

THE SINAI TABLET



Ready or Not

By Hannah Vatter

It's hard to believe it's already time for Sinai to begin. The first day of Sinai and the Confirmation Liturgy we look forward to all year have something very important in common, and that's that so much work, preparation, anticipation, and excitement get poured into a single day. A single day that seems so distant until it arrives. It's like a cleansing rain that comes slowly, slowly, slowly, and then all at once. I had a coworker ask me today if I was "ready" for everything to start, and I told her that "ready" was a funny word...

In this issue of *The Sinai Tablet*, my goal is to help you and your teen get ready for Sinai. You will find our cell phone and behavior policies (please review these with your teen), Confirmation

SONG OF THE MONTH:

New Thing Coming by
Elevation Worship

Guidelines, Confirmation Paperwork (due for Year 2 teens by March 1st, 2026), our 2025-2026 calendar, and information about volunteering for you or your teen.

I say that "ready" is a funny word because I'm never ready and I'm always ready. On one hand, I'll probably never make a checklist comprehensive enough for my own liking, so in that way, I'm not sure I'm ever ready. But when it comes to being with my Core Team, ministering to the hundreds of teens I have the honor of serving, and being with "my little village," well, I'm always ready for that. I've included a meditation verse that explains all we're getting ready for at Sinai, and I hope you'll get ready with us. God bless you all!

MEDITATION VERSE

"You also must be ready, because the Son of Man will come at an hour when you do not expect him." – Luke 12:40

THINGS WE NEED

VOLUNTEERS

- Small Group Leaders, especially male leaders
- Hall Monitors
- Youth Mass Monitors
- Hospitality
- **AREA COORDINATORS** for special events (run games, activities, etc. so Small Group Leaders can stay with their groups)

SUPPLY DONATIONS

Donations for Relational Ministry & Special Events. Wishlists will be shared for these events later, but a few suggestions are below. We will take items used or new!

- Craft supplies
- Christmas craft supplies and gingerbread houses for Christmas Extravaganza
- Jump ropes, outdoor games for Field Day
- Boardgames
- Food/snacks

SINAI CELL PHONE POLICY (PAGE 1)

Sinai's cell phone policy is based on 3 Core Principles: 1) Health, 2) Safety, and 3) Courtesy. We realize that many people today (youth and adults alike) are *literally* addicted to their phones. We have created our cell phone policy with this reality in mind, understanding that habits are difficult to break, but ultimately realizing that bad habits can only be broken by replacing them with good ones.

- Warnings

- **Warning #1:** All teens must keep their phones put away on silent (either in a pocket or bag) during the entirety of Youth Mass and Sinai. If a teen has their phone out at any point during these times, they will be issued a first warning by a volunteer and be asked to put it away.
- **Warning #2:** If they persist on their phones, they will be issued a second warning and Hannah will be notified of the problem.

- Removals

- **Removal #1:** If they persist after these two warnings, the phone will be confiscated by Hannah for the remainder of the night until they are dismissed. All confiscated phones will be kept in a secure location until the end of the night.
- **Removal #2:** If a teen persistently has their phone out and Hannah has had to take it on two occasions, the teen will have to give their phone to Hannah at the beginning of Youth Mass/Sinai and will not receive it back until they are dismissed.
- **Removal #3:** If Hannah has had to confiscate a phone at the beginning of our sessions on more than two occasions, this constitutes a behavioral issue, and parents will have to be involved.

- Exceptions: Phones are not permitted at any time during Youth Mass or Sinai with the exception of the following circumstances:

- A Core Team Member (Presenter, Small Group Leader, etc.) is hosting an activity that requires the use of phones and youth are given permission to have them out. Teens should **ONLY** be on the site/application being used by the Core Team Member. If they are on another unrelated site (e.g. Instagram), they will be issued a warning from their SGL. If they persist after this warning, their phone will be taken by Hannah.
- There is an emergency situation (e.g. with health) and the teen has to contact a parent/guardian.

SINAI CELL PHONE POLICY (PAGE 2)

- Other Guidelines:

- No phones in the bathrooms. Volunteers will be checking bathrooms, and if you are found playing on your phone, it will be taken immediately by Hannah.
- If teens are ever found scrolling through inappropriate sites, phones will be taken immediately and will have to be given to Hannah at the beginning of each session for a whole semester.

We want our youth to have a healthy relationship with the technology at their disposal. The technology is not inherently bad in any way, and can be used for many good things, but there are also many abuses that occur. Fostering a healthy relationship with technology is a part of our faith. When we are over-reliant on anything (e.g. food, media, a person, etc.) in the place of God, this disorders our hearts, minds, and souls, and makes us sick. Please help us here at Sinai to encourage healthy habits with technologies by encouraging them at home as well. Though for some it may feel like an eternity, two-and-a-half hours without your phone is not a long time. If teens (or adults!) consistently cannot abide by our policies and be phone-free for this time period, that is a problem that requires even more attentive ministry to the teen. Some of the greatest aspects of our faith require sustained attention: Adoration, contemplation, the Mass, Lectio Divina, even just spending time freely with God. All of these things require our full, undivided attention. This cell phone policy is not arbitrary or aiming to be harsh—it is aiming ultimately to help rescue our precious attention which should ever be on “things above” (Colossians 3:2).



SINAI BEHAVIOR POLICY

Over 200 teens will come to Sinai every Sunday. In order to ensure everyone has a positive experience, we will be implementing a behavior policy.

Please make sure you review this policy with your teen before they come to Sinai.

- 1) If a teen is having issues with their behavior in large or small group, they will receive 1 verbal warning.
- 2) If the behavior continues, then the teen will meet with the DRE (Director of Religious Education, Hannah Vatter) who will determine if a talk is sufficient to correct the behavior. Teens may also have to follow the DRE for the remainder of the night if it is determined that they are not ready to return to their group.
- 3) If a talk is not sufficient to correct the behavior, parents will be called to pick up their teen immediately and take them home.
- 4) If a teen continues to have behavioral issues at Sinai, the parents and teen will meet in person with Hannah Vatter to discuss a plan moving forward. A potential intervention includes requiring a parent to accompany their teen to Sinai for one or several sessions to monitor their behavior.



Blessed Sacrament Confirmation Guidelines (Page 1)

To receive Confirmation in April/May of Sophomore year: Teen is expected to regularly attend 9th grade (Year 1) and 10th grade (Year 2) at Sinai.

To receive Confirmation in April/May of Junior year: Teen is expected to regularly attend 10th grade (Year 1) and 11th grade (Year 2) at Sinai.

To receive Confirmation in April/May of Senior year: Teen is expected to regularly attend 11th grade (Year 1) and 12th grade (Year 2) at Sinai.

Sinai is faith formation for teens in grades 9-12 who have not yet received the sacrament of Confirmation. Sinai begins with Youth Mass every Sunday from 5:00pm – 6:00pm and is followed by a presentation/small group time from 6:00pm – 7:30pm.

For everyone receiving Confirmation

1) Parents are expected to attend a required Confirmation workshop. Workshops are held in the spring semester of each year and they should attend one workshop before or during Year 1 or Year 2 of Confirmation preparation.

2) The teen candidate is expected to select a sponsor who is: a baptized Catholic; at least 16 years of age; has received First Communion and Confirmation. Please see the Sponsor Covenant & Eligibility Form for more guidelines. Ideally a sponsor is chosen by the candidate at the beginning of Year 1 of preparation so they can journey through the 2-year preparation period together. **Teens may only have one sponsor. Only one sponsor may present them at the Confirmation Liturgy.** When possible, a sponsor should be the teen's baptismal godparent. Parents may not be sponsors.

3) A Confirmation candidate's family are expected to be registered and contributing parishioners of Blessed Sacrament before enrolling in Confirmation.

4) Attendance Policy:

A teen attending Sinai can miss a total of 5 sessions over year 1 of preparation and 5 sessions over year 2 of preparation. Should absences exceed these 5 sessions, they will be placed in a 'deferred' status & repeat the following year. Each year there are a total of approximately 23-25 sessions.

5) A teen should enroll and participate in Confirmation when they feel they are ready and they should be making this choice of their own free will.

6) There is a retreat requirement for Confirmation. Blessed Sacrament plans to offer retreats each year for high school teens to meet this requirement. Dates of retreats are forthcoming. If a participant is unable to make one of these retreats, it is their responsibility to attend a Confirmation retreat at another parish. There is a retreat portion of the Confirmation Document Portal which must be filled out.

Blessed Sacrament Confirmation Guidelines (Page 2)

8) There is a service project requirement. There are no minimum hours required. We ask the teen to find a cause or project that is meaningful to them so that after completing their sacramental initiation they would hopefully continue with this cause/project. The service project must take place sometime over the 2 year preparation period. No signatures are needed to verify a service project. They will need to write at least four sentences about their service project in the Confirmation Document Portal. If they need help deciding upon a service project, they can contact Hannah for service project suggestions.

9) Confirmation paperwork is now completed online. In Year 2 of Confirmation preparation, the Candidate will need to provide information and 2 documents related to Confirmation. The documents are **1) a picture/scanned copy of their Baptismal Certificate and 2) a picture/scanned copy of the Sponsor Covenant**. Both of these will be uploaded to the Confirmation Document Portal; paper copies will not be accepted. This paperwork is an integral part of Confirmation preparation and must be completed on a timely basis. **All information must be submitted to the Confirmation Document Portal by March 1st.**

FAQs

Do I need to provide a picture/scanned copy of the baptismal certificate if my child was baptized at Blessed Sacrament Church (BSC)?

Yes.

Do I need to provide a picture/scanned copy of the baptismal certificate if my child was not baptized at BSC but made their First Communion at BSC?

Yes.

What is the date of the rehearsal and Confirmation Mass?

April 23, 2026 and April 30, 2026, respectively.

Does the sponsor have to attend the rehearsal?

It is ideal for the sponsor to attend, but if they cannot make the necessary travel arrangements, it is okay if they don't.

What if the sponsor cannot attend the Confirmation liturgy?

Obviously, it is highly preferred that the sponsor attend the liturgy, but if they cannot, a 'proxy' can stand in for the absent sponsor. A parent cannot be the 'proxy'. A 'proxy' must meet the same specifications as a sponsor.

Can we homeschool?

As this Confirmation program is both a Confirmation and Youth Group Program which does not follow a textbook, it is not possible for parents to homeschool their children for Confirmation prep.

Sinai Confirmation Paperwork

Must be completed and **submitted by March 1st, 2026 for Year 2 teens** preparing to receive Confirmation April 30, 2026. All info/forms must be submitted using the **Google Form Confirmation Document Portal** (GFCDP link below). **Please print all necessary forms and upload a picture or scanned copy once signed.** If you are not able to print them, please pick up a copy at the church office (408 W Davis St).

Blessed Sacrament Church Confirmation Checklist

Use this checklist to keep track the various forms and activities that need to be completed. All forms are uploaded online. Your **Saint Name** and **Service Project Reflection** are typed directly in the Confirmation Document Portal ([Google Form Confirmation Document Portal](#)). Your **Sponsor Covenant & Eligibility Form & Baptismal Certificate** need to be downloaded, printed, and then uploaded to the GFCDP as a picture, scanned copy, or PDF. These forms are available on the parish website (<https://cc.blessedsacramentnc.org/confirmation-paperwork>) and you can receive paper copies at the parish office.

The due dates apply to the candidates that are in Year 2 of Confirmation preparation and intend to be Confirmed April 30, 2026. **Candidates in Year 1 do not submit any paperwork until they are in Year 2.**

INFORMATION/FORMS TO BE COMPLETED DURING YEAR 2

1. _____ Confirmation Saint Name (type directly in portal)
2. _____ Service Project Reflection (type directly in portal)
3. _____ Retreat Verification (type directly in portal)
4. _____ Sponsor Covenant & Eligibility Form (print and upload picture/scanned copy to portal)
5. _____ Candidate's Baptismal Certificate (upload picture/scanned copy to portal)

SESSIONS THAT NEED TO BE COMPLETED IN YEAR 1 AND YEAR 2:

1. _____ Attend Sinai on a regular basis on the Sunday nights they meet per the Sinai calendar available on the church website (and texted directly to parents/teens). **5 absences allowed per year.**

ACTIVITIES THAT NEED TO BE COMPLETED BY YEAR 2:

1. _____ Parent Workshop – Spring Semester 2026
2. _____ BSC Retreat (or a retreat at another Catholic parish if they cannot make BSC retreats)
3. _____ Confirmation Rehearsal – Thursday April 23, 2026
4. _____ Confirmation Liturgy – Thursday April 30, 2026

GOOGLE FORM CONFIRMATION DOCUMENT PORTAL:

https://docs.google.com/forms/d/e/1FAIpQLSfOK4_LA-lw3-sShP3xybNyJicI57neAKAihLuDiBNSpx-iOw/viewform?usp=header

Saint Name

Must be completed and submitted by **March 1, 2026** for **Year 2** teens preparing to receive Confirmation in 2026. Please type your saint name under the “Saint Name” section of the Confirmation Document Portal.

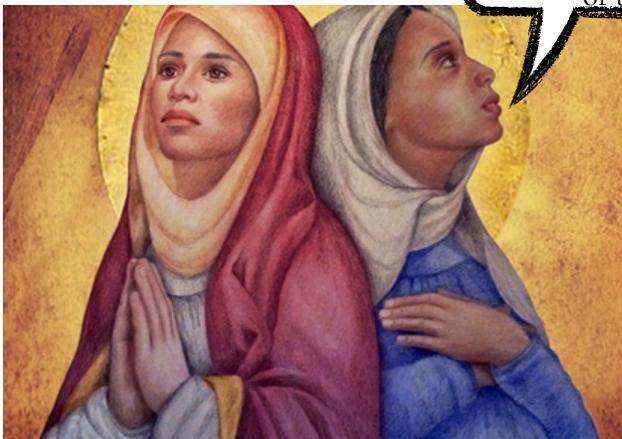
A New Beginning

In the Bible and throughout human history, we see how God calls His children to very special missions, new chapters, and great adventures. Often when He calls them to these places, He gives them new names (Abram and Sarai become Abraham & Sarah, Simon

becomes Peter, Edith Stein becomes Teresa Benedicta, etc.). At Confirmation, you choose a saint name because you are receiving a mission and embarking on a new chapter of your faith journey. The name you choose should represent the direction you feel your faith life is taking you or would represent a strength or attribute you feel you need.

This saint is meant to be a very special companion and friend to you for the rest of your life. You choose them not necessarily because you like how the name sounds, but because you feel a special connection with them. Try doing some research before choosing. **If you need help choosing, please talk to Hannah!**

Sts. Perpetua & Felicity



“Do not fear what may come, for God is with us always, even in the darkest of times.”

“The lives of the saints are nothing more than the Gospel put into practice.”



St. Francis de Sales

Saints for Consideration

- St. Dymphna: patron saint for sufferers of anxiety and mental illness
- St. Gianna Beretta Molla: patron saint of doctors and unborn children
- St. Mark Ji Tianxiang: patron saints for sufferers of addiction
- St. Kateri Tekakwitha: patron saint of Indigenous People
- Sts. Louis and Zelig Martin
- St. Padre Pio
- St. John Paul II
- St. Michael the Archangel
- St. Juan Diego Cuauhtlatoatzin
- St. Martin de Porres
- St. Bernadette of Lourdes
- St. Faustina Kowalska
- St. Kizito
- St. Philomena
- St. Thérèse of Lisieux

Service Project Reflection

Must be completed and **submitted by March 1, 2026** for Year 2 teens preparing to receive Confirmation in 2026. **Type at least 4 sentences directly in the Confirmation Document Portal.**

For your service project, you do **not** have to submit a required minimum number of hours or any signatures. Instead, we want you to **choose a project you are truly passionate about and answer the following reflection questions:**

- 1) What service project did you choose? Describe what you did and who you served.*
- 2) How did serving others, the environment, your community, family, etc. impact you and others?*
- 3) Why do you think Christ calls us to serve others? Why is service so important and central to our faith and lives as human beings?*

Please write at least 4 sentences directly in the Confirmation Document Portal. The project length and requirements are determined by the project chosen. Household chores for family members or neighbors, or work you are paid to do are not considered service for this purpose.

We are all called to be servants, to pour our lives out to others, and strangely enough, the more we give, the more we receive. The more we pour out, the fuller we become. The Christian service component of a Confirmation program needs to be viewed as an apprenticeship to the active and ongoing work of the fully initiated members of the community. This is an opportunity to gain insights about your proper role in taking responsibility for the building of the Body of Christ into a kingdom of God that reigns in love and justice. **If you need help designing your service project, please talk to Hannah!**



Sponsor Covenant & Eligibility Form

Must be completed and submitted by March 1, 2026 for Year 2 teens preparing to receive Confirmation in 2026. Please print this document, have it signed, and take a picture or scan a copy to upload in the Confirmation Document Portal. Other than your Baptismal Certificate, this is the only form you need to submit. Everything else is typed directly in the CDP.

Blessed Sacrament Catholic Church Sponsor Covenant & Eligibility Form

Confirmation Candidate: _____
Name of Confirmation Sponsor: _____
Parish of Sponsor: _____
Parish Address: _____
City/State/Zip Code: _____
Country: _____

Regulations for Confirmation Sponsors:

1. Must be at least 16 years of age.
2. Received the Sacraments of Baptism, First Eucharist, and Confirmation in the Catholic Church.
3. Attend Mass regularly on Sundays and on the Holy Days of Obligation
4. Receive the sacraments of Reconciliation and Holy Communion regularly.
5. If married, must be married in the Catholic Church.
6. Follows the moral teaching of the Catholic Church.
7. Not be the parent of the candidate to be confirmed.
8. A stand-in or proxy may be used; but a proxy must meet these same requirements.

Sponsor Declaration:

I (*Sponsor's Signature*), _____, affirm in all sincerity the requirements as set forth above are truly fulfilled. I recognize that I will be called to renew the promises of my own baptism; to reject sin and profess my faith in Jesus Christ. I also recognize that this requires that I truly practice my faith by attending Sunday Mass, by prayer, generous concern for others and by living an upright Catholic life under the mercy of God. I promise to be the best possible example in word and deed to (*Candidate's Name*)

_____.

If the sponsor is **NOT** registered at BSC, they need to get this form signed by the priest at their church. The church may have their own form which is fine. Upload their form to the Confirmation Document Portal.

Skip this section if the sponsor is registered at Blessed Sacrament Church.

Attested by:

(Parish Seal)

Priest: _____ Date: _____

Are you passionate about leading our youth closer to Christ?

Volunteer for our youth ministries at Blessed Sacrament!



Sinai Core Team Roles

- Small Group Leader
- Presenter
- Substitute
- Admin & Attendance
- Special Events & Activities
- Hospitality
- Traffic & Safety

K-8 Core Team Roles

- Catechist
- Assistant catechist
- Substitute
- Traffic & Safety
- Opening/Closing Team

Contact:

(336) 266-7398

hannah@blessedsacramentnc.org



Register using
the QR codes
or contact
Hannah
Vatter!





SINAI YOUTH CREW

Youth Roles

- SINAI SMALL GROUP LEADER: Lead a group of fellow teens with an adult leader on Sunday nights when Sinai is in session! Develop meaningful relationships with your group and help lead your peers closer to Christ through discussion, games, and activities!
- YOUTH EXECUTIVE BOARD: Meet with Hannah & the board for fun, fellowship, and to plan Sinai events!
- YOUTH MASS TEAM: Serve as a lector, usher, sacristan, EM, and/or altar server during Youth Mass!
- K-8: Serve with an adult catechist to teach grades K-8 on Sunday mornings!

Our life of faith doesn't start or end with Confirmation. We should all be giving our many gifts and talents to the church well before Confirmation, and well after.

*If you or a teen you know would be interested in being a part of Youth Crew in any capacity, **please sign up by scanning the QR code below.** For most roles, the teen does not need to be Confirmed to participate.*

Please pray about your role and sign-up soon!



First Semester Schedule for Sinai 2025-2026

9/14/2025	Orientation/Relational Ministry	
9/21/2025	Rotation A 1-7 SDR 8-14 SFR 15-21 N* 22-28 S	*Faith + Music (Anthony Cancro)
9/28/2025	Rotation B 1-7 N* 8-14 S 15-21 SDR 22-28 SFR	*Faith + Music (Anthony Cancro)
10/5/2025	Rotation C 1-7 S 8-14 SDR 15-21 SFR 22-28 N*	*Faith + Music (Anthony Cancro)
10/12/2025	Rotation D 1-7 SFR 8-14 N* 15-21 S 22-28 SDR	*Faith + Music (Anthony Cancro)
10/19/2025	Special Event	
10/26/2025	OFF	
11/2/2025	Rotation A 1-7 SDR 8-14 SFR 15-21 N* 22-28 S	*Faith + Science (Debra McCusker)
11/9/2025	Rotation B 1-7 N* 8-14 S 15-21 SDR 22-28 SFR	*Faith + Science (Debra McCusker)
11/16/2025	Rotation C 1-7 S 8-14 SDR 15-21 SFR 22-28 N*	*Faith + Science (Debra McCusker)
11/23/2025	Rotation D 1-7 SFR 8-14 N* 15-21 S 22-28 SDR	*Faith + Science (Debra McCusker)
11/30/2025	OFF-Thanksgiving Break	
12/7/2025	Christmas Extravaganza/Advent Night	
12/14/2025	XLT (Exalt Night - Adoration and Praise & Worship)	
12/21/2025	OFF	
12/28/2025	OFF	
12 SESSIONS		

Second Semester Schedule for Sinai 2025-2026

1/4/2026 XLT (Exalt Night - Adoration and Praise & Worship)	
1/11/2026	Rotation A
	1-7 SDR 8-14 SFR 15-21 N* 22-28 S
	*Faith + Art (Stephanie Flores-Portillo)
1/18/2026	Rotation B
	1-7 N* 8-14 S 15-21 SDR 22-28 SFR
	*Faith + Art (Stephanie Flores-Portillo)
1/25/2026	Rotation C
	1-7 S 8-14 SDR 15-21 SFR 22-28 N*
	*Faith + Art (Stephanie Flores-Portillo)
2/1/2026	Rotation D
	1-7 SFR 8-14 N* 15-21 S 22-28 SDR
	*Faith + Art (Stephanie Flores-Portillo)
2/8/2026	OFF for Super Bowl 2/8
2/15/2026	Special Event
2/22/2026	Special Event
3/1/2026	OFF
	RETREAT @ STM SATURDAY 2/28
3/8/2026	Rotation A
	1-7 SDR 8-14 SFR 15-21 N* 22-28 S
	*Faith + Mental Health (Frankie K'briuh & Griselda Martinez)
3/15/2026	Rotation B
	1-7 N* 8-14 S 15-21 SDR 22-28 SFR
	*Faith + Mental Health (Frankie K'briuh & Griselda Martinez)
3/22/2026	XLT (Exalt Night - Adoration and Praise & Worship)
3/29/2026	OFF - Palm Sunday
4/5/2026	OFF - Easter
4/12/2026	Rotation C
	1-7 S 8-14 SDR 15-21 SFR 22-28 N*
	*Faith + Mental Health (Frankie K'briuh & Griselda Martinez)
4/19/2026	Rotation D
	1-7 SFR 8-14 N* 15-21 S 22-28 SDR
	*Faith + Mental Health (Frankie K'briuh & Griselda Martinez)
4/26/2026	Final Celebration/Field Day
13 SESSIONS	

Sinai Confirmation Rehearsal & Liturgy

4/23/26	Confirmation Rehearsal @ 6:30pm	Blessed Sacrament Church
4/30/26	Confirmation Liturgy @ 6:30pm	Blessed Sacrament Church

Sinai Room Rotations Key

Relational Ministry	St. Francis Room (SFR)	Lynn Zubov
The Mass	Sanctuary (S)	Hilton Martinez
Scripture/Prayer	San Damiano Room (SDR)	Christian Marban & Jonathan Caceres
Faith+	Narthex/Lobby (N)	Anthony Cancro (music), Debra McCusker (science), Stephanie Flores Portillo (art), Griselda Martinez/Frankie K'bruh (mental health)

Quarter Breakdowns

Faith+

Relational Ministry

Quarter 1: 9/21, 9/28, 10/5, 10/12	Faith + Music (Anthony Cancro)	Board Game Night
Quarter 2: 11/2, 11/9, 11/16, 11/23	Faith + Science (Debra McCusker)	Outdoor Games & Smores
Quarter 3: 1/11, 1/18, 1/25, 2/1	Faith + Art (Stephanie Flores-Portillo)	Pizza Bingo
Quarter 4: 3/8, 3/15, 4/12, 4/19	Faith + Mental Health (Frankie K'bruh & Griselda Martinez)	Arts, Crafts, & chocolate fondu

Sinai Pods

POD 1	Groups 1-7	
POD 2	Groups 8-14	
POD 3	Groups 15-21	
POD 4	Groups 22-28	