



**KENT LAMBTON ROMAN CATHOLIC FAMILY OF PARISHES**

**ROC**  
**RITE OF CONFIRMATION**

**[www.klrcfp.com/ROC](http://www.klrcfp.com/ROC)**

# PARENTS & GUARDIANS

This coming year your teen will hear and be challenged by God's LOVE for them as they prepare for Confirmation. Please know that our ROC (Rite of Confirmation) team is here to encourage and support the candidates and their families involved in this program. Please feel free to contact myself or any of the team members!

This year we are offering **two sessions of classes**, one in the winter, one in spring. Your child **only needs to attend one set of sessions.**

Through small groups, prayer, games and other activities we will help your child learn about the sacrament of Confirmation, start developing a rich spiritual life, and see how the Holy Spirit is at work in their lives.

May God bless you and your family during this exciting new journey of faith.

Jacqueline Rowe  
Youth Ministry Assistant  
On behalf of the ROC Team



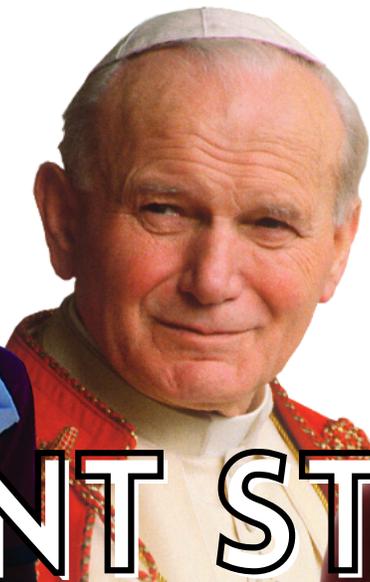
# CURRICULUM

We'll meet for 8 weeks straight and each week will focus on a different theme about the Holy Spirit and our Catholic faith. This will allow for a greater understanding of the variety and richness of our faith!

We'll have small group discussions led by ROC leaders throughout the classes to encourage questions, sharing our faith journey and to promote understanding. Disciples (high school volunteers) will also participate.

Each week we'll also focus on a hero of our faith - one of the saints! Stories of the saints help us to see saints as real people; how they trusted God and let the Holy Spirit lead their lives!

Service Night - once each session we'll participate in a service project together. Each session's project will be different, but they will all involve serving the local community. Specific details will be given out during the first class.



# SAINT STORIES

# SCHEDULE

*You only need to register for one session.*

**WINTER**

**Tuesday Evenings, 6:30-8:30pm**

Holy Family Church

January 10th - February 28th

**SPRING**

**\*new\* Monday Evening, 6:30-8:30pm**

Our Lady Help of Christians Church

March 6th - April 24th

**RETREAT**

**One Sunday in May, all-day (TBD)**

Sacred Heart Church

**PRACTICE**

**\*updated\* Tuesday, May 9th, 7pm**

Our Lady Help of Christians Church

Please bring a parent or sponsor

**CONFIRMATION**

**\*updated\* Thursday, May 11th, 6:30pm**

Our Lady Help of Christians Church

Mass at 7pm, Students meet in the Hall at 6:30



# FAQ

## Who's decision is it?

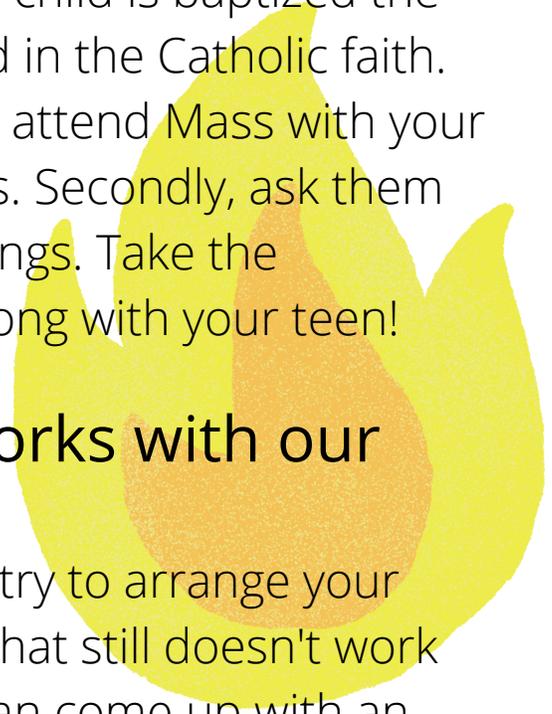
First - God is the one who calls you to the Sacrament. God is in charge! Second - this is a family decision - between parents and teens. Do the adults in the family practice their faith or is this a "get-it-over-with" thing? Will this program interfere with activities in the teens life? Being heavily involved in school, sports, and other extracurriculars or interests may not allow enough time for the teen to fully participate in the process. Make a family decision about what is best for everyone. Third - if you don't know where you are in your faith, come join in and learn more!

## How are parents involved?

Parents are integral to the spiritual growth and faith formation of young people! When a child is baptized the parents promise to guide their child in the Catholic faith. We're here to help with that! Firstly, attend Mass with your child on Sundays or Saturday nights. Secondly, ask them about their small groups and meetings. Take the opportunity to grow in your faith along with your teen!

## What if neither session works with our schedule?

We get it! Families are busy! Please try to arrange your schedules around the meetings. If that still doesn't work please contact Jacqueline and we can come up with an alternative arrangement.



## **What if I'm not at one of the local schools?**

That's ok! Homeschool, French Immersion, Public Board, or other students are all welcome to register and attend!

## **What if I haven't been baptized or done my First Communion?**

Confirmation classes are a great way to dive into learning more about your faith. If you want to learn more about being baptized, going to Confession, receiving the Eucharist or being Confirmed these classes are for you! Mention it on the registration form and we'll connect with you.

## **Will there be homework?**

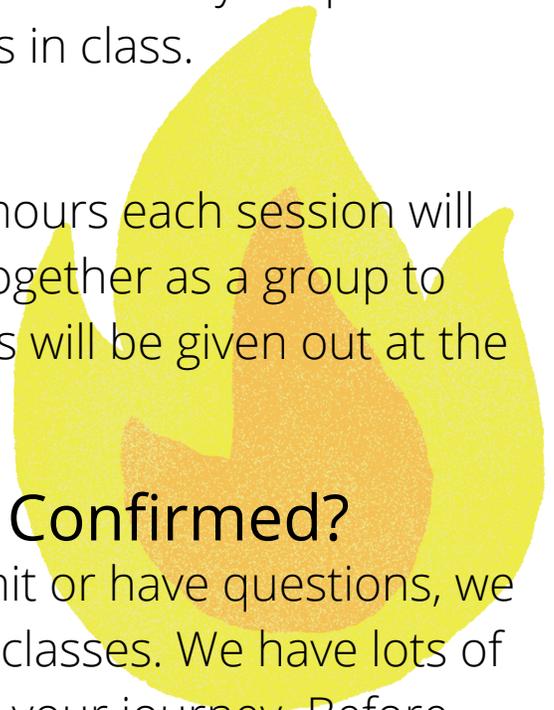
No homework, but we will give you ideas to practice your faith at home. You'll also be asked to choose a saint to take on as a Confirmation name. Think of them as your personal support in heaven! We'll discuss this in class.

## **Service Hours**

Instead of a set number of service hours each session will have a service project - we'll work together as a group to help out a local organization. Details will be given out at the first meeting.

## **What if I don't want to be Confirmed?**

If you're unsure, not ready to commit or have questions, we strongly encourage you to take the classes. We have lots of discussions and can help you along your journey. Before opting out, know what you're saying no to.



# SPONSORS

## Who do I choose?

A sponsor is a **practicing and confirmed Catholic** who is at least 16 years old. The sponsor cannot be a parent of the teen. A Godparent or Grandparent is a common and excellent choice. However, please consider choosing someone who lives close by or is easily accessible (FaceTime/phone calls) to the teen. The person should be prayerful, open, dependable, loving, comfortable sharing their faith, and attending Mass regularly.

## What does a sponsor do?

A sponsor is a spiritual friend during this time of preparation. They are a sign of support and prayer of the entire Church! We ask that the sponsor do the following:

- Watch the Sponsor video (will be emailed to them!)
- Attend the Confirmation Mass on May 25th
- Meet or contact the teen regularly (once a month) to discuss the topics of the sessions.
- Share their faith story with the teen
- Pray for and with the candidate
- Continue to support the teen after Confirmation



# REGISTER

Go to [www.klrcfp.com/ROC](http://www.klrcfp.com/ROC) to register today!

You'll need:

Contact information, baptism and sacrament records

Family information - parent's names, contacts

Which session you want to attend - Winter or Spring

Sponsor information (can be added later)

-Name, Email/Phone Number, Current Parish,  
their Confirmation Date and Parish

If you have any questions please contact  
Jacqueline Rowe ([jrowe@dol.ca](mailto:jrowe@dol.ca) / 519-466-0593)

