

## First Communion Policies

- Those preparing for the Sacrament of First Communion must attend Mass on Sundays (or Saturday Vigil Mass) and an approved Family Faith Formation class or Catholic School.
- Refer to the Penance and First Communion schedule carefully and mark your calendar with mandatory meeting dates. Please make sure that the Faith Formation office has a **copy of your child's baptismal certificate**.
- Those receiving the sacrament of First Communion (and one or both parents) must attend the **First Communion Meetings**.
- Dress code for First Communion:  
**Girls** wear a dress or skirt and blouse. It is customary to wear white, but not required. Veils may be worn but are not necessary - flowers, wreaths/rings of flowers and ribbons are all appropriate hair wear. No gloves should be worn on their hands during Mass.  
**Boys** may wear dress pants and shirts and ties; suits are not necessary but may be worn (any color). No tennis shoes, please.
- At least one parent needs to attend the First Holy Communion Practice.
- **At First Communion Mass**, please ensure that your child has been to confession/penance and has fasted from food for at least one hour before arriving at the church. The child should arrive **in the Chapel no later than 10:30 am**.

If you have any questions or concerns, please contact Jane Moreno or Mylene Garcia

[j.moreno@setonlakeridge.org](mailto:j.moreno@setonlakeridge.org) or (703) 494-4008 ext 129

[m.garcia@setonlakeridge.org](mailto:m.garcia@setonlakeridge.org) or (703) 494-4008 ext 126

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\* NOTE: Saint Elizabeth Ann Seton - Lake Ridge offers preparation for children to receive the sacraments of Penance (Confession) and Eucharist (Communion).

Those two sacraments are typically received for the first time during a child's 2nd grade year. However, to be eligible to receive those two sacraments, the child must have been baptized. Thus, a copy of the child's baptismal certificate must be provided to the Family Faith Formation office.

If the baptized child is older than 9 years of age and has not received these sacraments, please contact our Family Faith Formation office to arrange for sacramental preparation.

If the child was not baptized as an infant (or before the age of reason - 7 years old), we will work with you to ensure your child is brought into sacramental union with the Church through the OCIA program.