



St. Maria Goretti
Catholic Church

The Sacrament of Confirmation

“It was not you who chose me, but I who chose you....” - John 15:16

Purpose

“Confirmation perfects Baptismal grace; it is the sacrament which seals us with the Holy Spirit helping us to deepen our faith in Christ and the teachings and traditions of the Church, to remain close to her mission and to witness our Christian faith in our words and actions.” CCC1316

Goal of Preparation at St. Maria Goretti Parish

Preparation is to be a process of study, prayer, and service to others. Candidates should understand that this process is a model for Christian living throughout their adult lives.

“Jesus said to him, ‘I am the way, and the truth, and the life. No one comes to the Father except through me.’” (John 14:6) We aim to discover that Jesus is the Way by removing obstacles and presenting the gospel message; the Truth by discovering who Jesus is and learning to follow Him; and the Life by committing to a life of discipleship.

Program

Our Confirmation Prep program encompasses two main areas of preparation. Any students who have received their First Communion are eligible to begin preparation. It is most common for Middle School through High School students.

- Area 1 - Focused Confirmation Sacramental Preparation: within this area, students will be learning and engaging in discussion and activities specific to the Sacrament of Confirmation. The requirements and expectations are outlined below.
- Area 2 - Participation in the life of the Church: this area will focus on bringing what it means to live as a Catholic Christian Adult into practice in your daily life.

Expectations, Requirements, and Suggested Activities

Expectations

- Sacramental Preparation Sessions
 - Sessions will occur once a month with three classes in the fall and 3 classes in the spring. If a class is to be missed, materials can be provided to discuss the content as a family.
 - The goal of these times will be to ensure that each candidate is suitably instructed in the Catholic Faith and the specifics on the Sacrament of Confirmation.
- Mass Attendance
 - The celebration of Mass is the source and summit of our faith [SC #10]. Attending Mass weekly is the minimum expectation of all Catholics and, therefore, is an expectation of all Confirmandi and their parents
- Adoration
 - Adoration provides an opportunity to spend time with our Lord and Savior in the Blessed Sacrament. Candidates and their family or sponsor should spend 30 minutes/month in Adoration.

Requirements

- Sponsor Selection
 - The Sponsor Eligibility Form (attached) is to be completed and returned. “It is desirable to choose as sponsor the one who undertook the same function in baptism” c.893 §2. A sponsor’s job is to be an up-close-and-personal witness of the Christian Catholic life for the candidate. His/her task does not end when the teen is confirmed; rather, the sponsor agrees to help the teen “grow in faith,” to help in his or her Christian walk throughout life, and to seek out the candidate if he or she ever goes astray. For this reason, we ask that a candidate selects a sponsor who is local.
- Patron Saint
 - Confirmation candidates are to select a patron saint by the given deadline. A patron saint is someone who exemplifies the virtues you desire, who you turn to for assistance, and whose life after which you want to model your own.
- Interview 1 & 2 with Priest
 - Each candidate will have two separate one on one meetings regarding readiness with Father (or a delegate) to ensure proper preparation before receiving the Sacrament. The first will happen at the end of the fall semester, and the second will happen in the spring before Confirmation.
 - These meetings will include discussions on the preparation so far and include conversation and questions about the Faith. More details will be provided during the course of preparation.
- Opportunity for Confession
 - In addition to regular offerings of the Sacrament of Reconciliation at our parish, we will have a specific time before the date of Confirmation where students will be encouraged to go to Confession.

Suggested Activities

- Service
 - 3 Service activities are recommended. They could include 1 with the family, 1 with the sponsor, and 1 with whomever.
- Retreat
 - Retreats offer an excellent opportunity to meet Jesus Christ in a life-changing way. There will be an opportunity to attend a retreat at Camp Gray in the Fall.
- Sponsor Sessions
 - Sponsor activities will be posted on the parish website. There will be 6 different listings that correspond to the 6 sacramental preparation sessions. These will provide the candidates and sponsors with the framework to discuss the content and engage with each other during the time of preparation.

Parental Involvement

- Attend weekly Mass with your teen.
- Help to ensure all deadlines are met.
- Journey with your child with at home discussions, increase prayer life and participation in the parish.
- In a recent study conducted by the National Study on Youth and Religion, the majority of teenagers named their parents as their number-one spiritual influence. Parents provide a child's first glimpse of the unconditional love that is at the heart of the gospel. They are also the first to show their children, by example, what it means to be a disciple of the Lord. For better or for worse, a teen's faith tends to mimic that of Mom and Dad.