

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!"'

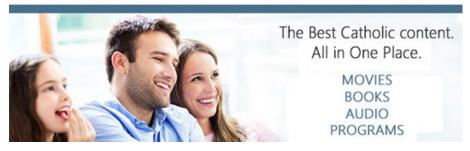
Psalm 122:1-9

FAMILY RESOURCES

"Seek first his kingdom and his righteousness." Matthew 6:33

FORMED

What if you didn't have to pay for Netflix or Disney+ anymore?



We are pleased to give you a free subscription to **formed.org**! Great content is available on any device:

- 1. Visit formed.org
- 2. Click Sign Up
- 3. Select "I Belong to a Parish or Organization."
- 4. Find "St Agnes Naples"
- 5. Enter your email—and you're in!



Use your phone for more! Free Catholic Apps



MyParish App

Connect with St. Agnes as your parish, Read along with the Mass



Formed

Sign up with "St Agnes Naples" for free access to videos, audios, & ebooks.



The Catholic Mega App

Pray, learn, connect, talks, and more



Laudate

Bible, Mass, and Prayers



Pray As You Go

10-13min daily prayer session of music, scripture and reflection questions.



Ascension Bible & Catechism

Catholic audio and print Bible & Catechism



Amen

Great audio meditations from the makers of Formed.org

Parenting, family, & children's e-books, audio talks, and movies

Children's Books & Audios











Dozens of Award-Winning Movies in English and Spanish













Resources for Parents











TABLE OF CONTENTS

Checklist	4
Calendar	5
Protecting God's Children	6
What to Expect at First Communion & Dress Code	
First Reconciliation & Communion Study Guide for Year 2	
Memorizing Traditional Catholic Prayers	
Participation at Mass	
Mass Journal	



We're here for you...

Grades 6-12, Robert Massey: Robert@StAgnesNaples.org

Admin, Daisy Ramirez: Daisy@StAgnesNaples.org Director, Rose Chambers: Rose@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

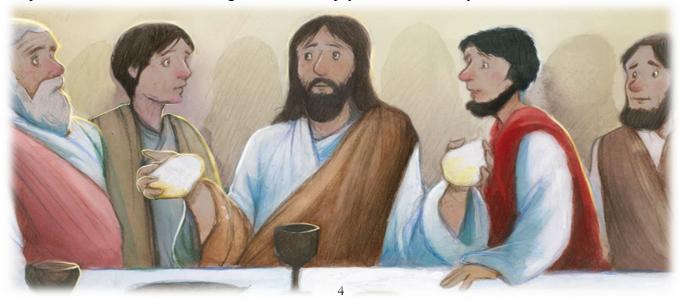
Registration	(early	discount	deadline	8/18/25):
--------------	--------	----------	----------	---------	----

Be a registered and active member of the parish community, making a trackable family donation	ı at
east 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!





7775 Vanderbilt Beach Rd. Naples, FL 34120 www.StAgnesNaples.org Director: Rose@StAgnesNaples.org Ph: 239-592-1949 Fax: 239-354-4462 2025-26 2nd-8th Grade Catholic School & Homeschool First Communion



SEPTEMBER 2025									
S	S M T W Th F								
	01	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							

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

	JANUARY 2026								
S	M	T	W	Th	F	S			
				01	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	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									
S	M	T	w	Th	F	S			
01	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			

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

OCTOBER 2025									
S	М	T	W	Th	F	S			
			01	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	31				

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

MARCH 2026									
S	Μ	T	W	Th	F	S			
01	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	31							

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

	NOVEMBER 2025									
S	S M T W Th F									
						01				
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

l	APRIL 2026									
	S	M	T	W	Th	F	S			
				01	02	03	04			
	05	06	07	08	09	10	11			
	12	13	14	15	16	17	18			
ĺ	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

	DECEMBER 2025									
S M T W Th F S										
	01	02	03	X	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

	MAY 2026									
S	F	S								
					01	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				
31										

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

PROTECTING GOD'S CHILDREN

"See that you do not despise one of these little ones; for I tell you that in heaven their angels always behold the face of my Father who is in heaven." Matthew 18:10



Teaching Touching Safety Quick Reference Guide™

Point 1: Teaching about the Private Body Parts

Children are naturally curious, and they have questions about their bodies. Children who are not provided adequate answers from their parents, guardians, or other safe adults are more vulnerable to abuse. Teaching children about their body parts is important to the developmental process.

Point 2: Who are Safe Friends and Safe Adults

Children, by nature, trust people—even people they don't know. This trust is what attracts people to children—people with both good and bad intentions. How can you, as a parent or caring adult, maintain a child's trusting innocence while also keeping the child safe? For the purposes of teaching touching safety, safe friends and safe adults are people who:

- Won't hurt the child without a good reason and won't confuse or scare the child intentionally; and
- Are sure to respect the child's wishes and the wishes and the rules of the child's parents, guardians, and caretakers when it comes to personal safety—including touching safety.

Point 3: The Difference Between Safe and Unsafe Touches

Safe Touches

One way a child can tell if someone is safe is by observing how the person touches others. Safe friends and safe adults touch children in safe ways and not in ways that are scary or confusing. Safe friends and safe adults don't touch children in ways that seem strange, or that hurt without a good reason. You should then explain *why* these touches are safe. They are touches that have a good purpose, are not intended to hurt, and are familiar and safe.

Unsafe Touches

An unsafe touch is any touch that is meant to hurt or scare someone. Hitting, punching, tripping, kicking, and spitting are examples of unsafe touches. In addition to these examples, parents, guardians, or other safe adults must also explain that touching private body parts can also be an unsafe touch. Let your child know that any touch that is new, scary, or confusing—or a touch that starts out okay but becomes scary or confusing—may be an unsafe touch. Teach children to trust their own instincts and to speak up when something makes them uncomfortable.

Point 4: Teaching Children to Identify Their Special Safe Adults

A child's life may include many, many safe friends and safe adults. That's why it is important for a child to know about special safe adults. Most people who are considered safe adults do not have the right to see or touch a child's private body parts for any purpose. Once children understand *safe friends and safe adults* and *safe and unsafe touches*, you must explain the specific meaning of *special safe adults*.

Parents, guardians, or other safe adults must begin by identifying your child's special safe adults. Establish the criteria for determining your child's special safe adults by asking yourself these two questions:

- 1. "Who, other than myself, would respect my child's physical safety and respect my wishes regarding my child's safety—including the safety of his or her private body parts?"
- 2. "Of these people, who might ever be put into a position to see or touch my child's private body parts for the purpose of helping keep my child clean or healthy?"

Point 5: Teaching What to Do if Touched in an Unsafe Manner

Teach your child a simple rule for what to do if someone tries to touch him or her in an unsafe way. The child must send a clear signal to any child or adult whose behavior is unsafe—a signal that unsafe behavior will not be tolerated. A child needs to know that any time someone tries to touch his or her private body parts or tries to get the child to touch the private body parts of the other person, the child should say words that mean "No!" and then should tell the child's mother or father or another safe adult as soon as possible.

Instruct young children to run away if the touching involves private body parts or if they don't feel safe for any other reason. Let children know that you will believe them, and that they will not be in any trouble for saying "No!" and running away. Tell older children to immediately get away from the person who touched them inappropriately. This may mean walking away or backing away from the person, or it may mean altogether leaving the location of the unsafe person.

Parents, guardians, and caring adults should remember that most children do not lie about abuse. So, when a child discloses abuse—directly or indirectly (such as telling about a friend who is being hurt by someone)—it is important to provide support for the child. By following some simple rules, you can assure children that they are safe and that telling was the right thing to do:

- 1. Let children talk.
- 2. Avoid displays of shock or disgust.
- 3. Respect the child's privacy and feelings.
- Let him or her know that you trust in the story and it will be investigated.
- 5. Be honest with the child about what will happen next.
- 6. Do not scold the child.
- 7. Get immediate medical attention if necessary.
- 8. Get counseling/therapy for the child.
- Don't be surprised or upset if the child reports the incident to someone outside of the family.

Point 6: Teaching "No Secrets"

Communication is necessary to prevent abuse. It is difficult for children to talk about child sexual abuse—even children who understand and practice touching safety. It is not uncommon for children to keep abuse hidden, and child molesters rely on this secrecy.

That's why you should establish this important point:

Your child can tell you about anything that makes him or her feel unsafe—even if someone told him or her to keep it a secret or threatened the child if he or she told.

Assure your child that you will listen to him or her and not get angry, and that your child's safety is your first priority.

©2002-2008 by National Catholic Services, LLC. All rights reserved. Reprinted with permission



REMINDERS FOR FIRST COMMUNION MASS

- 11am Mass: Students must be in their seat in the reserved front rows of the main church by 10:30am.
- Take your child to the restroom, pick up the envelope containing the certificate from your child's seat, then leave your child with the ushers in their seat and be seated in any unreserved section of the main church with your family for Mass.
- No cameras in the Church during Mass. No gum or candy in the church. Please remain quiet & seated throughout the Mass. Cry Room is open.
- After Mass, pick up your gift in the narthex of the church and enjoy cake and coffee outside.

PHOTOS OF THE FIRST COMMUNION MASS

- Parents/Friends/Guests: Please wait until after the group picture at the end of Mass to take photos/videos and continue to demonstrate respect for the sacred space.
- One professional photo of your child receiving Communion during the Mass will be taken and one group photo after Mass.
- Be sure the Faith Formation office has your correct email address to receive the secure private link to view and download these FREE digital photos.
- If you have questions about photography or wish to arrange more pictures with our photographer, his contact information is: Glenn Hemberger gvhem@hotmail.com 913-669-7606

LIVESTREAMING MASS

For those who cannot join us due to distance or health, the Mass will be livestreamed and the video saved on www.StAgnesNaples.org,

on the First Communion page under Sacraments.



How I Receive Communion

Receiving Jesus Christ in Holy Communion is a special moment. We remember Jesus' gift of life, Jesus' sacrifice, Jesus' Real Presence.

- I go forward, hands joined, with the community in procession, praying in song.
- To show respect for the Eucharist, I make a slight bow of my head before receiving Communion, while the person in front of me is receiving.
- The priest, deacon, or extraordinary minister of the Eucharist says, "The Body of Christ." I answer, "Amen." I can choose to receive Communion in my hand or on my tongue. If I receive in my hand, I put the hand that I write with flat under my other hand to make a throne for Jesus. If I receive the Host on my tongue, I hold my head up and gently put out my tongue with my hands joined.
- After receiving the Body of Christ, I walk with hands folded to the minister holding the chalice. When the minister says, "The Blood of Christ," I respond, "Amen." When the minister offers me the chalice, I take it firmly in both hands, one around the middle and the other holding it up from the bottom. I bring the chalice to my lips, sip a small amount of the Precious Blood, and return the chalice to the minister.
- If I prefer not to receive the Precious Blood, I will bow my head and walk past the chalice without drinking from it.
- As I return to my seat, I continue singing the song of thanksgiving. Then I kneel until the priest sits, and I thank Jesus for his many gifts.

FIRST COMMUNION DRESS CODE

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.

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. <u>Make the Sign of the Cross</u> and say: "Bless me, father, for I have sinned. My last confession was ____ (or this is my First Confession).
 - 3. <u>Confess (tell) your sins to the priest</u>, and say "I am sorry for these and all of my sins" (in case you forgot any).
 - 4. <u>Receive your penance</u> (for example, the priest might ask you to pray a Hail Mary or do something nice for someone).
 - 5. <u>Say the Act of Contrition</u>, 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. <u>Do your penance</u> 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.*

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





^{*}Support materials on www.StAgnesNaples.org

的多级特别的

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.

军部10部部市部市的部部市员

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.

3部7名等。1985年

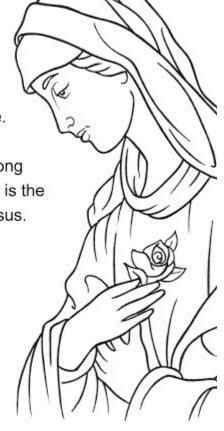
Hail Mary,

Full of Grace, The Lord is with thee.

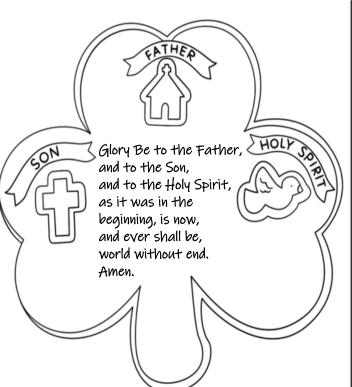
Blessed art thou among women, and blessed is the fruit of thy womb, Jesus.

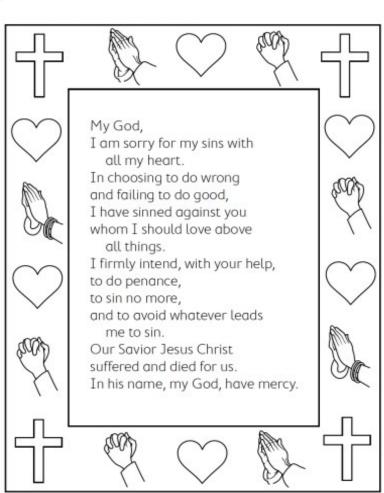
Holy Mary, Mother of God, pray for us sinners now, and at the hour of our death.

Amen.









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 worshiping, 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 praing 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 worshiping, 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:



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	
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	
Mass Journal Listening to God's Voice in the Liturgy Attend Sunday Mass and complete entries at least 15 times each school year at S	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	
Mass Journal Listening to God's Voice in the Liturgy Attend Sunday Mass and complete entries at least 15 times each school year at S	t. 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	

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	
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	
Mass Journal Listening to God's Voice in the Liturgy Attend Sunday Mass and complete entries at least 15 times each school year at S	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	
Mass Journal Listening to God's Voice in the Liturgy Attend Sunday Mass and complete entries at least 15 times each school year at S	t. 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	

· ·	Priest:
	dings, prayers, or songs that made an impression on me is
Recause	
Decause	
One idea I remember from to	oday's homily is
	ss today will help me be a better person this week is
	Mass Journal Listening to God's Voice in the Liturgy ass and complete entries at least 15 times each school year at St. Agnes
Date:	Priest:
	dings, prayers, or songs that made an impression on me is
One idea I remember from to	oday's homily is
One way what I heard at Ma	ss today will help me be a better person this week is
	Mass Journal Listening to God's Voice in the Liturgy
Attend Sunday Ma	ss and complete entries at least 15 times each school year at St. Agnes
	Priest:
	dings, prayers, or songs that made an impression on me is
One idea I remember from to	oday's homily is
One way what I heard at Ma	ss today will help me be a better person this week is

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	
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	
Mass Journal Listening to God's Voice in the Liturgy Attend Sunday Mass and complete entries at least 15 times each school year at S	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	
Mass Journal Listening to God's Voice in the Liturgy Attend Sunday Mass and complete entries at least 15 times each school year at S	t. 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	

Mass Journal Listening to God's Voice in the Liturgy d complete entries at least 15 times each school

Date:	Priest:	
Date: Priest: One phrase from today's readings, prayers, or songs that made an impression on me is		
One idea I remember from too	day's homily is	
One way what I heard at Mass	s today will help me be a better person this week is	
Attend Sunday Mas	Mass Journal Listening to God's Voice in the Liturgy s and complete entries at least 15 times each school year at St. Agnes	
Date:	Priest:	
	ings, prayers, or songs that made an impression on me is	
Because		
One idea I remember from too	day's homily is	
One way what I heard at Mass	s today will help me be a better person this week is	
Attend Sunday Mas	Mass Journal Listening to God's Voice in the Liturgy s and complete entries at least 15 times each school year at St. Agnes	
•	Priest:	
	ings, prayers, or songs that made an impression on me is	
One idea I remember from too	lay's homily is	
On a way what I have at Man	s today will help me be a better person this week is	





"Go and make disciples of all."

Matthew 28:19