

Process of Preparation to Celebrate First Eucharist in 2026

Holy Name of Mary Parish offers a process to prepare baptized children, 7 to 10 years of age, for the Sacraments of First Reconciliation and First Eucharist. **If your child is not yet baptized, please contact the HNOM Parish office as soon as possible. (613- 256-1034)*

The process for and the celebration of these sacraments is a family affair and involves both the parent and child. The most important component of the process is weekly attendance at Sunday Mass at Holy Name of Mary Parish.



A message from Father Cyprian: Pastor, Holy Name of Mary Parish

“It is with great joy that we invite your family to our ‘G.I.F.T.’ preparation process to celebrate the sacraments of Reconciliation and Holy Eucharist for the first time. These two sacraments offer your child an opportunity to encounter Jesus in a very real and profound way. Keeping this in mind,

“I want you to understand fully that the most important component of the preparation process is weekly attendance at Saturday/Sunday Mass at Holy Name of Mary Parish. The expectation is that other than for serious reasons, First Eucharist candidates and at least one adult family member, will be present each weekend for the celebration of Holy Mass at Holy Name of Mary Parish.

In the Mass, we encounter the Real Presence of Jesus in the Holy Eucharist. The Eucharist is the heart of the Church and weekly participation in Mass is a vital expression of Catholic faith and identity. At Holy Mass, we participate in the Church’s life and receive the grace and strength we need to live as true disciples of Jesus Christ.”

Please scroll down to see the requirements and dates for the 2025-2026 First Reconciliation/First Eucharist Preparation Process.

NOTE: Eligible candidates must be at least 7 years of age by December 31, 2025.

FIRST EUCHARIST INFORMATION SEMINAR (for parents)

WEDNESDAY, SEPT. 10, 2025 @ 6:30 PM

HNOM PARISH



Holy Name of Mary Parish 1st Eucharist G.I.F.T. Process

(sacramentshnomalmonte@gmail.com)

Eligible candidates must participate fully in all aspects of the process.

- Weekly attendance at Saturday Vigil or Sunday Mass at Holy Name of Mary Parish
- Family Reflection Worksheet after every Mass
- Eight virtual sessions + in-person mini-retreat
- Online family quiz after each virtual session
- Celebration of Reconciliation

Virtual Sessions - via Google Meet Invitation

1. Sunday, October 19th @ 1:00pm - 1:30pm
2. Sunday, November 16th @ 1:00pm - 1:30pm
3. Sunday, December 14th @ 1:00pm - 1:30pm
4. Sunday, January 11th @ 1:00pm - 1:30pm
5. Sunday, February 1st @ 1:00pm - 1:30pm
6. Sunday, February 22nd @ 1:00pm - 1:30pm
7. Sunday, March 29th @ 1:00pm - 1:30pm
8. Sunday, April 19th @ 1:00pm - 1:30pm

Mini-Retreat - Saturday, May 16th, 2026 @ 10:00 am - 11:00 am

Parent MUST attend:

1. First Eucharist Information Seminar - Wednesday, September 10th @ 6:30 pm at Holy Name of Mary Parish

Parent and child MUST attend

2. First Eucharist Registration Part 2 - Wednesday, October 8th @ 6:00 pm at HNOM Parish

Church Tour (for parent and child)- Holy Name of Mary Church - Saturday, October 18th - 10:00 am - 11:00 am

Rite of Welcome - At Holy Name of Mary Parish (during Mass) - Sunday, November 9th @ 10:30 am

1st Reconciliation Penance Service - At Holy Name of Mary Parish
Wednesday, May 27th, 2026 @ 6:00 pm

1st Holy Eucharist Mass - At Holy Name of Mary Parish
Sunday, May 31st, 2026 @ 10:30 am

QUESTIONS? Email: sacramentshnomalmonte@gmail.com