



## **Sacramental Guidelines**

### **FIRST PENANCE/FIRST EUCHARIST**

Administration of the sacrament of First Holy Communion will be based on a child's readiness and using the following guidelines.

1. Baptized children who have reached the age of reason (at least 7 years old) and are showing signs of readiness may choose to begin the preparation program for receiving the sacraments of Penance and Eucharist for the first time.
2. This preparation program is available to children who have completed at least one full school year in Level 2 *Catechesis of the Good Shepherd*.
3. It is expected that families whose children are preparing for these sacraments are active members of the St. Ambrose Parish community participating at Mass with us each week.
4. The child and at least one parent must commit to participation in five scheduled meditations, normal atrium time and a full day retreat.

Your role in this process is crucial. How you model your faith at home in your daily life greatly influences your child. You are their primary and most effective teacher of the Catholic Faith!