



# SACRAMENTAL PREPARATION UPDATE

## New Program - *Signs of Grace*

Going forwards, all sacramental preparation for First Reconciliation, Confirmation, and Holy Communion will take place in our parish. This is an important shift guided by the 2020 Directory for Catechesis, which highlights that sacramental preparation is best nurtured within the parish, where families and children can be more closely connected to the life of the Church. This approach is being adopted across our whole diocese. To support this transition and to ensure consistent, high-quality catechesis, our parish will be adopting the Signs of Grace sacramental preparation program from the Augustine Institute. This program offers engaging, age-appropriate formation for children and clear, practical support for parents, helping families grow together in understanding and living the sacraments.



## Age for receiving each Sacrament

Along with the decision to make the preparation sessions parish and family centred, our diocese has also decided to slightly increase the age at which the sacraments are received.

**Reconciliation:** Grade 3 and above

**Holy Communion:** Grade 4 and above

**Confirmation:** Grade 5 and above

This means that if a student starts their journey in Grade 3 they will complete one sacrament each year. If a student begins later, they can complete all the sacraments for which they are ready, for example, a Grade 5 student can complete all three in one year.

## When is the next cohort starting?

In the upcoming Spring and Summer, we will be completing Confirmation and Holy Communion with the students who are in the second year of their preparation journey (those who received Reconciliation last year). These students will not be affected by the new age guidelines; however, their preparation lessons will take place at the parish.

The next cohort, under the new age guidelines, will begin their preparation sessions in fall 2026, and registration will open in the spring. Information about registration will be communicated through our schools and parishes.

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