A PREPARATION GUIDE AND HANDBOOK FOR

2020-2021

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WELCOME LETTER

Dear Confirmation Candidates and Parents,

Welcome to The Confirmation Journey!

The Religious Education staff at St. Paul wants to welcome you, your Confirmation candidate, and your entire family to the Confirmation preparation process! We are here to help with that process as much as possible! We want to make sure that we are providing all the necessary tools, experiences, and communication to make this as meaningful of a process as possible.

The health, well-being and safety of our parish families is our top priority as we plan for the 2020-21 year in Faith Formation. Under the current circumstances, with the safety guide-lines in place to prevent the spread of COVID19, a traditional ‘classroom-style’ program in 2020-21 will not be feasible.

Our Faith Formation Team has been meeting over the past several months to develop the best alternative that protects our families, provides the maximum flexibility during these difficult times and continues to provide a quality faith formation program for our students and families. Adapting to our current circumstances, we are excited to bring you details about the family-based, at home program for 2020-21 that will be in place for the entirety of the 2020-2021 year (September 2020 - April 2021).

In this handbook, you will find various important pieces of information. Please make sure you take the time to cover this information with your Confirmation candidate before the Parent Orientation Meeting on September 24. To make this a successful program we need your support with encouraging your child(ren) to engage as well as your prayers.

If you ever have any questions or concerns, you are always WELCOME to call or stop by our office during our office hours. THANK YOU for the Faith foundation you have already given to your children, and may God bless you for continuing to educate your children in our treasured Catholic Faith

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The situation surrounding the COVID-19 pandemic continues to change quickly. All policies, procedures, and information in this handbook are subject to change based on the advice of our local health department and/or The Archdioceses of Kansas City, KS. Thank you for your patience and understanding
CALENDAR & IMPORTANT DATES

SEPTEMBER
15  Family Package Information Pickup K-12
   6:00pm-8:00pm (West Parking Lot)
18  Sponsor Form Due
24  Parent Orientation Meetings (online)
   6:00pm-7:00pm (Eng.)
   7:00pm-8:00pm (Esp.)
27  Week #1 Religious Education Classes

OCTOBER
  3  Student Sponsor Retreat (West Parking Lot)
     10:00am-12:00pm
  4  Week #2 Religious Education Classes
 11  Week #3 Religious Education Classes
     (Confirmation Sunday Commitment)
 18  Week #4 Religious Education Classes
 25  Week #5 Religious Education Classes

NOVEMBER
  1  Week #6 Religious Education Classes
     (All Saints Day - NO virtual meetings)
  8  Week #7 Religious Education Classes
 15  Week #8 Religious Education Classes
 18  EXALT Praise & Worship
     7:00pm-8:00pm
 22  Week #9 Religious Education Classes
     (Saint Report Due)
 29  Week #10 Religious Education Classes
     (1st Week of Advent - NO virtual meetings)

DECEMBER
  6  Week #11 Religious Education Classes
 13  Week #12 Religious Education Classes
 20  Week #13 Religious Education Classes
     (Week of Christmas - NO virtual meetings)

JANUARY
 10  Week #14 Religious Education Classes
 17  Week #15 Religious Education Classes
 24  Week #16 Religious Education Classes
 31  Week #17 Religious Education Classes

FEBRUARY
  7  Week #18 Religious Education Classes
     (Stewardship Experience Due)
 14  Week #19 Religious Education Classes
     (Ash Wednesday Video)
 21  Week #20 Religious Education Classes
 28  Week #21 Religious Education Classes

MARCH
  7  Week #22 Religious Education Classes
 21  Week #23 Religious Education Classes
 28  Week #24 Religious Education Classes
     (Holy Week - NO virtual meetings)

APRIL
 11  Week #25 Religious Education Classes
 14  EXALT Praise & Worship
     7:00pm-8:00pm
 18  Week #26 Religious Education Classes
     (Last week of RE classes)

Note: Some of the dates on this calendar may be subject to change due to the effects of the COVID-19 pandemic.
PROGRAM GENERAL INFORMATION

The Confirmation program at St. Paul Parish is a two-year formation which is offered to youth of the parish who are students in public school grades 7 to 12. The sessions are meant to assist the parents to fulfill their responsibility to educate their children in the faith, a responsibility to which they committed themselves when they had their children baptized.

The formation begins in 7th grade and prepares the youth students for the rite of Confirmation, a liturgy in which baptized Christians affirm their faith and make a mature, public commitment to a life in Christ. Each spring, candidates for Confirmation come before the Archbishop to renew the promises that parents and godparents made on their behalf at their baptism. The Archbishop lays hands on the head of each confirmand in turn, praying for the Holy Spirit to empower and sustain him or her.

The mission of the program is to help young people enter into a loving relationship with God so they can change the world. Over the two-year period, Confirmation students are invited to grow in faith and prepare for the Sacrament of Confirmation. The lessons for our regular classes will come from LifeTeen-Purpose Confirmation Curriculum and accessed online through Flipgrid. The program seeks to personally help each teen encounter Jesus personally through small group discussion, praise and worship, community building and activities.

Confirmation is a gift and is offered to those who have been properly prepared and who freely choose to be confirmed. Parishes have the responsibility to provide adequate opportunities to prepare for celebrating this sacrament.

PARENT INVOLVEMENT

The Church teaches that parents are the first and foremost catechists of their children. Certainly, parents have a great capacity for influencing the faith development and religious formation of their children. Therefore, the parents’ essential role is to encourage, support, and affirm your teen’s involvement in the confirmation process.

As your teen progresses through the program, there are opportunities for you to assume this responsibility. Become familiar with the material being posted. We will encourage you to go online through the FlipGrid platform and view the video clips and material that will be posted every week.

Also, it is just as important that you are a witness to your own faith through your words and actions; praying with your family and attending Mass in person or Livestream at https://www.youtube.com/c/StPaulCatholicChurchOlatheKS/live are ways to be witnesses to your faith. Additionally supporting your teen and our program by attending meetings, reading the materials provided, guiding your teen’s choice of a name and a faith-filled sponsor, supporting your son or daughter in planning and performing Christian service, are examples of ways you can be involved in their preparation process. Pray for your teen as well as others participating in this process.
**Communication**

Open lines of communication are encouraged between all parties involved. Direct communication between DRE and/or confirmation coordinator and parent by emailing kmelgar@spcatholic.org and/or jheron@spcatholic.org or calling by phone. Information on religious education and sacramental preparation will be shared with students and parents via a variety of methods including:

- Weekly videos posted on the St. Paul Parish YouTube Channel
- Weekly videos posted on Flipgrid (assessments for each week or parish announcements)
- Text Messages through Remind App:
  - To join the Confirmation group (English):
    Text this message @3bd92k to this number 81010
  - The parish website (www.spcatholic.org)
  - The parish bulletin, emails, and Facebook
  - Phone calls and letters from the Director of Religious Education.

If you have any comments, questions or concerns, we ask that you bring them to the attention to the Director of Religious Education at (913) 764-0323 ext. 103.

**Parent Orientation Meeting**

Attending the online Parent Orientation Meeting is a mandatory part of Confirmation Preparation. The meeting sessions will take place on the following date and times:

- Thursday, September 24th at 6:00pm (ENGLISH)
- Thursday, September 24th at 7:00pm (SPANISH)

These online sessions will be Livestreamed on the St. Paul Parish YouTube Channel. The links to watch will also be sent out via email prior to the sessions. If you are unable to join the session please notify the DRE prior to September 24th. Please read through this Confirmation Handbook before your orientation session. Items in the handbook (especially pg. 12-17) will be referenced during the orientation and should be familiar to meeting participants before the session.
**WHAT IS A SACRAMENT?**

According to the Catechism of the Catholic Church, a **sacrament** is “an efficacious sign of grace, instituted by Christ and entrusted to the Church, by which divine life is dispensed to us through the work of the Holy Spirit.” (CCC 774, 1131)

**An efficacious sign of grace.** All of the Sacraments include a form (words) and matter (objects and/or gestures) which confer the sacrament. These are observable signs which represent the reality of the sacrament, but they are also efficacious, meaning they do what they signify. For example, in Confirmation, the form is the words “Be sealed with the Gift of the Holy Spirit,” and the matter is both the laying on of hands and the anointing with chrism. By these words and actions, the candidate receives the Sacrament of Confirmation.

**Instituted by Christ.** All of the seven Sacraments of the Catholic Church were instituted by Christ, and we can see them in the Scriptures. For example, Confirmation was instituted on the day of Pentecost, in the upper room where the apostles and Mary were hiding with the doors locked after Jesus’ death and Ascension. At his Ascension Jesus told them, “you shall receive power when the Holy Spirit has come upon you” (Acts 1:8). On the day of Pentecost, a rushing wind filled the house, tongues of fire appeared over their heads, and they were all filled with the Gifts of the Holy Spirit, which led them to go out and proclaim the gospel, converting thousands on a single day.

**Entrusted to the Church.** Jesus instituted the Catholic Church upon the foundation of Peter, the first Pope. He and the other apostles were the first bishops, who continued the Sacred Tradition of the Sacraments. Though other Sacraments may be conferred by deacons (Baptism) or priests (Eucharist, Reconciliation, Anointing of the Sick), certain ones are reserved to the Bishop under normal circumstances (Confirmation, Holy Orders).

**Divine life is dispensed to us through the work of the Holy Spirit.** All of the Sacraments are instruments through which we receive grace. This is “the free and undeserved help that God gives us to respond to his call to become children of God, adoptive sons and daughters, partakers of the divine nature and of eternal life” (CCC 1996, cf. John 1:12-18, 17:3, Romans 8:14-17, 2 Peter 1:3-4). “The grace of Christ is the gratuitous gift that God makes to us of his own life, infused by the Holy Spirit into our soul to heal it of sin and to sanctify it. ‘Therefore if anyone is in Christ, he is a new creation; the old has passed away, behold, the new has come. All this is from God, who through Christ reconciled us to himself’” (CCC 1999, 2 Corinthians 5:17-18).

Our world is broken and we are wounded by sin. The Sacraments give us the life of God in us so that we can live in love of Him and one another, and ultimately pursue heaven in complete union with Him. The graces of the Sacraments so perfectly provide for us that, in the fullness of the Christian life lived authentically and completed in heaven, we will find perfect happiness.
WHAT IS THE SACRAMENT OF CONFIRMATION?

The Sacrament of Confirmation is one of the three sacraments of initiation into the Catholic Church (together with Baptism and Holy Communion).

This special anointing given by the bishop or priest has the effect of increasing, deepening, and strengthening the sanctifying grace of God given to us at our baptism; while baptism removes from our souls the stain of original sin, Confirmation pours into our souls the power of the Holy Spirit and his seven gifts - just like the Apostles received at Pentecost.

Confirmation is, therefore, the sacrament most closely identified with the special outpouring of the Holy Spirit.

Now when the apostles at Jerusalem heard that Samaria had accepted the word of God, they sent Peter and John to them. The two went down and prayed for them that they might receive the Holy Spirit (for as yet the Spirit had not come upon any of them; they had only been baptized in the name of the Lord Jesus). Then Peter and John laid their hands on them, and they received the Holy Spirit. (Acts 8:14-17)

If baptism is like a seed of Divine life in the soul, then Confirmation makes that seed come to full bloom. According to the Catechism of the Catholic Church (1303) **below are the five real spiritual effects that happen to Christians through the anointing of the Sacrament of Confirmation.**

1. Roots us more deeply in the divine filiation [being adopted as sons and daughters of God the Father] which makes us cry, "Abba! Father!"
2. Unites us more firmly to Jesus Christ.
3. Increases the gifts of the Holy Spirit in us (see the Seven Gifts of the Holy Spirit).
4. Renders our bond with the Church [the Body of Christ] more perfect.
5. 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.

The following explains the process for Confirmation Preparation Program. The activities planned for the confirmation program are designed to help our young people to become responsible young adult Catholics. We hope that the program will be a transforming experience for them, their parents, sponsors, and our entire parish communities.
REQUIREMENTS OF THE CATHOLIC CHURCH

The Catholic Church requires that a person meet certain requirements or be in a certain state of readiness before they receive the Sacrament of Confirmation. These requirements are stated in the Code of Canon Law 889-891 and the Catechism of the Catholic Church 1306-1311.

They are:

- **Faith:** The person must be baptized. Candidates for Confirmation must profess their Catholic faith and be able to genuinely renew their Baptismal Promises.

- **Suitably Instructed and Properly Disposed:** The candidate needs to understand what the sacrament of Confirmation all entails, to practice the Catholic faith, and to have a clear and deliberate intention to receive the sacrament. They also must be open to accepting the responsibilities of being a witness for Christ.

- **State of Grace:** To receive Confirmation one must be in the state of grace. One should go to Confession to be cleansed for the gift of the Holy Spirit.

- **Sponsor:** Candidates are to seek the spiritual help of a sponsor.

ARCHDIOCESAN GUIDELINES FOR THE PREPARATION FOR THE SACRAMENT OF CONFIRMATION

**General Introduction**

1) Those who have been baptized continue the path of Christian initiation through the Sacrament of Confirmation. In this sacrament, they receive the Holy Spirit, whom the Lord sent upon the apostles at Pentecost.

“This giving of the Holy Spirit conforms believers more perfectly to Christ and strengthens them so that they may bear witness to Christ for the building up of his body in faith and love. They are so marked with the character or seal of the Lord that the sacrament of confirmation cannot be repeated.” (Introduction to Rite of Confirmation)

2) “The sacrament of confirmation strengthens the baptized and obliges them more firmly to be witnesses of Christ by word and deed and to spread and defend the faith. It imprints a character, enriches by the gift of the Holy Spirit the baptized continuing on the path of Christian initiation, and binds them more perfectly to the Church.” (c. 879)

3) Familiarity with the General Introduction to the Rite of Confirmation and to the prescriptions of the Code of Canon Law (879-896).
**Preparation Policy**

1) It is the responsibility of the people of God to prepare the baptized for Confirmation. It is the responsibility of the pastors to see that all the baptized come to the fullness of Christian initiation and are carefully prepared for confirmation.

2) The initiation of children into the sacramental life is, for the most part, the responsibility and concern of Christian parents. They are to form and gradually develop a spirit of faith in the children and, with the help of catechetical institutions, prepare them for the fruitful reception of the sacraments of Confirmation and the Eucharist. This responsibility of the parents is also shown by their active participation in the celebration of the sacraments.

3) Every parish is to provide a process of preparation for candidates for Confirmation. The overall purpose of this preparation is to prepare the candidates to celebrate the sacrament with greater faith and understanding and to incorporate them more fully into the life of the Holy Spirit in the Church.

This process is to include:
- catechesis on the Sacrament and Rite of Confirmation
- instruction on the Holy Spirit, the Gifts of the Holy Spirit and the practice of Christian virtues in daily life
- involvement in the sacramental and spiritual life of the Church
- challenge to live the faith in an ever more mature manner
- Christian service to others
- Witness to Christ through daily life and vocational commitment.

Since mentoring in the faith is an important dimension of Confirmation preparation, this process is to include, to the degree possible sponsors or other significant adults, as well as the candidates themselves.

**a.** The remote preparation for the Sacrament of Confirmation is situated within family life and parish living. Parishes may establish a policy regarding the minimum catechesis required prior to being confirmed e.g. the catechetical component of the program may involve two years of catechesis.

**b.** The proximate preparation is a more intensive program on Confirmation and its ongoing implications for Christian living. The involvement of sponsors or other significant adults is expected. Each parish is to determine and implement a program of proximate preparation that includes catechesis, spiritual formation, mentoring/faith sharing and Christian service.

**c.** Preparation programs should actively involve the pastor, catechists, youth ministers and others who are trained and qualified to assist in the on-going formation of young people.
d. Parish norms regarding participation in programs of preparation should emphasize its importance and at the same time be reasonable in expectations. These norms and the preparation program itself are to be approved by the pastor.

**Those to be Confirmed**

1) Candidates for Confirmation must be baptized within the Catholic Church or, if baptized in another Christian communion, be received into the fullness of the Church through a Profession of Faith.

2) Within the Archdiocese of Kansas City in Kansas, Confirmation is usually conferred during the eighth grade with the minimum age being 12. *Where Confirmation is celebrated every two or three years, candidates should be in the 7th & 8th grades, or 7th, 8th & 9th grades.*

3) In case of danger of death, Confirmation may be conferred at any age.

4) If it can be done without grave inconvenience, Catholics are to be confirmed before they are admitted to marriage.

5) It is encouraged that those who are to be confirmed use their name given at baptism; however, it is permitted to take a new name which may be more Christian in nature.

6) A candidate is to be properly disposed to receive the sacrament and exercise a certain discretion as to whether he/she is ready to receive this sacrament or delay its reception.

**Sponsors Requirements**

1) Each candidate for Confirmation is to have his/her own sponsor. In order to keep the connection with Baptism, it is recommended that the godparent also be the sponsor. However, it is permissible to choose another as sponsor. It is not permissible to have one person as a proxy for all the boys or girls who are being confirmed.

2) The Confirmation sponsor must be a Catholic, who is practicing the faith, and has the aptitude and intention of fulfilling this function, he/she is to have completed the sixteenth year of age. The sponsor is to have received Confirmation and the Sacrament of the Eucharist. They are to lead a life of faith in keeping with the function which they have been asked to assume. They are not to be bound by any canonical penalty legitimately imposed or declared.

3) The candidate’s father or mother is **not** to be the sponsor
CONFIRMATION PROGRAM GUIDELINES AT ST. PAUL PARISH

What is New for this year 2020-21?

After careful consideration in all the aspects and circumstances we are facing with the pandemic the Religious Education office has decided that the Confirmation faith formation program will be online during the 2020-21 faith formation year for ALL the Candidates who register in the program due to the effects of the COVID-19 Pandemic. This year’s program will include the following key elements:

❖ **Flipgrid (Online Platform):** Each registered teen will receive a specific QR code card located in their registration packet. This code must be entered on the Flipgrid website by clicking “Enter a Join Code” to access their specific flipgrid. They can also “scan” the QR code by holding their cell phone camera next to the code card. (see picture → )

**NO additional sign-up is required.** All of the weekly online materials will be accessed from this platform. Content will be tailored for their grade level and centered on a specific Confirmation theme, which will also be linked with the Sunday Mass readings. We will provide to the parents a summary of each session so they can have conversations at home with their teens.

❖ **Extra Online resources:** The program will reinforce some lessons through additional online resources, such as Formed.org

❖ **Building Community:** We will foster the community through either virtual or in-person gatherings as the circumstances permit.

❖ **Parent Support:** The program will support parents through virtual or in-person gatherings, as well as video, email, and other resources as necessary.

❖ **Small Group Zoom Meetings (Year 2 ONLY):** Small groups consisting of 12-15 Confirmation students (who plan to receive the sacrament this year) and led by 2-3 Catechists and/or an adult facilitator will meet weekly via Zoom, for one hour-long session involving community building, a short lesson, small group discussion and prayer. Students should be prepared for the Zoom meeting and will be given specific instructions for how to join these weekly meetings.

Due to the nature and importance of the sacrament, we have a number of requirements in place to ensure your teen understands what Confirmation is and to help them get the most from this important milestone in her/his life.

Preparation for Confirmation is a **two-year process** that can begin your teen’s 7th grade and up. The Confirmation requirements differ depending on if your teen is in their first or second year of preparation.
**Preparation Requirements (for ALL students)**

1. **Mass Attendance**
   Attending Mass as a family is extremely important, and religious education classes should not take the place of Mass. The Mass is vital to our Faith; without adequate experience of Mass, your child is at a distinct disadvantage in understanding our Catholic tradition. Therefore, we strongly encourage you to attend Mass with your child weekly. You have **two options** for attending Mass. **You can do it in person or Livestream**, depending on state directives. **St. Paul Livestream Mass on YouTube:** [https://www.youtube.com/c/StPaulCatholicChurchOlatheKS/live](https://www.youtube.com/c/StPaulCatholicChurchOlatheKS/live)

2. **Weekly Gospel Reflection**
   Due to the effects of COVID-19 each candidate should complete a short online reflection on the Sunday Gospel Reading with his/her parent(s). The Gospel reflection will replace the Mass card. The Google Form to complete these reflections will be located on [Flipgrid](https://flipgrid.com) and must be completed by **SUNDAY night of each week**.

3. **Session Attendance / Weekly Lessons**
   ALL online activities posted on Flipgrid **must** be completed by **SUNDAY night of each week**. It is also expected that all candidates be **present and engaged** during any online video sessions in order to be ready to make the decision to receive the sacrament of Confirmation and enter into the life of the church. **Candidates must also adhere to the following etiquette guidelines for any online meetings and/or videos they post:**

   1. **Be On Time.** Allow yourself plenty of time to join any online meetings. Plan to arrive at least **10 minutes** before start time in case you experience any technical difficulties.
   2. **Look at your Camera.** Make sure your computer or phone camera is turned on and look directly at your screen so that everyone can see ALL of your face clearly. If you are not speaking, make sure to click the “mute” button on your microphone.
   3. **Be Respectful.** It is essential to keep in mind the feelings and opinions of others, even if they differ from your own. If you would not say it to someone’s face, do not say it online either.
   4. **Be careful with humor and sarcasm.** While it is important to express the fun characteristics of your personality, your video posts and online interaction need to primarily demonstrate your commitment to learning the material. Make sure to sign in with your **first and last name only**.
   5. **Listen carefully.** Do not simply join the online meeting and watch passively. Be actively engaged and prepared to ask any questions.
4. **Stewardship Experience**

Service experience is based on the Corporal and Spiritual Works of Mercy. The opportunity of serving other people allows those participating to reflect on the difference they are making in their parish and/or community by imitating the example shown by Jesus Christ to love and serve others. **Each candidate must choose one of the THREE following options for stewardship experience.** The candidates parent(s) will serve as the supervisor and play an active role in this experience. Candidates will also be required to complete a Google Form online reflection that explains the details of the service they completed.

- **Option 1:** Choose to do 10 hours of Individual Service Experience with one of the following agencies/organizations (outlined on page 23) while also maintaining the necessary COVID-19 safety guidelines associated with each agency/organization accordingly.

- **Option 2:** Choose a self-guided 10-Day Retreat Experience that can be done anywhere. During each consecutive day, the candidate must focus on completing ALL of the following actions:
  - **Prayer:** The Confirmation coordinator will send out the link to USCCB Daily Scripture Readings for mass that day and reflect on them.
  - **Fasting:** This is an important aspect of Christian life that helps detach us from the things of this world and be united with Christ. Typically, it is done with food but can be done with something like your phone (or even a specific app), a video game, or TV/music. The point is to pick something that you are really attached to and give it up for the day. This could be something continual for all 10 days or choosing a different thing each day.
  - **Almsgiving:** This is going to be your service aspect of the project. You are to specifically pick a way in which you can make a full and sincere gift of yourself to the people around you. This could be visiting a family member in a nursing home through the window or helping a neighbor in need. The goal is that you are able to see the people in need around you and use your gifts and abilities to serve them.

- **Option 3:** Choose a Family Service Experience that will involve planning a project (or multiple) while serving alongside the candidate’s family. Each family will be required to set up, plan, and document 10 hours of service together (that is 10 individual hours NOT 5 people completing 2 hours together). Families can do up to 5 different projects lasting at least 2 hours each and can be in any of the following places: Neighborhood, Extended Family, Specific Organization.

**DEADLINE FOR STEWARDSHIP EXPERIENCE:** February 7th
Preparation Requirements (for Year 2 ONLY)

The Confirmation Candidates who will receive the Sacrament in the Spring of 2021 should complete **ALL** the First year preparation requirements (see p. 12-14) plus the following:

1. **Small Group Zoom Meetings**
   Confirmation students (who plan to receive the sacrament this year) must attend a weekly Zoom meeting online for a one hour-long session involving community building, a short lesson, small group discussion, and prayer. This meeting will be led by 2-3 Catechists and/or an adult facilitator in order to help make sure students are adequately prepared to receive the sacrament of confirmation in the Spring. These weekly meetings will take place on **SUNDAY** nights from **7:00pm-8:00pm**. Students should be prepared beforehand (see “Session Attendance” on pg. 13) and will be given specific instructions for how to join these weekly meetings.  
   **NOTE:** Any candidate that misses more than 3 classes without make up will be ineligible for Confirmation for the year of formation they are currently in. Meeting with the Confirmation Coordinator and the Director of Religious Education must be set up to discuss continuation and commitment to confirmation formation.

2. **Sponsor Form**
   Every candidate in Year 2 must have his or her individual sponsor. The sponsor may be either male or female, regardless of the sex of the candidate. *(Parents MAY NOT be sponsors for their own children. God Parent is preferred.)* The sponsor is an invaluable assistance to parents in transmitting the faith. The sponsor needs to be able to fulfill the following requirements:
   - The sponsor must be sufficiently mature for the responsibility (emotionally and spiritually) and at least 16 years of age.
   - Ideally, the sponsor should be the godparent at Baptism to more clearly express the relationship of the two sacraments. However, the sponsor must have experiences in common with the candidate and be actively involved in the life of his/her parish.
   - The Church requires that the sponsor be an active, practicing Catholic who has already celebrated the sacrament of Confirmation. The Church recognizes that a person cannot transmit what the person does not have.
   - The sponsor should be a person who already has a trusting relationship of some sort with the candidate.
   - Complete the required Confirmation Sponsor Form (found on the parish website confirmation page or pg 18 of this handbook) and turn in on **September 18th**.

**DEADLINE FOR CONFIRMATION SPONSOR FORM:** September 18th

3. **Confirmation Student/Sponsor Retreat**
   The goal of this retreat is to strengthen the relationship between candidate/sponsor not only through the shared experience of a retreat, but also because they are given opportunities to share faith with one another through meaningful discussion. Due to the COVID-19 Pandemic, this entire retreat will take place outside St. Paul Church building in the West side parking lot. Every
other parking space will be “marked off” with a cone to allow for safe social distance. Each candidate must attend this retreat in-person with his/her sponsor and bring an outdoor lawn chair they can use to sit in (either directly in front or behind each sponsor’s parked car). We will provide more detailed information about this retreat as we move forward in the program.

**DATE:** October 3rd, 10:00am - 12:00pm *(makeup day will be October 10th)*

4. **Saint Report**
Each Confirmation candidate (Year 2) is required to research and write a paper or create a short video Saint Report featuring the saint whose name has been chosen as the Confirmation Patron Saint. This report must answer the following questions in detail:

1. What do you know about your saint? For example, how did he/she become a Saint?
2. Why did you select this Saint and how is he/she a model for you on your faith journey?
3. What are some facts about the life of your saint, including ones that are particularly interesting to you?
4. What are some Virtues that make your saint special and ways that you can imitate these virtues or incorporate them in your life?

Your report MUST include a detailed explanation of **WHY** you’ve chosen this particular saint's name. The instructions for how to submit this video assignment will be posted on Flipgrid. If you choose to turn in a written copy of your report *MUST be a minimum of one FULL typed page, double-spaced, Times New Roman (12-point font size ONLY).* Any report that does not include all the requirements will not be accepted. The report must be in your own words – no cutting and pasting from websites. *(See the example on page 19-20)*

**DEADLINE FOR SAINT REPORT:** October 25th

5. **Confirmation Retreat (Spring)**
A very important part of confirmation preparation is a student retreat. **This is a requirement and cannot be substituted with any other retreat.** If your son/daughter does not attend St. Paul’s parish retreat, parents are responsible to plan with parishes to fulfill the requirement. Please notify the Director or the Coordinator in order to assist with the process. Due to the COVID-19 Pandemic we will provide more information about this requirement as we move forward in the program.

**DATE:** TBD
6. **Confirmation Interviews**
Candidates will be interviewed toward the end of Year 2. The point of the interview is to allow the students to express, in a more personal way, their desire to be confirmed as Roman Catholics and to clearly understand their own motivation for wanting to do so. Also, the students should be ready to demonstrate that they understand the meaning of the sacrament as well as the basic prayers and elements of Faith and Christian living. The interview will also help to ensure candidates have met all requirements and are ready to be confirmed. Each student will be interviewed by either the Confirmation Catechist, a member of the catechetical staff, or the Parish Priest.

**DATE: TBD**

7. **Letter to The Archbishop**
The desire to be confirmed ultimately rests on each candidate. It is THEIR CHOICE to take the next step in their Catholic Faith. Therefore, if the candidate wishes to receive the Sacrament of Confirmation, **he/she must write a letter of request** to our Archbishop/Abbot stating the desire. The pastor and the Archbishop will read each letter. If a student/candidate is unable to complete this request, he/she may be required to have a personal interview with the pastor. When they finish the letter, they can email it to the Confirmation Coordinator or the Director of Rel. Ed. Please, review the Archdiocesan letter guidelines. *(see example on page 21-22)*

**DATE: TBD**

**SAFE ENVIRONMENT TRAINING FOR CHILDREN**

Each year the Archdiocese of Kansas City, KS asks all parish, Catholic schools, catechetical programs for children and youth in grades Kindergarten through 12th grade to present a class on abuse prevention. The name of the program is Protecting God’s Children. Protecting God's Children, Touching Safety Program for Children (VIRTUS), is a school-based curriculum. The job of ensuring children's safety is a challenging undertaking. The prevention of child sexual abuse requires more than adult awareness, education, and training about the nature and scope of the problem. We must also give our children the tools they need to overcome the advances of someone who intends to do them harm. The Touching Safety program is a vehicle through which parents, teachers, catechists, and youth ministers (educators) give children and young people the tools they need to protect themselves from those who might harm them. **Each year the students receive the information through a specific class. If you don’t have your child to take part of this class you will need to fill an Opt Out form and turn it in to Rel. Ed. Office.**

*This year we will provide specific information about how this year the class will be conducted due to the pandemic.*
ST. PAUL PARISH CONFIRMATION SPONSOR FORM

To the sponsor: Congratulations on being asked to be a sponsor for the Sacrament of Confirmation. To be a sponsor there are several requirements the Church asks of you. 1) must be sixteen years of age or older; 2) have received all three sacraments of initiation and lead a life in conformity with the faith and the role assumed by the sponsor; 3) is not the parent of the candidate.

COMPLETE FORM BELOW

Name of Candidate: ________________________________________________________________

STATEMENT OF FAITH AND COMMITMENT AND PRACTICE BY SPONSOR:

Sponsor’s Name – please print __________________________________________________________

I recognize that as a sponsor for the sacrament I am:
1) committed to keeping God’s commandments as Jesus and the Church have taught me;
2) to worship God through prayer;
3) faithfully attending Sunday Mass and also strive to translate my faith into good examples and works.

I hereby state I am:
1) a baptized, confirmed Catholic;
2) if married, married according to the laws of the Roman Catholic Church.
3) I also promise to assist this candidate both before and after the reception of the Sacrament of Confirmation to live the Christian life.
4) I am registered member

of ____________________________________________ (Parish name)

(City and state)

5) Finally, I attest that all the statements above are true.

Signature of Sponsor: ________________________________________________________________

*Please return this form to Religious Education Office*

Karla Melgar
Director of Religious Education
St. Paul Catholic Church
Phone: (913) 764-0323 ext.103 | Email: kmelgar@spcatholic.org
SAINT REPORT (FORMAT EXAMPLE)

Put your FIRST and LAST name here

St. John Paul the Great

Born: May 18, 1920

Died April 2, 2005

Feast Day: October 22

See how there is a little space where I started writing on the LEFT of the word “See”??

Well, that’s called an indent and you should always start your paragraphs with one. It’s pretty easy to do. Just hit the “Tab” button on your keyboard and...boom! Indent. So, this is the part where you tell the history of your Saint – when and where did he or she live? Write about their childhood, family, job, education, etc. Just so you know, this is called “Times New Roman” font, and it’s considered the standard font for writing. So you should definitely use it. Okay, so keep on writing and writing about your saint until you get to the next page. Also you MUST type this report double-spaced (that means there’s space between each line. Check it out on the second page —>
Okay so here we are on the second page (which is double-spaced). And you should write enough to fill this WHOLE page. Here’s what you should be writing about. What else did you know about your saint? For example, how did he/she become a Saint? Why did you select this Saint and how is he/she a model for you on your faith journey? Facts on the life of your saint, including ones that are particularly interesting to you. Virtues that make your saint special and ways that you can imitate these virtues or incorporate them in your life. A detailed explanation of why you’ve chosen this particular saint name. We want to know WHY.

Well, hopefully this gives you a perfect example of how to write a good saint report. Try to make it look as much like this as possible. Take out your phone right now and take a picture of this so you can remember. Seriously, just stop reading and do it right now. It will take you 8.5 seconds to take a picture of the front and a picture of the back. Easy. You can print off ONE sheet of paper like this that has writing on BOTH sides. That’s it. One page with writing on both sides. Or you can print off two separate pages that are stapled together, but that’s not really the coolest. PLEASE make sure you include your FIRST and LAST name on the front page. That’s it. Now I’m going to fill the rest of this page with code just so you can see what a FULL page looks like.

Here we go

001011101000101000011101010100100100101011101001110111011110110111011011101001
10110100110011100001001110001000000101000000001000000001010000001001100000
0001000000000000000101110000000000000010000000000000000000000000101100000000000101101000011111110110100101000000000101010101.

Also, does spelling really matter if you can still understand this? Yes, it does. :)
LETTER TO THE ARCHBISHOP ARCHDIOCESAN GUIDELINES

Confirmation Letter Guidelines for Confirmation Candidates

Please include the following in your Confirmation Letters:

❖ The salutation (Dear Archbishop Naumann,)
❖ Name of Church that you will be Confirmed, and the date of Confirmation,
❖ Please explain why you want to be confirmed,
❖ What have you done to prepare yourself for confirmation?
❖ Who your saint is and why you chose them,
❖ Who your sponsor is and why you chose them,

Please add any other pertinent information, and keep your letter to no more than one page.

Thank you very much,

The Office of the Archbishop
Archdiocese of Kansas City in Kansas

All the Confirmation letters in the FINAL form need to be sent to Karla Melgar by email at kmelgar@spcatholic.org OR Joe Heron at jheron@spcatholic.org. See the Guidelines below and the example. Font size is 12-point Times New Roman and 1.5 space.
Dear Archbishop Naumann,

My name is___________. I attend Oregon Trail Middle School. My favorite subject is either science or engineering. In my spare time I usually either play videogames with my friends or I read books. My favorite hobbies are playing video games, soccer, and attending adoration. I will hopefully be confirmed at St. Paul Catholic Church on________.

I want to be confirmed because I want to receive the Holy Spirit and be stronger in my fight against the devil. I want to be able to make all my choices right instead of wrong. In being Confirmed I want to realize that I have earned this. That I have done all the classes, hours, and mass reflections in the hope of receiving the Holy Spirit.

To me I think I’ve done quite a bit to prepare myself for confirmation. I began my preparation in 7th grade, reviewing important information about Jesus, the Bible and the Church through the Purpose Program. I participated in all of my classes, which taught me a great deal about the Faith. I also completed my service hours. I volunteer at a local soup kitchen. It was then that I realized, again, how fortunate I am to come from such a good family and live where I do.

The patron saint who I chose is _________. I chose him because he is one of the youngest saints and he was able to receive anointing of the sick at an early age. I also really love what he did when he was young, and I want to be like him too. He brought people closer to Christ, he stood up for God, and he was able to change people’s lives. I want to be able to have enough bravery to stand up for Christ like he was able to. I want to be able to tell others that what they’re doing is wrong in the face of God and they should stop while they can. Lastly, I want to be able to bring people closer to God and be able to help lots of people get to know him and love him as we do.

The name of my sponsor for confirmation is_______. I chose him because he is patient with me. Whenever I’m in a bad mood or just sad he helps me get through it. He is also very funny and usually always happy. I really love this about him. He is also one of the only people I can fully trust to tell him things that I don’t want to tell my parents and if it’s bad enough or if I need help he tells my parents about this. Therefore, I chose him as my sponsor.

I really want to be confirmed. I think I am ready for it because of the work I’ve done for it. I want to be confirmed because I want to receive the Holy Spirit. I also want to look back on this and tell myself that I worked hard to have a good experience. Mostly I want to be confirmed to be closer to God.

Sincerely,

Print your name
SERVICE HOURS OPPORTUNITIES

Possible Agencies/Organizations for Service Experience Opportunities

Angels of Grace
Animal Shelters
Assisted Living Communities
Be Somebody
Boys and Girls Club
Brookdale
Catholic Charities
Catholic Youth Organization
Center of Grace
Children's Mercy Hospital
Christian Youth Theater
City Union Mission
Community Centers
County Youth Courts, Park & Rec, Libraries
Crittenton Children's Center
Deaf Ministries
Down Syndrome Guild (DSG)
Food Kitchens/Pantries/Distribution
Giving the Basics
Good Samaritan Project
Gotta Have Hope
Habitat for Humanity
HALO Foundation
Happy Bottoms
Harvesters
Heart to Heart International
Helping Hands Therapeutic Riding
Hope Faith Ministries
Hospitals
Humane Societies
Jerusalem Farms
Kansans for Life
KC Urban Youth Club

Kids Stop
Knights of Columbus (through Parish)
Learning Club
Libraries
Little Sisters of the Lamb
March for Life
Meals on Wheels
Nursing Homes
Operation Breakthrough
Overland Park Regional Hospital
Poor of Jesus Christ
Prayer and Action (through Parish)
Project Linus
Project UPLIFT
Reach Out and Read
Ronald McDonald House
Salvation Army
Sanctuary of Hope Retreat Center
Santa Marta
Shalom House
Shawnee Mission Medical Center
Sisters of Charity
Solace House
StandUP for Kids
St. Mary’s Food Kitchen
Shawnee Mission Theater in the Park
Truth Illuminated, Respect Life KC
Villa St. Francis
Willow Tree Supports, Inc.
Wyandotte Pregnancy Clinic
YMCA
Youth Volunteer Corps