prepared for the sacraments, there will be a mandatory practice session in Queen of Apostles Church on Saturday, April 3, 2021 at 11:00 a.m. for students and his/her godparent/sponsor. The 1.5 hour practice is designed to familiarize The Elect (catechumens) and their godparents/sponsors with the structure of the Easter Vigil Liturgy. The practice focuses on the procession into the church after the Blessing of the Fire, responses, blessings, anointing, reception of sacraments, and participation in the Liturgy. Other logistics will also be communicated to ensure a prayerful Easter Vigil Mass.

The student’s godparent/sponsor is required to attend the rehearsal.

▪ **Easter Vigil Dress**

Young men are required to wear dress pants, dress shoes (no sneakers), a white shirt with a collar, and a tie. Jackets are optional, and please, no earrings.

Young ladies are required to wear modest dress clothes such as a knee-length dress or skirt, and dress shoes. Ladies wearing low cut, spaghetti strap or halter-style dresses must wear a sweater or scarf over the dress. Again, hem lines must reach the knees. Please, no open-toed sandals or flip-flops, and no excessive jewelry or crowns.

Hair should be styled so that the forehead can easily be anointed. Heads should be free of crowns/tiaras and veils.

Chewing gum, eating food, using electronic devices, taking pictures, and socializing are inappropriate during the Rehearsal and Easter Vigil Mass.

To be respectful of this sacred occasion, we ask that family and friends arrive on-time and to dress modestly. Phones are to be turned off. Please, no photography until after the Liturgy. Clothing should not be tight-fitting. 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.

As part of Baptism, students will receive a white baptismal garment that the sponsor places over the student's dress clothes. Queen of Apostles orders the garments based on the height/weight of the student. The garment is part of the \$50 fee that is due January 10, 2021. Please attach the \$50 payment with the Sacrament Registration form. The student may keep the garment following the Easter Vigil Liturgy.

▪ **Easter Vigil Mass**

Desiring and prepared students will receive the Sacraments of Baptism and Holy Communion during the ~8:30 p.m. Easter Vigil Liturgy. Desiring and prepared adults will receive the Three Sacraments of Initiation. Because of the length of the Mass on April 3, 2021, about three hours, students should be rested and fed before the ~8:30 p.m. Liturgy. Students and his/her godparent are to meet at the first pews near the Presider's Chair inside Queen of Apostles Church by ~7:45 p.m., 45 minutes prior to the Liturgy. *The arrival and Mass times will be confirmed.*

Students and their sponsors will have designated seating areas in Queen of Apostles Church. Family members may sit in pews behind or next to the designated seating areas.

After the Easter Vigil Mass, the catechumens are called Neophytes ("newly planted" in the Catholic faith).

To maintain the sanctity of the Easter Vigil Mass, there shall be no picture or video-taking or standing in aisles.

Please do not hire your own photographer or set up video-recording equipment in the Church. Please do not crowd aisles and move in front of the first pew. Pictures may be taken after the Easter Vigil Mass.

The Easter Vigil Mass fulfills your Sunday Mass obligation.

- **The Sacrament of Penance (will be scheduled in May)**

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)

Following Easter Vigil, students will prepare for their First Penance, scheduled during Religious Education in May. Pages 20-23 of this packet describes the sacrament and guides students how to go to Confession.

Queen of Apostles Confession schedule is:

Wednesday: 8:30 a.m. until last penitent

Thursday: 7:00-8:00 p.m.

Friday: 6:30 p.m. until last penitent

Saturday: 3:30 p.m. until last penitent

Unless otherwise noted, confession can be conducted in English or Spanish, behind a screen or face to face with the priest. Monthly confession is recommended.

- **Certificates**

Certificates will be distributed on May 30, 2021.

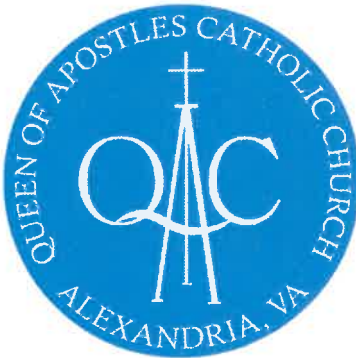
- **Living the Catholic Faith**

We have insisted that the sacraments are not end in themselves. They mark new beginnings in our life. Sacraments 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. Children will stay in the Religious Education Program if they see their parents striving to grow in holiness. Additionally, consider

attending a parish bible study, volunteering for Religious Education, or participating in a parish ministry.

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.





Queen of Apostles

First Penance/Sacrament of Reconciliation for Students Desiring and Preparing for the Sacraments of Initiation

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. Celebrate God's forgiveness in the Sacrament of Reconciliation.

A Little Catechesis

(adapted from [http://www.ols-sa.org/documents/religious_ed/First_Reconciliation_Handbook_final\[1\].pdf](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, Communion, or Marriage because they see those Sacraments celebrated regularly, therefore, **monthly confession is recommended.**

In 2005, Pope Benedict XVI met with children who received their First Holy Communion during the year. A child asked,

Holy Father, before the day of my First Communion I went to confession. I have also been to confession on other occasions. I wanted to ask you: do I have to go to confession every time I receive Communion, even when I have committed the same sins? Because I realize that they are always the same.

Pope Benedict replied,

I will tell you two things. The first, of course, is that you do not always have to go to confession before you receive Communion unless you have committed such serious sins that they need to be confessed. Therefore, it is not necessary to make one's confession before every Eucharistic Communion. This is the first point. It is only necessary when you have committed a really serious sin, when you have deeply offended Jesus, so that your friendship is destroyed and you have to start again. Only in that case, when you are in a state of "mortal" sin, in other words, grave (sin), is it necessary to go to confession before Communion. This is my first point.

My second point: even if, as I said, it is not necessary to go to confession before each Communion, it is very helpful to confess with a certain regularity. It is true: our sins are always the same, but we clean our homes, our rooms, at least once a week, even if the dirt is always the same; in order to live in cleanliness, in order to start again. Otherwise, the dirt might not be seen but it builds up. Something similar can be said about the soul, for me myself: if I never go to confession, my soul is neglected and in the end I am always pleased with myself and no longer understand that I must always work hard to improve, that I must make progress. And this cleansing of the soul which Jesus gives us in the Sacrament of Confession helps us to make our consciences more alert, more open, and hence, it also helps us to mature spiritually and as human persons. Therefore, two things: confession is only necessary in the case of a serious sin, but it is very helpful to confess regularly in order to foster the cleanliness and beauty of the soul and to mature day by day in life.

http://w2.vatican.va/content/benedict-xvi/en/speeches/2005/october/documents/hf_ben_xvi_spe_20051015_meeting-children.html

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.

Your child's catechist will review the prayers and mechanics of confession. At home, please review these pages regularly so your child is as prepared as possible for Confession.

Newly baptized students will go to Confession during Religious Education class time in. After First Penance, **monthly confession is recommended.**

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

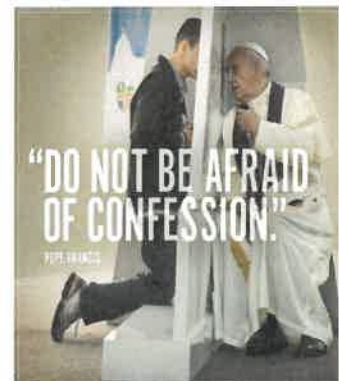
Preparing for Confession (adapted from *The Light is On*)

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.

Brief Steps of Confession

1. Examine your conscience.
2. Be sincerely sorry for your sins.
3. Confess your sins to a priest.
4. Resolve to amend your life.
5. After your confession, do the penance the priest assigns.



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 first confess all of the mortal sins and the number of times committed. If no mortal sins were committed, the child confesses venial sins 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.