



ST. AGNES
CATHOLIC CHURCH

2025-26 FIRST COMMUNION
FOR CATHOLIC SCHOOL
AND HOMESCHOOL STUDENTS
MASS JOURNAL & GUIDE

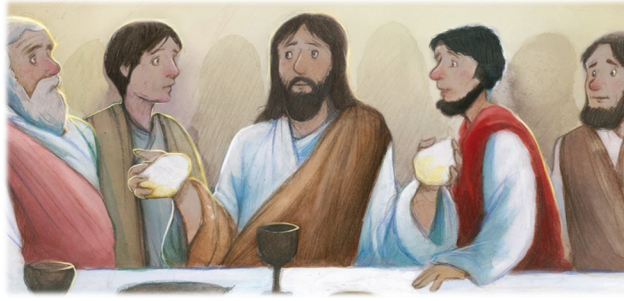


NAME: _____

*"I was glad when they said to me,
'Let us go to the house of the Lord!'"*
Psalm 122:1-9

FIRST COMMUNION DRESS CODE

CÓDIGO DE VESTIR PARA LA PRIMERA COMUNIÓN



Gentlemen's attire is a button-down dress shirt of any color (short or long sleeved), dress pants, a neck/bow tie of any color, and dress shoes; a sport coat is optional.

Ladies' attire is any modest dress suitable for a special occasion. A white dress is traditional but not required. Dresses must reach the knees. No full-length dresses, petticoats, pants, or gloves. Bare shoulders, cleavage, midriffs, or backs are inappropriate. Heels must be no more than 1 inch. Headpieces are optional; it must be simple, short, and securely fastened; it must not be a distraction to her or to anyone around her during the Mass.

Nothing else is to be carried by the candidates or sponsors at Mass, such as cell phones, purses, rosaries, candles, prayer books, bibles, or flowers.

Para los caballeros, el vestimento es una camisa de vestir de cualquier color, con botones (manga corta o larga), pantalones de vestir, una corbata o corbatín de cualquier color y zapatos de vestir; una chaqueta deportiva es opcional.

Para las damas, la vestimenta para las damas es cualquier vestido modesto adecuado para una ocasión especial. Un vestido blanco es tradicional pero no obligatorio. Los vestidos deben llegar hasta las rodillas. No se permiten vestidos largos, crinolinas/enaguas, pantalones ni guantes. Es inapropiado que los hombros, el abdomen, la espalda y el escote estén descubiertos. Los tacones no deben medir más de 1 pulgada. Los tocados/velos son opcionales; deben ser sencillos, cortos y bien sujetos; no deben ser una distracción para ella ni para nadie a su alrededor durante la Misa.

Nada más se debe llevar a la Misa, como teléfonos celulares, carteras, rosarios, velas, libros de oraciones, biblias o flores.



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We're here for you...

Grades K-5
Rose Chambers
Rose@StAgnesNaples.org

Grades 6-12
Robert Massey
Robert@StAgnesNaples.org

2nd-8th Grade



Catholic School & Homeschool First Communion Year 2

Dear parents,

Thank you for seeking the Sacrament of First Communion for your child. While Religious Education takes place in Catholic Schools or through Homeschool Curriculum, Sacrament Preparation takes place in your home parish. If St. Agnes is your home parish and you are seeking First Communion for your child, here are some notes for you. We look forward to working with you in building a firm foundation for the rest of their life. No matter what is going on in your life that makes this journey difficult, know that you belong in the Church and that we are here to work with you; don't hesitate to reach out to us early with any concerns or if you miss anything.

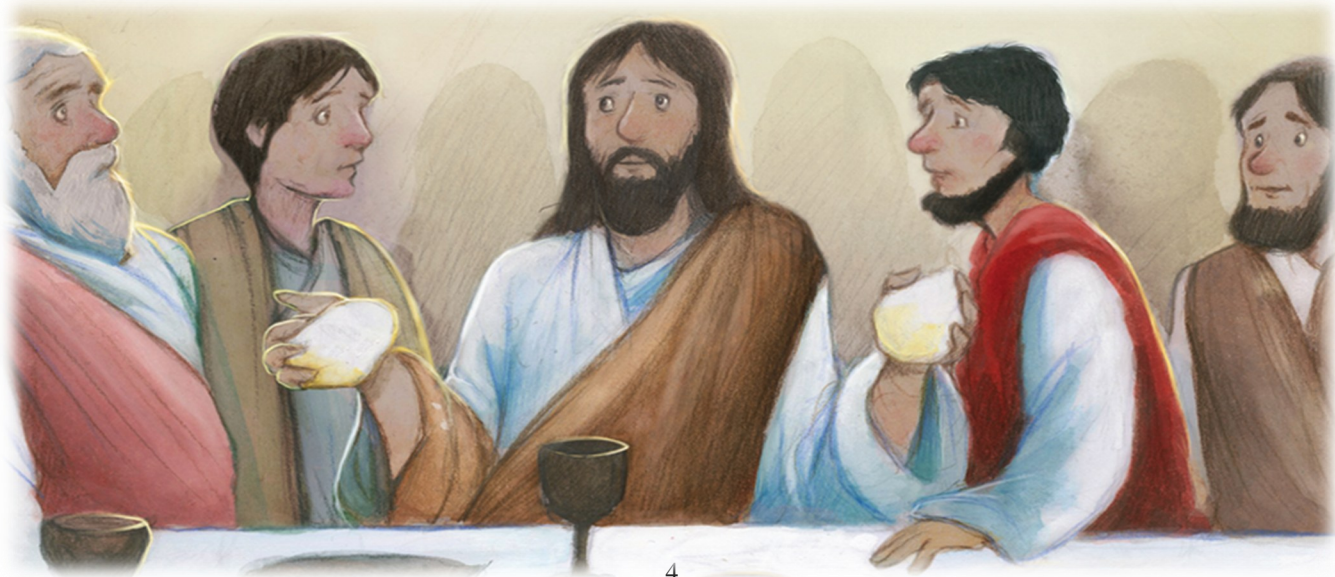
Checklist for Catholic School & Homeschool Students Seeking First Communion

Registration (early discount deadline 8/18/25):

- ☐ Be a registered and active member of the parish community, making a trackable family donation at least 4x/year.
- ☐ Have a copy of the student's Baptism certificate ready to upload during registration.
- ☐ Have proof of two consecutive years of Catholic school or homeschool (e.g. copy of report card, school acceptance letter, or title page of religion curriculum from each year) ready to upload during registration.
- ☐ Fill out the faith formation registration form at www.StAgnesNaples.org, uploading documents.
- ⇒ Optional: register and attend Family Faith Formation or Youth Group to grow in the faith with your parish community.

During the year:

- ☐ Regular Sunday Mass attendance (at least 15 times at St. Agnes, completing Mass Journal entries in your *Guide*). Show 7 complete at class on **Dec. 07**, and all 15 complete on **April 26**.
- ☐ Participate in the **monthly** Year 2 classes, no more than 1 absence; the appropriate chapters in the *Signs of Grace* book must be submitted complete within 1 week of any absence. Classes are in the parish center, beginning with a light lunch 2pm-2:15pm. At least one parent or guardian must attend with their student. Bring your bag with the *Signs of Grace* book and parent books to each session.
- ☐ Recite Our Father, Hail Mary, Glory Be, and Act of Contrition from memory; email a video of the student praying clearly with their eyes closed to rose@stagnesnaples.org by **Dec. 4** or stay after class to recite in person on Dec. 07.
- ☐ Review the Study Guide to be ready to pass the exams on **Dec. 07 & April 26**.
- ☐ Attend rehearsals & celebrations.
- ⇒ Optional: pass on the habit of stewardship by helping your children use the Children's Envelopes.
- ⇒ Optional: participate in Children's Liturgy of the Word at the 11am Mass.
- ⇒ Optional: answer the "Question of the Week" from pg. 5 of the bulletin as a family.
- ⇒ Optional: create a free formed.org account and enjoy children & family content; it's like Catholic Netflix!





| JANUARY 2026 | | | | | | |
|--------------|----|----|----|----|----|----|
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| 04 | 05 | 06 | 07 | 08 | 09 | 10 |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| 25 | 26 | 27 | 28 | 29 | 30 | 31 |

06 Year 2: 6-7:30 main church
1st Reconciliation rehearsal
09 Year 2: 6pm main church
FIRST RECONCILIATION
25 Year 2 Com Class: 2-4pm
In class: Ch. 1-2

| FEBRUARY 2026 | | | | | | |
|---------------|----|----|----|----|----|----|
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| 08 | 09 | 10 | 11 | 12 | 13 | 14 |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |

22 Year 2 Com Class: 2-4pm
In class: Ch. 3-4

| MARCH 2026 | | | | | | |
|------------|----|----|----|----|----|----|
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| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| 29 | 30 | 31 | | | | |

22 Year 2 Com Class: 2-4pm
In class: Ch. 5-6

| APRIL 2026 | | | | | | |
|------------|----|----|----|----|----|----|
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| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| 26 | 27 | 28 | 29 | 30 | | |

26 Year 2 Com Class: 2-4pm
In class: Ch. 7-8 + exam

| MAY 2026 | | | | | | |
|----------|----|----|----|----|----|----|
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| 17 | 18 | 19 | 20 | 21 | 22 | 23 |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 |
| 31 | | | | | | |

13 Year 2: 6-7:30 main church
1st Communion rehearsal
16 Year 2: main church
11am Mass in English
FIRST COMMUNION

| SEPTEMBER 2025 | | | | | | |
|----------------|----|----|----|----|----|----|
| S | M | T | W | Th | F | S |
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| 07 | 08 | 09 | 10 | 11 | 12 | 13 |
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| 21 | 22 | 23 | 24 | 25 | 26 | 27 |
| 28 | 29 | 30 | | | | |

28 Year 2 Com class: 2-4pm
In class: Ch. 1, Church Tour

| OCTOBER 2025 | | | | | | |
|--------------|----|----|----|----|----|----|
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| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| 26 | 27 | 28 | 29 | 30 | 31 | |

19 Year 2 Com class: 2-4pm
In class: Ch. 2-3

| NOVEMBER 2025 | | | | | | |
|---------------|----|----|----|----|----|----|
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| 02 | 03 | 04 | 05 | 06 | 07 | 08 |
| 09 | 10 | 11 | 12 | 13 | 14 | 15 |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| 23 | 24 | 25 | 26 | 27 | 28 | 29 |
| 30 | | | | | | |

16 Year 2 Com Class: 2-4pm
In class: Ch. 4-5

| DECEMBER 2025 | | | | | | |
|---------------|----|----|----|----|----|----|
| S | M | T | W | Th | F | S |
| | 01 | 02 | 03 | ★ | 05 | 06 |
| 07 | 08 | 09 | 10 | 11 | 12 | 13 |
| 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 |
| 28 | 29 | 30 | 31 | | | |

04 Year 2 prayers due by email
07 Year 2 Com Class: 2-4pm
In class: Ch. 6-7, exam,
& mid-year check

FIRST RECONCILIATION STUDY GUIDE

for Year 2 First Reconciliation exam in December

How can I tell if my child is ready for First Reconciliation?

There are many indicators of readiness for First Reconciliation, most of which are intangible. As a parent, listen carefully to what your child says about wrongdoing and misbehavior. Encourage the child to take responsibility for his/her behavior rather than blaming others. Watch to see if your child is capable of being sorry and asking forgiveness of others without your prompting. Then, ask yourself the following:

- Have I given my child an example to follow by bringing them with me when I go to receive the Sacrament of Reconciliation?
- Is prayer a part of your child's life?
- Does your child have the capacity for sincere sorrow?
- Does your child make an honest effort to do better?
- Can your child express remorse and describe wrongdoing in his/her own words?
- Is forgiving and being forgiven a regular part of our family life?

What does my child need to know to receive First Reconciliation?

- The difference between right and wrong.
- Accidents or mistakes are not sins.
- Doing something wrong deliberately (on purpose) is a sin.
- God our is our loving and merciful Father.
- God will always forgive us if we ask.
- We must be willing to forgive people who hurt us, just as God forgives us.
- The priest will never repeat anything that is said in Confession; he usually even forgets our sins just like Jesus does.
- In the Sacrament of Reconciliation, the priest acts in the person of Christ (the priest represents Jesus).
- Jesus has given us the Sacrament of Reconciliation through which we receive:
 - the forgiveness of sins
 - reconciliation and peace with God, the Church, and ourselves
 - the grace (power) not to sin again.
- The steps of Reconciliation:
 1. Make an Examination of Conscience (remember your sins).
 2. Make the Sign of the Cross and say: "Bless me, father, for I have sinned. My last confession was ____ (or this is my First Confession).
 3. Confess (tell) your sins to the priest, and say "I am sorry for these and all of my sins" (in case you forgot any).
 4. Receive your penance (for example, the priest might ask you to pray a Hail Mary or do something nice for someone).
 5. Say the Act of Contrition, being sorry for our sins and resolving (deciding and really trying) not to sin anymore.
 6. The priest will then give you absolution (which is Jesus taking away your sins and giving you "pardon and peace").
 7. Do your penance as soon as possible.



FIRST COMMUNION STUDY GUIDE

for Year 2 First Communion exam in April

How will I know if my child is ready for First Communion?

The first question to ask yourself is, "Is my child at Mass regularly?" If your child is at Mass each Sunday and Holy Day of Obligation and is capable of paying attention to what is going on, that's the first step. The second question to ask is, "Does my child have a sincere desire to share in the Eucharist?" When children attend Mass regularly, eventually they want to participate more fully. This is a logical progression that leads the child to ask, "When can I go to Communion?" Finally, ask yourself, "Does my child understand who Jesus is and that this consecrated bread and wine is truly the Body and Blood of Jesus?"



What does my child need to know to receive First Communion?

- The Eucharist really is the Body, Blood, Soul, and Divinity of Christ, not just bread and wine.
- In order to receive the Eucharist, we must not eat or drink (except water and medicine) for 1 hour, be in a state of grace (have gone to Reconciliation with a priest for any mortal sins), and believe that it is Jesus.
- When the minister holds up the Eucharist and says, "The Body of Christ," or "The Blood of Christ," we affirm our belief that what he just said is true by responding "Amen."
- Receiving the Eucharist is more important than sleeping in, sports, parties, or a last minute breakfast before Mass.
- Receiving the Eucharist is so important that if parents don't offer to go to Mass each Sunday, the child should ask them to take him/her.
- Like our body needs food and drink to live, so our soul needs the Eucharist to live.
- It is a sin not to go to Mass every Sunday and Holy Day of Obligation and receive Communion at least once a year.
- Christ gave us the Eucharist to unite (join) us to Himself, to feed our soul, to get our bodies ready for the resurrection, to increase grace (God's gifts) and all virtues (good habits) in us, as a promise of everlasting life, and to continue the sacrifice of the Cross in the Church.

MEMORIZING TRADITIONAL CATHOLIC PRAYERS

Teaching children to pray is one of the greatest responsibilities and privileges of a Catholic parent. In order to enable your children to enjoy a lifetime of praying together with their Catholic family comfortably, they must know at least the **Our Father, Hail Mary, Glory Be, and Act of Contrition**. To support you in this enterprise, we offer many resources, listed below. Don't get overwhelmed or discouraged! Reach out to us early with any concerns; we are here to work with you to make the best plan for your family, including adaptations for special needs and circumstances.

Tips for Memorization

- Pray together at the same time every day, like before bed or during car rides.
- Put copies of the prayers in key places, such as on the bathroom mirror to be read while brushing teeth and on the table for mealtimes.
- Practice.
 - Number the lines of the prayer.
 - Read the prayer, focusing on the first line.
 - Then shut eyes, say the first line from memory, open eyes and read the rest of the prayer focusing on the second line, and so on.
- Sing the prayers.*
- Pray with hand motions.*
- Do activity sheets of the prayers.*
- Have the children decorate or illustrate the prayers.*
- Reflect on the meaning of the prayers.*

*Support materials on www.StAgnesNaples.org

Preparing for First Communion

Those who are in their second year of preparation for First Communion must recite the Our Father, Hail Mary, Glory Be, and Act of Contrition from memory by the date indicated on your checklist.

Resources for Prayer Memorization

<https://www.stagnesnaples.org/prayer-memorization>



The Lord's Prayer

Our Father,
Who art in heaven,
Hallowed be Thy Name.
Thy kingdom come,
Thy will be done on earth
as it is in heaven.
Give us this day our daily bread,
and forgive us our trespasses
as we forgive those
who trespass against us.
And lead us not into temptation,
But deliver us from evil. Amen.

Hail Mary,

Full of Grace,
The Lord is with thee.

Blessed art thou among
women, and blessed is the
fruit of thy womb, Jesus.

Holy Mary,
Mother of God,
pray for us sinners
now, and at the
hour of our death.

Amen.



Glory Be to the Father,
and to the Son,
and to the Holy Spirit,
as it was in the
beginning, is now,
and ever shall be,
world without end.
Amen.

My God,
I am sorry for my sins with
all my heart.
In choosing to do wrong
and failing to do good,
I have sinned against you
whom I should love above
all things.
I firmly intend, with your help,
to do penance,
to sin no more,
and to avoid whatever leads
me to sin.
Our Savior Jesus Christ
suffered and died for us.
In his name, my God, have mercy.

Participation At Mass

The Eucharist is the source and summit of the Christian life. Bringing your family to Mass is one of the most important things that Catholic parents do. Young Catholics have the right to receive the blessing of participating in the Mass every Sunday (or Saturday afternoon) and Holy Day of Obligation. This blessing is so tremendous that it is a responsibility. Regular Mass attendance is an even more vital part of faith formation and preparation for sacraments than class attendance or other program requirements. Therefore, part of a complete year of preparation for the sacraments is **documenting regular Mass attendance**, that is, **at least 15 Sundays (or Saturday afternoons or Holy Days of Obligation) each school year at St. Agnes using the Mass Journal**.

- Bring your Mass Journal(s) and a pencil to participate in Mass at St. Agnes.
- Help each of your child(ren) completely fill out an entry in their Mass Journal during or after Mass. If you don't have it with you, write thoughts on a piece of paper and insert it into their journal when you have it.
- Turn in your completed Mass Journal(s) by the due date noted on your Checklist.
- Don't get overwhelmed or discouraged! Reach out to us early with any concerns; we are here to work with you to make the best plan for your family.



Scan to get the free
MyParish app

Livestreaming Mass

If you are ill or caring for someone who is ill you are excused from the obligation to attend Mass and may complete the Mass Journal requirement via livestreaming. Access our livestream at stagnesnaples.org or through the MyParish app.

Livestreaming Mass can be a great way to pray with the community when unable to gather for worship. On the other hand, sometimes distractions abound and the importance of the event can be lost. Here are a few tips to help your family get the most out of livestreaming Mass:

1. Show your excitement for having the privilege of praying along with the Mass and encourage your kids to look forward to what great gift God wants to give them through the Mass for the new week.
2. Help yourself and your family prepare for Mass by reading the day's Gospel before Mass and talking about the Question of the Week on pg. 5 of the bulletin; this will help you better understand the readings as well as the priest's homily.
3. Prepare your room making space to encounter God: clear away all distractions and set up the coffee table as a prayer table with symbols of the faith (Bible, candles, holy water, rosary, statues, etc.).
4. Show honor to the special event by dressing specially.
5. About ten minutes before Mass begins, make sure your children have a small drink of water, go to the bathroom, discard gum, and leave toys behind so as to come ready to give God their full attention. Connect to the livestream early to head off technical difficulties
6. Gather everyone five minutes before Mass to allow everyone to settle in, have a few moments for prayer, and be ready to give their full attention to the Mass.
7. You can get holy water from the narthex to keep at home, and use it before Mass begins. Help your children make the sign of the cross with the holy water, as a reminder of their Baptism and marking their entrance into a holy space and time.
8. In worshipping, participate in the songs and prayers, follow the readings, listen attentively to the homily, and help your children to do the same. Avoid chatting or other distractions during Mass.
9. Be a model for your children of praying with your body using your posture, voice, and silence to show honor to Christ Eucharistically present in the church and spiritually present in your home.
10. Finally, after the Mass is concluded with the blessing, reflect a moment on the experience as a family, help your children finish filling out their Mass Journals, and go out to love and serve one another.

Tips for Participation At Mass

Courtesy "is the homage of the heart to the sacredness of human worth" (Archbishop Fulton Sheen). Manners, especially at Mass, reveal the value we place on each other and God. Here are a few tips to help your family and those around you to get the most out of Mass.



1. Show your excitement for having the privilege of participating in Mass and encourage your kids to look forward to what great gift God wants to give them at Mass for the new week.
2. Help yourself and your family prepare for Mass by reading the day's Gospel on the My Parish app before you come to Mass and talking about the Question of the Week on pg. 5 of the bulletin; this will help you better understand the readings as well as the priest's homily.
3. Attend 11am (with Children's Liturgy of the Word when offered) or 5pm (Teen Mass). These Masses are organized especially with your family in mind.
4. Dress appropriately and comfortably. In our society, we still consider coat and tie for men and dresses for women appropriate attire for special occasions and meeting dignitaries; we should then dress in the same way to meet our Lord, present in the holy Eucharist, thus putting the focus on Him rather than ourselves.
5. Before leaving home, make sure your children have a small drink of water, go to the bathroom, discard gum, and leave toys behind so as to come ready to give God their full attention rather than being distracted or distracting during Mass. Be ready to approach the Lord's Table with a clean heart free from mortal sin and a prepared body that hasn't eaten anything for at least one hour.
6. Leave home with time to arrive a bit early at church, about five or ten minutes before Mass begins. Doing so allows everyone to settle in, have a few moments for prayer, and to be ready to participate in the Mass.
7. When entering the church, help your children make the sign of the cross with the holy water; this gesture reminds us of our Baptism. Then, sit close to the front where you can see the priest and the altar clearly so your family can easily hear and follow what is going on. Before entering the pew, be sure to genuflect, an important act of reverence to the presence of our Lord in the Holy Eucharist in the tabernacle.
8. In worshipping, participate in the songs and prayers, follow the readings, listen attentively to the homily, and help your children to do the same. Avoid chatting during Mass. Do not allow children to rattle keys, drop toys, kick the pews or wander in the aisles. If a child is fussy, put him/her in your lap or take them outside to the narthex or cry room to let the child calm down.
9. After Communion, give thanks for the precious gift received and allow the grace to fill your soul. Leaving Mass right after Communion is like leaving in the middle of dinner without saying thank you.
10. Finally, after the Mass is concluded with the blessing, wait until the priest has proceeded down the aisle before cleaning up and leaving the pew to go out to love and serve one another.

Scan to get the free
MyParish app:



Mass Journal
Listening to God's Voice in the Liturgy
Attend Sunday Mass and complete entries at least 15 times each school year at St. Agnes

Date: _____ Priest: _____

One phrase from today's readings, prayers, or songs that made an impression on me is... _____

Because... _____

One idea I remember from today's homily is... _____

One way what I heard at Mass today will help me be a better person this week is... _____

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Attend Sunday Mass and complete entries at least 15 times each school year at St. Agnes

Date: _____ Priest: _____

One phrase from today's readings, prayers, or songs that made an impression on me is... _____

Because... _____

One idea I remember from today's homily is... _____

One way what I heard at Mass today will help me be a better person this week is... _____

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