



## **St. Mark's Catholic Church**

345 Glad Park Avenue

Stouffville, ON L4A 1E4

Tel. no. 905-640-6954 Fax no. 905-640-0642

Email: [stmarksst@archtoronto.org](mailto:stmarksst@archtoronto.org)

Website: [stmarksst.archtoronto.org](http://stmarksst.archtoronto.org)

# PARENT INFORMATION PACKAGE

-

# FIRST RECONCILIATION AND FIRST COMMUNION PROGRAM 2025 - 2026

-

**IMPORTANT INFORMATION ENCLOSED**

# REQUIREMENTS FOR SACRAMENTS

## SACRAMENT OF FIRST RECONCILIATION

### REGISTRATION

**Parents** complete all registration requirements:

- Register on-line,
- Attend registration night,
- Provide copy of Baptismal Certificate, and
- Make church offering

**Wednesday, September 17, 2025  
7:00pm**

*Only 1 parent needs to attend*

**Child and family** to attend one Enrollment Ceremony

**Saturday, September 20 @5pm**  
**Sunday, September 21 @ 9am or 11am**  
**Saturday, September 27 @5pm**  
**Sunday, September 28 @ 9am or 11am**

### WORKBOOK

**Parents AND children** complete "BLESSED" workbook.  
@ home

HOMEWORK CHECK FOR CHAPTERS  
1, 2, 3

Bring Blessed workbook and  
My Passport Through the Sacraments on

**Saturday, October 18, 2025**

Child to attend class at  
assigned time for their group

Group A 9:00 - 10:30  
Group B 11:00 - 12:30  
Group C 1:30 - 3:00

### WORKBOOK

**Parents AND children** complete "BLESSED" workbook.  
@ home

HOMEWORK CHECK FOR CHAPTERS  
4, 5, 6

Bring Blessed workbook and  
My Passport Through the Sacraments on

**Saturday, November 15, 2025**

Child to attend class at  
assigned time for their group

Group A 9:00 - 10:30  
Group B 11:00 - 12:30  
Group C 1:30 - 3:00

### SACRAMENT

**Children** will make their First Reconciliation on the date assigned to their group

**Group A**  
**Wednesday, November 19, 2025  
7:00pm**

**Group B**  
**Wednesday, November 26, 2025  
7:00 pm**

**Group C**  
**Wednesday, December 3, 2025  
7:00pm**

Groups to be confirmed by the church.

## SACRAMENT OF FIRST COMMUNION

### WORKBOOK

**Parents AND children** complete "BLESSED" workbook.  
@ home

HOMEWORK CHECK FOR CHAPTERS  
1, 2, 3

Bring Blessed workbook and  
My Passport Through the Sacraments on

**Saturday, January 17, 2026**

Child to attend class at  
assigned time for their group

Group A 9:00 - 10:30  
Group B 11:00 - 12:30  
Group C 1:30 - 3:00

### WORKBOOK

**Parents AND children** complete "BLESSED" workbook.  
@ home

HOMEWORK CHECK FOR CHAPTERS  
4, 5, 6

Bring Blessed workbook and  
My Passport Through the Sacraments on

**Saturday, February 21, 2026**

Child to attend class at  
assigned time for their group

Group A 9:00 - 10:30  
Group B 11:00 - 12:30  
Group C 1:30 - 3:00

### RETREAT DAY

**Child** to attend retreat at assigned time for their group in the church hall.

**At least one parent** to attend parent portion of the retreat at the same time, in the church.

**Saturday, April 18, 2026**

Group A 9:00 - 10:30  
Group B 11:00 - 12:30  
Group C 1:30 - 3:00

### SACRAMENT

**Children** will receive their First Holy Communion on the date assigned to their school.

**St. Brendan & Public/Private Schools**  
**Sunday, May 3, 2026 @ 2:00pm**

**St. Mark**  
**Sunday, May 10, 2026 @ 2:00pm**

**Blessed Chiara Badano**  
**Sunday, May 24, 2026 @ 2:00pm**

**St. Brigid**  
**Sunday, May 31, 2026 @ 2:00pm**

# A YOUNG PERSON'S EXAMINATION OF CONSCIENCE

(Based on the Ten Commandments)

## 1. God Comes First

- *Did I pray each day?*
- *Did I act with respect in church?*
- *Did I participate at Mass?*

## 2. God's Name is Holy

- *Did I always use God's name in the right way?*
- *Did I treat and talk about holy things with respect?*

## 3. God's Day is Holy

- *Did I go to Mass on Sundays and Holy Days?*
- *Did I miss Mass through my own fault?*

## 4. Honour Mom and Dad

- *Did I obey my parents?*
- *Did I treat them with respect?*
- *Was I obedient and respectful to my teachers?*

## 5. Do Not Kill

- *Have I been kind to my siblings and friends?*
- *Did I hit or hurt anyone?*
- *Did I harm anyone with mean or cruel words?*

## 6. Be Pure

- *Were my thoughts and actions good and pure?*
- *Have I been careful to watch good videos and TV shows?*

## 7. Do Not Steal

- *Have I always been honest?*
- *Did I take anything that doesn't belong to me?*

## 8. Do Not Lie

- *Have I always told the truth?*
- *Have I spread rumours?*
- *Have I been quiet about something when I should have spoken up?*

## 9. Do Not Want Other People, and

## 10. Do Not Want Their Things

- *Have I been satisfied with what I have?*
- *Have I been jealous of another's things, toys or belongings?*
- *Am I thankful for what I have?*

Taken from "Sunday Missal for Young Catholics 2015-2016"

# GUIDE FOR YOUR FIRST RECONCILIATION

## 1. Make a good examination of conscience.

Before we go to confession, we need to examine our conscience. This means, we think about our thoughts, words, and actions, and ask the Lord to help us know what we did wrong. There might even be times when we didn't do something that was right. These are our *sins*, and these sins we bring to Jesus, through the priest in confession, to say sorry and receive forgiveness.<sup>1</sup>

Read and answer "A Young Person's Examination of Conscience" in this kit to help you recall your sins for your confession.

## 2. Confess your sins to the priest.

Kneel on the kneeler beside the priest, or in the confessional, make the Sign of the Cross, and say:

**"In the name of the Father, and of the Son, and of the Holy Spirit. Amen.**

**Bless me, Father, for I have sinned.**

**This is my first Confession.** *(For future confessions, the child will say it has been \_\_\_\_ months since my last confession)*

**These are my sins...** *(tell your sins openly and honestly)"*

When you've finished saying your sins, say:

**"For these sins and the sins of my whole life, I am very sorry."**

The priest then gives you words of advice and suggestions and asks you to say a *penance* (prayers to be said in the church after confession).

You'll then say the Act of Contrition out loud:

**"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 Saviour Jesus Christ suffered and died for us.  
In His Name, my God, have mercy.  
Amen."**



Jesus, through the priest, then gives *absolution* (the words which forgive and remove sins).

*God, the Father of mercies, through the death and resurrection of His Son,  
Has reconciled the world to Himself, and sent the Holy Spirit among us for the forgiveness of sins;  
Through the ministry of the Church may God give you pardon and peace,  
And I absolve you of your sins, in the name of the Father, and of the Son, and of the Holy Spirit. Amen.*

You then make the Sign of the Cross and say:

**"Amen."**

The priest will then tell you to "*Go in peace*" and you respond with:

**"Thanks be to God."**

Quietly go back into one of the pews and kneel in prayer to make your penance.

<sup>1</sup> Adapted from *St. Michael's Guide to Making a First Confession*, <https://www.saintmichael-cd.org/wp-content/uploads/2017/02/First-Reconciliation-Guide.pdf>

# CATHOLIC PRAYERS

We encourage you to pray daily with your child and ask that your child know these prayers in time for the First Reconciliation ceremony.

## The Sign of the Cross

right hand



1

In the name of the Father

twinkl visit twinkl.com

## The Sign of the Cross



2

and of the Son

twinkl visit twinkl.com

## The Sign of the Cross

left shoulder

right shoulder



3

and of the Holy Spirit

twinkl visit twinkl.com

## The Sign of the Cross



4

Amen.

twinkl visit twinkl.com

<https://www.twinkl.ca/>

# 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.



<https://www.twinkl.ca/>



## *Hail Mary*

*Hail Mary, full of Grace,  
the Lord is with thee.*

*Blessed are 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*

*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.*







## *Prayer To The Guardian Angel*

*Angel of God,  
my guardian dear,  
to whom God's love  
commits me here,  
ever this day/night  
be at my side,  
to light and guard,  
to rule and guide.  
Amen.*



<https://www.neathousesweethome.com/prayers-for-first-communion-preparation/#prayer1>

# INFORMATION ABOUT FIRST COMMUNION CEREMONIES

We would like to take this opportunity to address some of the questions you may have concerning your child's First Communion.

## 1. First Communion Apparel

It is customary for children to wear white for their First Holy Communion as it ties into the white garment they wore at their Baptism. The following are our guidelines concerning children's apparel for First Communion:

- Girls: White Communion dress. No tiaras or crowns. Veils, headbands and barrettes are permitted. If white gloves are worn into the church, please remove them before coming up to the Priest to receive Holy Communion.
- Boys: White shirt, solid coloured dark necktie or bow ties and dress pants. A suit jacket is optional.

## 2. Taking of Photographs and Videos during Sacraments

You may take photographs and videos while the children are entering and leaving the church. However, in order to maintain the reverence for Jesus' real presence in the Blessed Sacrament, no photographs or videos are to be taken during the receiving of Communion.

## 3. First Communion Ceremony Group Photograph

We are working on arranging for a group photo to be taken at each First Communion ceremony. **Further information will be provided on this and will be emailed to families in 2026.**