



14 St Michael's Ave
Halifax, Nova Scotia B3P 1M5
Phone: 902-477-3530
www.stellamarishalifax.com

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SACRAMENTS OF RECONCILIATION ('CONFESSION') AND COMMUNION GUIDANCE

"Forgiving is not easy, because our hearts are lacking and we cannot do it with our own strength, but if we open ourselves to receive Gods mercy for us, we too, then become capable of forgiveness."¹

"The Eucharist is such a great gift, that's why going to mass is so important. Going to mass not just to pray but to receive communion. The bread and body of Christ. It saves us, forgives us and it makes us one with the Father... Its important for children to properly prepare for their first communion. So that there's no child with out this sacrament. The Eucharist is a firm step towards Jesus."²

Overview

Stella Maris Parish endeavours to support youths and their families as they journey in preparation for the sacraments of First reconciliation and First Communion through the Family faith Formation program. We ask that parents attend mass regularly with their children, as well as attend our bi-weekly Parent Program, so we may foster a community of faith between parents and their children. If you wish for your child to receive sacraments, their attendance in the program is mandatory.

Plan for Sacrament Preparation

- Students in grades P-6 are prepared throughout the school year to take the steps to First Reconciliation and First Communion for when the family feels the child is ready.
- It will be held in 5 sessions across 10 weeks.

Family Enrolment

Families need to enrol their youth at the beginning of the year (September) and ensure regular participation in this group.

¹ Catholic News Service. "Pope: Confession teaches us to forgive" December 2015.
<https://www.youtube.com/watch?v=kedEuyGj4uw&feature=youtu.be>

² ROME REPORTS in English. "Pope to Parents: It's important for children make their First Communion" February 2014. <https://www.youtube.com/watch?v=s8tqhVdBnHM>