

TO ACCESS THE VIDEOS LISTED IN THESE BOXES, SIGN-UP USING THE FOLLOWING STEPS:

Go to the website **formed.org**

- Click **“Formed for Parishes”**
- Click **“Find your parish subscription”**
- type in **St. Ambrose Parish Cambridge ON**. Click on our parish name when it comes up.
- follow the prompts to sign-up with your own email address.

After receiving your confirmation email you can start watching.

- click on the search line at the top of the page to look up the videos below.

Sacrament of Reconciliation videos

VIDEOS FOR CHILDREN TO WATCH to help them prepare:

- 1) Signs of Grace: You Are Forgiven: Intro Video Sessions 1 to 6

Each of these videos are 2 to 4 minutes and give your children a great foundation for understanding the Sacrament of Reconciliation.

- 2) Forgiven: The Blessings of Confession

VIDEOS FOR PARENTS TO WATCH:

- 1) Forgiven – Answering Common Questions About Confession

- 2) Forgiven – For Parents: Preparing Your Child for First Confession

Sacrament of Holy Communion videos

VIDEOS FOR CHILDREN TO WATCH to help them prepare:

- 1) Signs of Grace - You Are Loved: Intro Video Sessions 1 to 7

- 2) The Bread of Life: Celebrating the Eucharist

- 3) Presence: For Children – the Miracle at Every Mass, Presented by Fr. John Foley

VIDEOS FOR PARENTS TO WATCH:

- 1) Presence – For Parents: Preparing Your Child for First Holy Communion

- 2) Symbolon: Part 2, Session 2: The Eucharist Source and Summit of the Christian Life

Sacrament of Holy Communion Videos – for Parents and Children:

- 1) Miracles of the Eucharist (part 1). Please, search this video on **YouTube** to watch it.

- 2) The Veil Removed <https://theveilremoved.com/>

First Confession at St. Ambrose Church:

St. Anne students Tuesday, April 9, 2026 at 6:30pm
Holy Spirit students Tuesday, April 16, 2026 at 6:30 pm

**Sacrament of First Holy Communion - in the Church:**

St. Anne School Saturday, April 18, 2026 at 11:00 AM
Holy Spirit School Saturday, April 25, 2026 at 11:00 AM

**REQUIREMENTS IN ORDER TO WORTHILY RECEIVE HOLY COMMUNION**

Receiving Holy Communion expresses and deepens our union with the Lord. However, when we knowingly and deliberately commit a serious sin, this destroys the bond of supernatural life between us and the Lord. In such cases we need to repent and avail ourselves of the Sacrament of Reconciliation from a Catholic priest, before we can worthily receive Holy Communion again. St. Paul wrote, *"Therefore whoever eats the bread and drinks the cup of the Lord in an unworthy manner shall be guilty (of sin) ... a person must examine himself"* (first)1 Cor 11:27-29. Early Christians also witness this was the practice of the early Church. The Didache, written in 70 A.D. says, "But first (before Holy Communion) make a confession of your (serious) faults, so that your sacrifice may be pure."

Some sins that exclude one from receiving Holy Communion until a good sacramental confession has been made to a Catholic priest are:

- A. Obstinate and knowingly rejecting a defined dogma of the Church such as the Church's teaching on the real presence of Christ in the Eucharist, or belief in the Divinity of Christ or the belief in the dogmas proclaimed by the Church about Mary, etc.
- B. Obstinate and knowingly rejecting or acting against a definitive moral teaching of the Church such as the evil of abortion, euthanasia, same sex marriage, in vitro fertilization, artificial contraception, or sterilization for the purpose of avoiding pregnancy.
- C. Deliberately missing Mass on a Sunday or a Holy Day of Obligation (which is Christmas and January 1st) without a just reason.
- D. A Catholic who has married outside the Church or is living common law.
- E. Any impure thought or action fully consented to with others or by oneself
- F. Pornography
- G. Drunkenness, gluttony, or use of drugs for non-medicinal purposes.
- H. Seriously harming the reputation of others through gossip or slander.
- I. Refusing to forgive or deliberately harbouring hatred towards another person.
- J. Taking what does not belong to us or failing to give others what is theirs in significant ways.
- K. Greed that unreasonably seeks to possess what belongs to or is needed by others.
- L. Formal perjury or lies that mislead other in serious matters.



St. Ambrose Roman Catholic Parish

210 South St. Cambridge ON
website stambrosecambridge.ca
519-621-2013

2026 Registration for the Sacraments of Reconciliation and Holy Communion

Please return to the PARISH OFFICE by February 17, 2026

Dear Parents/Guardians: The following information is required for our Church Sacramental records. Please complete and return to the CHURCH OFFICE at the priest's house, NOT to the school, please.

This form can also be emailed to our sacramental email address:

sacraments.ambrose@gmail.com

Only children baptized in the Roman Catholic faith can receive these sacraments.

If your child is not Catholic, but your family would like to inquire about baptism, please call the parish office as soon as possible to discuss the options with Father Gary.

School attending:	Teacher's name:
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CHILD'S First Name:	Last name:
Child's date of birth (month/day/year)	
Father's first and last name:	
Mother's first and last name:	
Home address:	
Parent phone number:	
Parent's Email address: (print clearly)	

Your child's Baptism information Please provide a copy of your child's baptism certificate, unless he/she was baptized at St. Ambrose Parish.

Child's baptism date (month/day/year)
Church Name of the baptism:
Address of the Baptism Church:
Address of the Baptism Church: