

HIGH SCHOOL CONFIRMATION PROGRAM

Teens are to complete a minimum of 1 year of High School Catechesis before entering into the Sacramental Preparation Program for Confirmation

❖ **Welcome!**

Welcome to the Shrine of St. Therese Confirmation Preparation Program! Conversion of both the heart and mind is a lifelong journey. Preparing to receive the strengthening of the Holy Spirit takes thoughtful prayer and study. In accordance with the Pueblo Diocesan Policies, the student who is to receive Confirmation is to be Catechized for at least **2 years; the youth must be at least 16 years of age at the time they are Confirmed.** The Rite of Confirmation with the Bishop generally takes place during the month of April- May each year. Additionally, the Confirmation Candidate must have received the other Sacraments of Initiation prior to its reception: Teens must have received the Sacraments of Baptism, Reconciliation and Eucharist, **records of these Sacraments are required and copies must be submitted to the Parish Office.**

- ❖ **Proficiency Assessment (Incoming High School):** All students entering into the High School Program will take an assessment in the beginning of the year to see their level of knowledge regarding basic tenants of the Faith; assistance will be offered to those who need it. (*Those who completed 8th grade at Shrine School/Parish have done this already*).
- ❖ **Involvement of Parish Life:** Families are asked to become regular participating members of the Parish, especially weekly Sunday Mass attendance. Parish Ministry/Volunteering: Teenagers are asked to become incorporated into the Parish Life by volunteering in one of the ministries, such as Parish/School events, Sunday Ministries, etc. Teens are to pick where their gifts can best be utilized for the betterment of the Parish.
- ❖ **What knowledge ought my teenager to have regarding the Sacrament of Confirmation:** The following pages give the Essential Teachings for the Sacrament of Confirmation, Gifts and Fruits of the Holy Spirit, Sponsor and Saint Name, etc.
- ❖ **High School Sessions and Confirmation Sessions:** New this year, our teens will complete the Confirmation Growth Course entitled "Decision Point" by Dynamic Catholic. Teens will attend the Catechesis from 9:00-10:15am each Sunday. Every 3rd Session will be specific for the Sacrament of Confirmation, the rest of Catechesis will take place within the context of their High School Peers. The *USCCB Curriculum Guidelines for High School Catechesis* will be the sequential topical guide for all students throughout 4 years of High School Catechesis.
- ❖ **Attendance:** Students are expected to have *minimal absences* during the entire year. ***Work for Confirmation Prep is to be fully completed.*** Additionally, parents are asked to call or email the Shrine to notify in the event of absences. Mrs. Nelson email sarahn@shrine-sttherese-pueblo.org or phone 719-542-1788 x11 (leaving a message is acceptable).
- ❖ **Retreats/Rallies—Two per Year:** All Student are to partake in two retreats/rallies during the year. *NOTICE* Some Rallies will be mandatory and will take place during scheduled classes. Calendar will list them.
- ❖ **Retreat before Reception of Sacrament of Confirmation:** Students who are near the end of Confirmation Preparation will partake in a special retreat geared to prepare them to receive the Sacrament. This is mandatory and there is no make-up Retreat available.

Essential Teachings on the Sacrament of Confirmation



What is a Sacrament?

Out of love, Jesus died on the cross to save us. Out of love, He instituted the Church to save us. Through the Church, He gave us seven concrete ways to help us share in His life; these are the Sacraments of the Catholic Church. (Baptism, Reconciliation, Confirmation, Eucharist, Holy Orders, Marriage, and Anointing of the Sick).

CCC 1131. *The sacraments are efficacious signs of grace, instituted by Christ and entrusted to the Church, by which divine life is dispensed to us. The visible rites by which the sacraments are celebrated signify and make present the graces proper to each sacrament. They bear fruit in those who receive them with the required dispositions.*

What is Grace?

All Sacraments give grace. *Grace is both God's life and God's help.* Thus, receiving grace means growing in your relationship with Jesus Christ and His Family, the Church. The completion and perfection of baptismal grace is accomplished in this sacrament of confirmation, by which the faithful are strengthened by the Holy Spirit, bound more closely to the Church and are thus more fully prepared to receive His Body and Blood in the Holy Eucharist. (CCC 1285, 1302)

Who is the Holy Spirit? (CCC 683-747)

The Holy Spirit is a Person, the Third Person of the Trinity (CCC 685). The Holy Spirit is one with the Father and the Son. He is the Spirit of Truth who reveals Christ to us (CCC 687). We first receive the Holy Spirit in Baptism. We can pray to the Holy Spirit and draw strength from Him. A relationship with the Holy Spirit is necessary for all believers because it is only through the Holy Spirit that we receive faith (CCC 683). The Holy Spirit is "the interior Master of Christian prayer" because it is the Spirit that acts in us every time we pray (CCC 2672). We need the Holy Spirit to live a Christian life of faith.

What is the Sacrament of Confirmation? (CCC 1285-1321)

Confirmation is the second of the three sacraments of Christian initiation. Confirmation is the completion of Baptism and the sacrament by which the baptized faithful are anointed with chrism and sealed with the Spirit by the laying on of hands. The grace received is the fullness of the Holy Spirit and his gifts. We also describe this fullness as the completion, strengthening, perfection or augmentation of the Holy Spirit received in Baptism. Jesus gave us this Sacrament to help us become Holy.

Sacraments of Initiation:

Confirmation is linked to the Sacraments of Baptism and the Eucharist. Together, all three are called the Sacraments of Initiation. In the words of the Catechism, these sacraments "lay the foundation of every Christian life." (CCC1212) They initiation us because they provide an entrance into the fullness of life in Christ.

Indelible Mark:

The relationship between Baptism and Confirmation is especially close. The Sacrament of Confirmation actually completes and deepens the grace of Baptism. Like Baptism, Confirmation is received only once, for it leaves an indelible mark on the soul. (CCC 698, 1295, 1296, 1304, 1306).

Spiritual Effects of Confirmation

Those who are confirmed receive the benefits of the sacrament their whole life to be true disciples of Christ. Those spiritual effects of the sacrament are: (CCC 1303, 1316).

- **it roots us more deeply as sons and daughters of God;**
- **it unites us more firmly to Christ;**
- **it increases the gifts of the Holy Spirit in us;**
- **it renders our bond with the Church more perfect;**
- **it gives us a special strength of the Holy Spirit to spread and defend the Faith by word and action as true witnesses of Christ, to confess the name of Christ boldly, and never to be ashamed of the Cross.**

Sacred Chrism Oil & Words of Confirmation

During the sacrament of confirmation the forehead of the confirmand is anointed with the sacred chrism. This is the oil that is consecrated by the Bishop at the annual Chrism Mass during Lent (you are invited to attend this special Mass at the cathedral). After the forehead is anointed, the Bishop lays his hand on the confirmand and prays aloud, "**Be sealed with the Gift of the Holy Spirit**".

CCC 1301

The sign of peace that concludes the rite of the sacrament signifies and demonstrates ecclesial communion with the bishop and with all the faithful.

Recall then that you have received the spiritual seal, the spirit of wisdom and understanding, the spirit of right judgment and courage, the spirit of knowledge and reverence, the spirit of holy fear in God's presence. Guard what you have received. God the Father has marked you with his sign; Christ the Lord has confirmed you and has placed his pledge, the Spirit, in your hearts. 120 (St Ambrose)

IMMEDIATE PREPARATION FOR THE SACRAMENT:

Preparation for Confirmation should aim at leading the Christian *toward a more intimate union with Christ and a more lively familiarity with the Holy Spirit—his actions, his gifts, and his biddings—in order to be more capable of assuming the apostolic responsibilities of Christian life.*

To this end catechesis for Confirmation should strive **to awaken a sense of belonging to the Church of Jesus Christ, the universal Church as well as the parish community.** The latter bears special responsibility for the preparation of confirmands.¹²⁷

RECEPTION OF THE SACRAMENT OF PENANCE OR CONFESSION:

To receive Confirmation one must be in a state of grace. One should receive the sacrament of Penance in order to be cleansed for the gift of the Holy Spirit. More intense prayer should prepare one to receive the strength and graces of the Holy Spirit with docility and readiness to act. CCC 128

The Candidate is to be able and willing to....(CCC1319) A candidate for Confirmation who has attained the age of reason must profess the faith, be in the state of grace, have the intention of receiving the sacrament, and be prepared to assume the role of disciple and witness to Christ, both within the ecclesial community and in temporal affairs.

1321 When Confirmation is celebrated separately from Baptism, its connection with Baptism is expressed, among other ways, by the renewal of baptismal promises.

Choosing a Confirmation Sponsor

Directions: Parents lead a discussion with your teen to talk about whom to pick for a sponsor. It is important to choose a good sponsor to help your teen follow Jesus Christ as best as they can.

Do I really need a sponsor?

Yes. Everyone needs help living the Christian life. Sponsors, along with parents, have the duty of helping you to follow Jesus Christ. Because it is good for you, the church makes it a requirement for confirmation.

Who can be a sponsor?

They must be willing and able to help you live your life as a Christian. Do they love Jesus with their whole heart? Do they love others? Who is your godparent from baptism? If your godparent is doing a good job following Jesus, it is recommended that you have him or her be your confirmation sponsor to continue in the role they began at your baptism. If you had two godparents, you can even ask them both and have two sponsors (only one is required).

Specifically, the church requires that sponsors:

- *must be sixteen years old*
- *may not be the natural or adoptive parents of the confirmand*
- *must be fully initiated into the Catholic Faith (Baptism, Confirmation, and Eucharist)*
- *must be leading a life in harmony with the Catholic Faith*
- *must be free of any canonical impediment*

From this list, you can see that sometimes a best friend or favorite relative is not the right choice for being a sponsor. Not everyone can be a sponsor.

How do I ask someone to be my sponsor?

Just ask. Let them know why you are asking them. Your parish might schedule some sponsor sessions that they will need to attend or have other paperwork to fill out.

Once your sponsor has been approved, invite them to be involved with your preparation. Go to Mass together; pray with and for one another, attend the retreat together, talk about what saint you will choose for your confirmation name, etc.



Reviewing the Baptismal Promises with your teen

DIRECTIONS: Assist your teen in understanding the meaning of a promise and how to keep a promise. Then discuss each of the baptismal promises below that they will renew at confirmation. Being able to renew one's baptismal promises is one of the requirements for being able to receive Confirmation.

The baptismal promises are the promises we made (or that our parents made for us) at the time of our Baptism. During the celebration of Confirmation, the bishop asks the teen to make these promises for themselves. Even after we are confirmed, we are asked to renew these promises.

The promises consist of rejecting sin and professing the faith. There are two forms of the rejection of sin, but they are essentially the same.

They are used at Mass during various times of the year, and they are part of the Celebration of the Sacrament of Confirmation, at each the Confirmand is to respond "I Do".

Rejection of Sin

Form One Form Two: Bishop may use either of these Forms during the Rite:

- | | |
|--|--|
| 1. Do you reject satan? I do. | 1. Do you reject sin so as to live in the freedom of God's children? I do. |
| 2. And all his works? I do. | 2. Do you reject the glamour of evil, and refuse to be mastered by sin? I do. |
| 3. And all of his empty promises? I do. | 3. Do you reject satan, father of sin and prince of darkness? I do. |

Profession of Faith

4. Do you believe in God the Father almighty, Creator of heaven and earth? **I do.**
5. Do you believe in Jesus Christ, His only Son, our Lord, who was born of the Virgin Mary, was crucified, died, and was buried, rose from the dead, and is now seated at the right hand of the Father? **I do.**
6. Do you believe in the Holy Spirit, the Lord, the giver of life, who came upon the apostles at Pentecost and today is given to you sacramentally in confirmation? **I do.**
7. Do you believe in the holy catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and life everlasting? **I do.**

Conclusion

This is our faith. This is the faith of the Church. We are proud to profess it in Jesus our Lord.
Amen



Reviewing the 7 Gifts of the Holy Spirit

DIRECTIONS: Parents lead a discussion with your teen to talk about the Gifts of the Holy Spirit. Think of examples that show what this looks like in your life when you use each gift.

We first receive the seven gifts of the Holy Spirit in Baptism. These gifts are *strengthened* in Confirmation. (cf. Is 11:1-3; CCC 1831). The gifts of the Holy Spirit help us to live as children of God and disciples of Jesus. The gifts complete and perfect the virtues.

Imagine an artist. An artist cannot paint without tools like brushes, a canvas, paints, etc., so too a Christian cannot live as a Christian without the gifts of the Holy Spirit. But owning the tools is still not enough for an artist to be an artist. An artist needs to practice and figure out how to use the tools, so also a Christian cannot be a Christian unless they practice and figure out how to use the gifts of the Holy Spirit.

The gifts of the Holy Spirit take practice to see; they are not as easily seen as an artist's tools. Fortunately, the Holy Spirit is with us always as our interior teacher and guide. We can always ask the Holy Spirit for help. Learning the meaning of each of the gifts of the Holy Spirit is the start for understanding how to use them in our daily life as a Christian.

Wisdom first and greatest gift; wisdom is having the ways and thoughts of God, the mind and heart of Jesus Christ; helps us to know as God knows; helps us to love the things of God; helps us to act the way God would wish. Wisdom is the ability to see how all things work together in God's plan of salvation.

Understanding gift which gives us insight into the truths of faith. Understanding deepens our knowledge of God and the meaning of His teachings and life; a sort of divine intuition.

Counsel (right judgment) gift that helps us to know the right decisions to make in our life, to see and choose correctly what will help most to follow God; helps us to seek advice and follow direction from godly people. Counsel is the gift that points out to us the path God wants us to follow and the dangers to avoid in order to reach heaven; sometimes called "right judgment"

Fortitude (courage) gift that gives us the strength to live our faith, to live as Jesus calls us to live, to obey the commandments; gives us the courage to love God in the face of all obstacles, even death, and gives us a willingness to suffer for the sake of the Kingdom of God; sometimes called "courage"

Knowledge gift which helps us know God, know ourselves and know the value of all created things as God intended.

Piety (reverence) gift of having devotion to God; gift that heals our hearts and helps us to open them tenderly towards God and others; helps us to love and worship God; helps us to pray and gives us a deep respect for God, for all of His people and for all of His creation; sometimes called "reverence".

Fear of the Lord (wonder and awe) gift that helps us recognize the majesty of God (how great He is) and how much we need Him; gives us the desire to avoid anything that would separate us from His love; helps us to pray to God and never lose trust in Him; sometimes called "wonder and awe". 32

Reviewing the 12 Fruits of the Holy Spirit

DIRECTIONS: Parents lead a discussion with your teen to talk about the fruits of the Holy Spirit. Think of examples that show what this looks like in your child's life when they use each gift.

If you see apples on a tree, what kind of tree is it? What if you see oranges on a tree? Similarly, the fruits of the Holy Spirit show the work of the Holy Spirit. If you are often mean, angry, greedy, unhappy, and impatient, etc. then you need to make some changes in order to produce the fruits of the Holy Spirit.

The Fruits of the Holy Spirit give us a slice of heaven right now on earth. This taste of heaven is given to the individual and everyone that the individual encounters either directly or indirectly. In other words, people who do not know Jesus can come to know Him by meeting someone who is living like Him (as His witness and disciple).

There are Twelve fruits of the Holy Spirit (cf. Gal. 5:22-23, CCC 1832). Learning the meaning of each of these will help you see if these fruits are in your life or if you need to work more on developing them. You can pray that the Holy Spirit would help you have more of these fruits.

Charity (love) loving God above all things and loving all other people. Charity is the sign that you love God as your good Father and others as Jesus loves you. Your love is so great that you show selfless service to others by your prayers, words and actions.

A time when my son or daughter showed charity: _____

Joy interior, unshakeable happiness. Joy is deep and constant gladness in the Lord that cannot be destroyed by other people or things. It comes from a good relationship with God and others, a relationship of genuine love. A time when my son or daughter showed joy: _____

Peace not only the absence of fighting and violence, but also an internal presence resulting from a friendship with God and His Family, the Church. Peace comes from knowing that everything will be ok because God is with us. A disciple faithful to God's will is calm, not anxious or upset.

A time when my son or daughter showed peace: _____

Patience seeing things and waiting in God's time. Patience is love that is willing to endure life's sufferings. It means not giving up when it is hard to act like Jesus. We trust that God is in control and wait for Him.

A time when my son or daughter showed patience: _____

Kindness acting as God acts towards others, forgiving others even when they hurt us. Kindness is showing we care and doing good to others. It is showing Jesus' love to all.

A time when my son or daughter showed kindness: _____

Goodness all the qualities and virtues which make us what God wants us to be. Goodness is a sign that we love all people without exception and do good to them. Goodness comes from God's great love. A time when my son or daughter showed goodness: _____

Generosity willingness to give all that we have received to God and others. Generosity is giving and sharing without asking or wanting something in return. It finds ways to make others happy.

A time when my son or daughter showed generosity: _____

Gentleness acting towards others with the recognition that you cannot make them follow Jesus, they need to decide for themselves. Gentleness is really strength softened by love so we can be gentle and kind. A gentle person has the power to forgive instead of getting angry.

A time when my son or daughter showed gentleness: _____

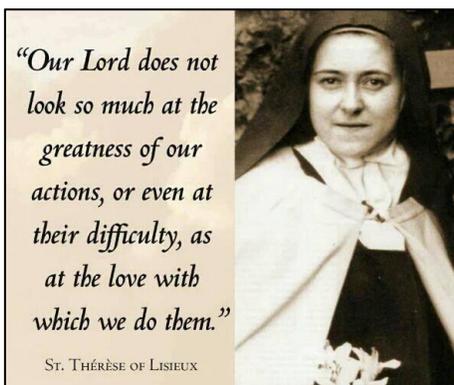
Faithfulness following Jesus in every way. You are faithful when you show loyalty to God, trusting and obeying Him. Faithful people are dependable; they keep their promises.

A time when my son or daughter showed faithfulness: _____

Modesty dress or conduct that respects others. Modesty is moderation in all our actions, especially how we dress, talk and behave with others. Modesty is a sign that we give credit to God for our talents and successes. A time when my son or daughter showed modesty: _____

Self-control temperance, knowing when enough is enough, right control over ones' desire. Self-control means controlling our thoughts, words and actions. We control our emotions and desires instead of letting them control us. We decide to be good. A time when my son or daughter showed self-control: _____

Chastity purity in thought, word, and act. Chastity helps us to be pure in mind, heart and body. It helps us respect ourselves and others. A time when my son or daughter showed chastity: _____



Helping your Child Choose A Confirmation Name

This special name is used by the bishop in Confirmation. “ **N**, be sealed with the gift of the Holy Spirit.” (RC # 27) This name must be *either* your child’s formal Baptismal name *or* the name of a person who has officially been declared a saint, blessed, or venerable or who is one of the faithful from the Bible. When chosen, the saint becomes your child’s special patron and can be called upon in prayer to intercede for them. This is called their patron saint.

How do I help my teen choose a Confirmation name?

1. Start with the baptismal name.

Are there saints with the same name as your child? Research their life-stories. If you intentionally named your child after a saint, tell them why you chose that name. What do they have in common with their name-sake?

2. Patron saints.

Help your child to understand that they are not simply choosing a name they like, but they are asking a saint to be their close friend for the rest of their lives. We call these saint friends "patrons." Patrons help us live as Christians both through their praying for us (intercession) and their good example (witness) (cf. CCC 2156, 956).

2. Research the saints.

Take time to read the lives of the saints and find something in common or inspiring about them. There are many different books on saints. The internet also has many different websites on the saints. One place to start is <http://www.catholicforum.com/saints/indexsnt.htm>. This site provides a list by topic and by name. Another site is <http://www.catholic.org/saints/calendar> which provides a list by date.

You might start your reading with a saint that has similar interests to your child (music, sports, etc). Sometimes, patrons are chosen because of the day their feast day falls on, e.g. if your child's birthday is on August 4, they might chose St. John Vianney. Sometimes, patrons might be chosen because of family ties, e.g. the child's grandpa's name is Mark, grandpa is a great, so the child chooses St. Mark. **Ultimately, the patron chosen should be someone that your teen wants to imitate in their love for Christ and others.**

3. Choose a saint.

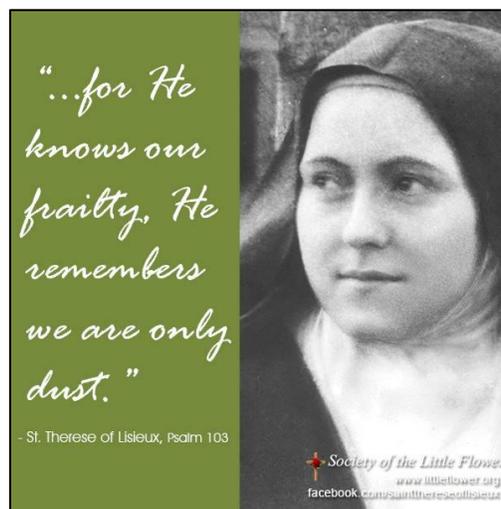
After researching, pick a saint. Let the parish know the saint you have chosen by completing the Confirmation Name Report Form.

4. Ask the saint for their prayers.

The child should ask the saint to be their friend (patron) and to help them be holy. As parents, you might encourage them to write a letter to the saint. Teach your child to ask for the saint's intercession. Consider getting them a picture / holy card, book or statue of the saint. Celebrate on the feast day of the saint in a special way.

5. Practice telling the saint's story.

Your child will be asked why they chose the particular patron. They should be able to explain who the saint is, how they were a faithful disciple and witness of Jesus Christ, and what they hope to imitate in their own lives as a disciple and witness.



Confirmation Name Report Form

DIRECTIONS: After finding a saint that inspires your faith, complete the form below and give it to your catechist (your religion teacher).

What saint have chosen to "spiritually" walk beside you throughout life?

What are they the patron saint of?

When is their feast day? _____

Where was the Saint born? _____

How old was the Saint when they died? _____

How many brothers and sisters did the Saint have? _____

Why did you choose this Saint? What attracted you to them? _____

Name two ways that the Saint was a disciple and witness of Jesus Christ? _____

This is to be completed and turned in by the end of Lent:

Teens Signature: _____

Parents Signature: _____
