

St. Thomas Aquinas Catholic Parish
Youth Confirmation Program 2017

Overview of Confirmation

1. Confirmation is one of the Initiation sacraments (Baptism, Confirmation and Eucharist).
2. Confirmation is the special outpouring of the Holy Spirit which brings an increase and deepening of baptismal grace.
 - i. It unites us more firmly to Christ.
 - ii. It increases the gifts of the Holy Spirit.
 - iii. It renders a more perfect bond with the Church.
 - iv. It gives us special strength of the Holy Spirit to spread and defend the faith.

Diocesan Guidelines for the Preparation for the Sacrament of Confirmation

1. "The sacramental preparation process is supplemental to regular participation in the parish or school religious programs."
2. "A minimum of two years of formal religious education in a parish or Catholics school program precedes preparation for the celebration of the sacrament of confirmation."
 - o "Confirmation is part of a four-year high school catechetical program and the celebration of the sacrament can take place anytime within that period for those adequately prepared."
3. "Preparation for Confirmation should
 - o aim at leading the Christian toward a more intimate union with Christ
 - o lead to a more lively familiarity with the Holy Spirit – his actions, gifts, and his biddings – in order to be more capable of assuming the apostolic responsibilities of Christian life.
 - o Strive to awaken a sense of belonging to the Church of Jesus Christ, the universal Church as well as the parish community."
4. "This study and preparation should take place within a period not to exceed nine to twelve weeks."

Topics of Sacramental Preparation for Confirmation

"Sacramental preparation for confirmation has a distinct catechesis with its own focus and elements."

This is not an exhaustive list, but these are the topics to be covered during Sacramental Preparation for Confirmation. Topics will be added as needed but will include these:

1. The elements of the rite of Confirmation
2. The meaning of the baptismal promises
3. The Gifts and Fruits of the Holy Spirit
4. The meaning of laying on of hands, anointing with Sacred Chrism, and "Be sealed with the gift of the Holy Spirit"
5. Reflection of The Lord's Prayer
6. The rights, responsibilities, duties, and obligations of full initiation in the Catholic community: liturgy, community, service, and evangelization

Confirmation Preparation Schedule

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| 1. Super Sunday #1 | Jan 8 th | 12:30 – 3:00 PM |
| 2. Super Sunday #2 | Feb 12 th | 12:30 – 3:00 PM |
| 3. Confirmation Retreat | Feb 17 th – 19 th | Crossroads Retreat Center in Caldwell, TX |
| 4. Super Sunday #3 | March 5 th | 12:30 – 3:00 PM |
| 5. Super Sunday #4 | March 26 th | 12:30 – 3:00 PM |
| 6. Night of Reflection | TBD | 6:00 – 9:00 PM |
| 7. Confirmation | TBD | |

Confirmation Requirements

1. Regular participation in Sunday Mass & Hold Days of Obligation
2. Regular participation in STAY Program: Sunday Life Nights (80% Attendance), Wednesday Deeper, & Special Events
3. Participation in all Super Sundays and parts of the Confirmation preparatory program
4. Participation in Confirmation Retreat
5. Participation in Sacrament of Reconciliation before receiving Confirmation
6. Complete a Confirmation Interview with a Confirmation Core Team member
7. Show a desire and readiness to receive the Sacrament

Required Paperwork for Confirmation

1. Copy of Baptism Certificate
2. Copy of First Communion Certificate

***These documents must be in before the first Confirmation Super Sunday.

Role of the Sponsor

A Sponsor's role is to take care that the person confirmed behaves as a true witness of Christ and faithfully fulfills the duties inherent in the sacrament.

- A sponsor should be someone who lives their Catholic faith and is ready to guide the Candidate, not just during Sacrament preparation, but throughout their entire life.

In order to be a Sponsor, a person must:

1. Be designated by the one to be confirmed, by the parents or the one who takes their place, or by the pastor or minister and is to have the qualifications and intention of performing the role.
2. Be at least 16 years old.
3. Be a practicing Catholic who has been confirmed and has received the sacrament of the Eucharist.
4. Lives a life in harmony with faith and the role to be undertaken.
5. Not be bound by any canonical penalty.
6. Not be the father or mother of the one to be confirmed.
7. Complete the Diocese of Austin Sponsor Covenant form.

Sponsors are asked to:

1. Pray for and the candidate.
2. Actively participate in the process of sacrament preparation by sharing their faith with the Candidate.
3. Attend the Confirmation Night of Reflection and the Confirmation Ceremony.

Picking the Name of a Saint

Each candidate will be asked to pick a Saint to take the name of for Confirmation and to write an essay explaining their choice. The saints are the witnesses of the faith who have gone before us and serve as incredible models of living. We are all one body of Christ and should try to learn as much as we can about these great men and women.

The Saint Essay should include the following:

1. Name of the Saint
2. Brief synopsis of the life of the Saint
3. Why the Candidate chose the Saint
4. Be typed and should not exceed one page. (Minimum of half a page)