

# ST. ELIZABETH ANN SETON ROMAN CATHOLIC CHURCH

## Sacrament of Penance & Eucharist Guidelines

*Revised January 1, 2026*

- Those preparing for the Sacrament of Penance and Eucharist for the First Time must attend weekly Saturday Vigil Mass or Sunday Mass.
- Completed a year-long, pastor-approved, Religious Formation Program last year. Future years, children must complete 1<sup>st</sup> Grade of **our** Parish Family Faith Formation prior to enrolling in our Parish Family Faith Formation for 2<sup>nd</sup> Grade.
- Participate fully in our Family Faith Formation this year which incorporates At-Church Sessions, including both MEND and NOURISH Mini Retreats; At-Home Meetings and (3) Family Visit Meetings.
- Submit a completed **Sacrament Registration Form** and a copy of the child's **Birth Certificate** and **Baptismal Certificate** no later than **December 7, 2025**.

The Diocese of Arlington requires proof of Birth and Baptism for the Sacrament of Penance and Eucharist for the First Time. A copy of the child's birth certificate helps establish the child's identity and date of birth to be recorded in our parish registry. You need to submit a copy of your child's Baptismal Certificate, even if your child was baptized here at St. Elizabeth Ann Seton. Please do not give us the original. If you need a copy of the original certificate, we can copy that for you. It is important that the address of the church where your child was baptized be on the certificate. If you do not have a copy of your child's baptismal certificate, please request it from the parish where your child was baptized and have it mailed to you. If your child was baptized through the Military Ordinate, please contact them at:

Archdiocese for the Military Services, U.S.A.  
P.O. Box 4469, Washington, D.C. 20017-0469  
Phone: (202) 269-9100 website: [www.milarch.org](http://www.milarch.org)

- During the second **Family Visit** (*December 2025*), parents will confirm the readiness of their child to receive the Sacrament of Penance for the First Time, and the child will confirm his/her desire to receive.
- **Sacrament of Penance for the First Time** will occur during the following regular parish confession times within the month of **January 2026** with additional confession time scheduled on Wednesday evenings. All family members are strongly encouraged to avail themselves of the Sacrament of Penance when their child/sibling receives the sacrament for the first time.
  1. **Fridays: 9:30-10:00am**
  2. **Saturdays: 3:30-4:30pm**
  3. **Mondays: 7:00- 7:45pm**
  4. **Wednesday: 6:30-7:30pm** (*Reserved for Family Faith Formation*)
- **Sacrament of Eucharist for the First Time** will occur during a **Vigil or Sunday Mass** during the month of **May between May 9<sup>th</sup> - 31<sup>st</sup>, 2026**.

- During the third **Family Visit** (*March-April 2025*), parents will confirm the readiness of their child to receive the Sacrament of Eucharist for the First Time, and the child will confirm his/her desire to receive. Parents will also indicate what Vigil or Sunday Mass (May 9<sup>th</sup>-31<sup>st</sup>) they wish their child to receive the Sacrament of the Eucharist for the First Time here at St. Elizabeth Ann Seton. The child's name and scheduled Mass time for reception will be noted in a binder located on the Ushers Stand in the Narthex of the church. After Mass, parents will sign next to their child's name to confirm that the Sacrament of Eucharist has been received for the First Time.
  - Attend required **Sacrament of Eucharist for the First Time Practice** on **Wednesday, April 29, 2026; 7:00 p.m.** in the main church.
  - Dress code for receiving the Sacrament of Eucharist for the First Time:  
**Girls** wear a dress or skirt and blouse and dress shoes. 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. Absolutely no tennis or athletic shoes.
- Boys** wear dress pants, dress shoes, dress shirts and ties; suits are not necessary but may be worn. Absolutely no tennis or athletic shoes.

If you have any questions or concerns, please contact Family Faith Formation at (703) 494-4008  
**Jane Moreno**, Coordinator of Liturgy and Sacrament Prep. ext. #129; [j.moreno@setonlakeridge.org](mailto:j.moreno@setonlakeridge.org)  
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