

What You Need to Know for Confirmation Preparation at Saints John and Paul

STEPS and Q&A FOR THE ENTIRE PROCESS

Expectations:

1. We are all in this together.
 - a. We intentionally have this process short and concise, so as to be walking next to your family. We recognize that you are the domestic church and where virtue and faith is built the strongest.
 - b. Pray for your teen daily. Ask for the intercession of their Confirmation Saints or pray a simple prayer.
2. Make an effort to attend Sunday Mass if you aren't right now.
 - a. It's an obligation the Church has given us because She knows we crave routine, that receiving the Eucharist keeps us spiritually fed, and to give us an opportunity to praise God as a community. We cannot live abundantly without Sunday Mass.
3. Communication with Maria and the mentors is crucial.
 - a. We all have things we need to communicate and schedule, so please respond in a timely manner.

Sacrament of Confirmation facts:

1. Confirmation completes Baptism.
 - In Baptism, we die to sin, we are born into new life, and we are given a call and challenge to proclaim the Gospel with the life that lies before us.
 - Confirmation exists to equip us with the graces and gifts of the Holy Spirit we will need on the journey of proclaiming the Gospel with our lives.
2. Confirmation is not a graduation.
 - This is only the beginning. You now have everything you need to proclaim the Gospel and bring His unconditional love to the world with your talents and gifts.
 - Confirmation equips you to live a life worthy of the call. Be that person you were made to be. Let this preparation effect you, change you, open you up to something so much bigger than yourself.

Contact Information:

Maria Haas (Coordinator of Confirmation)

mhaas@ssjohnpaul.org or 515-967-3796

****All information about Confirmation can be found at: www.ssjohnpaul.org**

2023-2024 CONFIRMATION PREP TIMELINE

*more info in Q+A section on following pages

MAY TO AUGUST- SUMMER PREPARATION

Due June 30- Fill out and return registration form.

***Your teen will not be placed in a group until registration form has been turned in.*

Groups are finalized by mid-August, so no changes can be made starting September 1, 2023.

Due June- Teen writes a letter to future mentor and will bring to interview or email to Maria beforehand.

Due July- Teen completes Confirmation Chat with Maria in June, July or August. (Sign-up through Sign-up genius links)

Due July 15- Parent letter completed. (question/prompts in back of packet)

Email essay to mhaas@ssjohnpaul.org

Due July 15- Turn in a copy of teen's Baptismal certificate.

SEPTEMBER TO MARCH- SMALL GROUPS BEGIN

Attend a "Meet Your Mentor" meeting. This will be a 30 minute session with parents & students along with their mentor for the year. It is one family at a time, not all families together with mentor at once. This will be an introductory time to meet each other, and to go over the HABIT goals for the year. Based on mentor availability and your availability, dates options could be either:

- Sunday, September 17 from 6:30-8:00 PM **OR**
- Sunday, September 24 from 6:30-8:00 PM

***Maria will contact you after small groups are finalized with a sign-up for a 30 minute slot.*

Begin small group sessions with assigned mentor. Teens and mentors will meet a total of 7 times (at least 1 hour for each meeting) along with your "Meet Your Mentor" meeting.

- Should a teen miss 1 meeting, there will be a make-up plan.

Begin working on your HABITS (parents, mentor, sponsor and teen), and get more involved with the parish.

Attend Confirmation Retreat (Sunday, April 21, 2024)

*this event is incredibly important

Due January 1- Pick your sponsor, ask them and have them fill out the GoogleForm

APRIL TO MAY- FINAL PREP, RECEIVING CONFIRMATION+ FINAL MEETING

Find a time to go to Confession at least a few weeks before Confirmation.

Complete Confirmation Chat with Father Mark

Attend rehearsal before Confirmation Mass. (Date TBA)

Confirmation Mass typically is on a Saturday Evening in spring. (Date TBD)

Seventh Meeting to talk about the Mass and continue talking about what is next.

Decisions on how to use the gifts of the Holy Spirit to bring God to others at SSJP and everywhere!

Q&A SECTION:

TEEN CONFIRMATION CHAT?

The chat has many purposes:

First, it gives Maria interaction time with the teen in order for them to get to know each other and to build a trust that might not have previously been there.

Second, this conversation helps determine which mentor is best for the candidate.

Lastly, this gives the teen another opportunity to practice the interview process.

Questions that could be asked at the interview:

1. Background of who you are, favorite hobbies, dreams, who your friends are, etc.
2. What is Confirmation? Why does it matter?
3. How have you served your community in the past? Are you a part of any service-oriented groups now?
4. Talk about your relationship with God no matter what it looks like.
5. What support/relationships do you have in your faith journey right now?
6. What HABITS do you plan to work on this year?

LETTER TO MY MENTOR?

Take a few minutes to reflect on why you would like to be Confirmed and how you believe this preparation process will help you become a better Christian. Then, take those thoughts and put them in to a letter to your future mentor. Your letter can start with "Dear Mentor, ..."
(Please make it longer than one paragraph.)

PARENT LETTER?

The parent essay will help the Confirmation Mentor and Maria get a better sense of where the parent's intentions for this Sacrament meet those of the teen.

Parents, please answer the following questions. (Please be honest; there is no perfect answer.)

1. **How have you shared with your teen the importance of this Sacrament?**
2. **How will you help prepare and walk with your child through this Sacrament?**
3. **What is the hope/vision you have for your child after they receive this Sacrament?**

WHAT IS A CONFIRMATION MENTOR? (DIFFERENT THAN A SPONSOR)

A Confirmation Mentor is meant to introduce, coach, and encourage the students in developing spiritual habits that will help them grow in their faith. Confirmation Mentors are volunteers; they aren't paid. They are loving, caring adults who will meet with your teens 7 times from September until the date of their Confirmation.

****Mentors meet with teens in public places and each group is same gender**

CONFIRMATION SPONSOR GUIDELINES

What are the requirements for a Confirmation Sponsor?

SPONSORS (Different than the mentor that will be leading your teen's small group)

Insofar as possible, there is to be a sponsor for the person to be confirmed; the sponsor is to take care that the confirmed person behaves as a true witness of Christ and faithfully fulfills the obligations inherent in this sacrament. (Can. 892)

According to Church law (Can. 874, 893), to be permitted to take on the function of confirmation sponsor the person must:

1. be designated by the one to be confirmed, by the parents or the person who takes their place, or in their absence by the pastor or minister and have the aptitude and intention of fulfilling this function;
2. have completed the sixteenth year of age, unless the diocesan bishop has established another age
3. be a Catholic who has been confirmed and has already received the most holy sacrament of the Eucharist and who leads a life of faith
4. not be bound by any canonical penalty legitimately imposed or declared; and
5. not be the father or mother of the one to be confirmed.

NOTE: not from Canon Law, but when you choose this person, make sure you are comfortable talking to them about God, that they are someone who inspires and challenges you and someone who you plan to keep in touch with.

WHAT DOES A SPONSOR DO DURING PREP?

We ask that they do four key things:

1. Pray for their candidate often.
2. Check in on their preparation through the entire process.
 - a. We will send out resources and conversation discussions throughout the year.
3. Pick a HABIT to work on with their candidate.
4. Complete a service project with their candidate.
5. Attend Confirmation rehearsal and Mass (parent can stand in for Sponsor at rehearsal if unable to attend).

CONFIRMATION NAME GUIDELINES

What are the requirements for a Confirmation name?

Guidelines

1. *The selection of the name of a saint as a confirmation name is not required by the Rite of Confirmation; however, it is a commendable tradition in the Church.*
2. *In order to recognize the connection between baptism and confirmation, the*

candidate's baptismal name can be used; or candidates may choose another confirmation name, if they so desire.

3. *If a new name is taken, the candidate should choose a name of an officially canonized saint within the Catholic faith. The Saint can be either a male or female.*
4. *Hint: Make it a Saint that you connect with (they are the patron Saint of something you connect with, they have a story you are inspired by, they lived a life that you desire, etc.)*

For more information on Saints and biblical characters:

- <http://www.newadvent.org/cathen/index.html>
- <https://lifeteen.com/blog/biggest-best-list-confirmation-saints-guys-girls/>

WHAT is the HABITS form?

Confirmandi, parents, sponsor and mentor will develop an Individual Spiritual Advancement Plan for the year. We encourage parents, teen, mentor and sponsor to pick a HABT or two to work on this year. This plan will employ the HABITS and allow for each of us to deepen our relationship with God and the Church.

- H-** Hang time with God- Regular personal prayer and quiet time.
- A-** Accountability with the followers of Christ: Small Groups.
- B-** Bible: study and reflection on the Word of God and our Catholic Faith.
- I-** Involvement in the parish: Mission, Ministry, and Service.
- T-** Tithing or offerings: Stewardship and Self-giving.
- S-** Sacraments: Eucharist, Penance, and Eucharistic Adoration.