

The Church of Saint Henry

Confirmation

Student

Handbook

Year One: 2020-2021



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Contact Information

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Discipleship Group:

D-Group Mentor #1: _____

D-Group Mentor #2: _____

D-Group Participants: _____

D-Group Remind App Info: _____

Confirmation Overview

What is Confirmation?

The Sacraments

“The desire for God is written in the human heart, because man is created by God and for God” (CCC #27). All of us desire God, whether we realize it or not, and are seeking to fulfill this desire in all we do. And all of us will face the question of our life: Do I choose God; do I choose to give my life to Him? But the beautiful reality of our Christian Faith is: God is the one who desires us, seeks us, and has chosen us first! In the Gospels Jesus reminds us, “It was not you who chose me, but I who chose you.” (John 15:16). Christianity is the belief in a God who chose us—chose to create us out of love and chose to redeem us out of love. He wants to give us His whole Life!

God has made His Divine Life accessible to us through the Sacraments. The Seven Sacraments—Baptism, Confession, Eucharist, Confirmation, Holy Orders, Marriage, and Anointing of the Sick—are “efficacious signs of grace, instituted by Christ and entrusted to the Church, by which divine life is dispensed to us” (CCC #1131). The Sacraments are given to us in order that we might become Saints!

The first Sacrament we receive is Baptism. In Baptism the Holy Spirit is poured into our souls! We become God’s sons and daughters. Confirmation is closely linked with Baptism as in it we receive a greater outpouring of the Holy Spirit and are bound more fully to mission of Christ.

The Sacrament of Confirmation

Confirmation is about being strengthened for mission. While Christ was on Earth, He commissioned the Apostles for mission: “Go, therefore, and make disciples of all nations, baptizing them in the name of the Father, and of the Son, and of the holy Spirit, teaching them to observe all that I have commanded you. And behold, I am with you always, until the end of the age.” (Matthew 28:19-20). This was a bold mission. Jesus was put to death because of the Truth He proclaimed. If the disciples were to live and proclaim the Truth of Christ they too would surely be persecuted and even put to death. Living the Christian life at that time meant a death sentence. Needless to say, the disciples were afraid.

This is why Jesus promises to send the Holy Spirit to strengthen them for this mission! At His Ascension, Jesus said, “you will receive power when the Holy Spirit comes upon you, and you will be my witnesses in Jerusalem, throughout Judea and Samaria, and to the ends of the earth” (Acts 1:8). He promised to send the power of Holy Spirit to strengthen

them for this bold mission! This is the scene where we find the disciples on the day of Pentecost:

When the time for Pentecost was fulfilled, they were all in one place together. And suddenly there came from the sky a noise like a strong driving wind, and it filled the entire house in which they were. Then there appeared to them tongues as of fire, which parted and came to rest on each one of them. And they were all filled with the Holy Spirit and began to speak in different tongues, as the Spirit enabled them to proclaim. (Acts 2:1-4)

Immediately after receiving the grace of the Holy Spirit, the disciples are filled with courage to proclaim the Truth of Christ! We hear that “about three thousand persons were baptized that day” (Acts 2:41). The twelve Apostles (with Matthias replacing Judas) went on to spread the Faith and all but one died a martyr’s death (though all were persecuted and shed their blood at one point or another!). The Holy Spirit gave them the strength to live and die for their Faith.

As a teenager in 21st century America, it is not likely you will have to shed your blood for your Faith, but all of us still face great persecution and temptation—from the world, the devil, and our flesh. The Holy Spirit wants to strengthen you for this lifelong mission of discipleship. Christ has given us the Sacrament of Confirmation for this very purpose, so that we may have the grace to live and die as Saints and become His witnesses throughout the world! The Sacrament of Confirmation is about being strengthened for mission.

The Symbols of Confirmation

In the Sacrament of Confirmation, the same reality of Pentecost is made present. The physical reality of the Sacrament itself is simple: the bishop will 1) anoint you with oil and say the words, “be sealed with the gift of the Holy Spirit” and 2) lay hands upon you in prayer. This simple physical reality points us to the deep spiritual reality. The seal, and ancient symbol of ownership or belonging, reminds us of the reality of being chosen and claimed as God’s own sons and daughters. The anointing, an ancient symbol of mission, points us to the reality of our being bound to the mission of Christ as priest, prophet, and king! And the laying on of hands, and ancient symbols of preparation for death, is a reminder of the Holy Spirit’s strengthening us to live and die for Christ!

The Effects of Confirmation

The Sacraments do more than just merely symbolize these realities, but they actually bring about that which they signify. They are efficacious!

What are the effects of Confirmation? Confirmation, “roots us more deeply in the divine filiation which makes us cry, Abba! Father!”, “unites us more firmly to Christ” (CCC 330; Rom 8:15), “increases the gifts of the Holy Spirit in us”, “renders our bond with the Church more perfectly”, and “gives us special strength of the Holy Spirit to spread and

defend the faith by word and action as true witnesses of Christ, to confession the name of Christ boldly, and never to be ashamed of the Cross" (CCC 330). All of these gifts are given to us to strengthen us to live as Christ's disciples.

Just as Pentecost was the beginning of the disciples' ministry, so too is Confirmation not "graduation from Faith Formation" but rather, the beginning of mission for you! This is why we spend so much time in preparation for the Sacrament, to help you prepare to receive and fully live out of gift of Confirmation!

Requirements for the Reception of the Sacrament

Every baptized person not yet confirmed is capable of receiving confirmation. Canon Law states that to receive Confirmation licitly (outside of the danger of death) one must be "suitably instructed, properly disposed, and able to renew one's baptismal vows (Code of Canon Law 889 §2).

Assessment of Readiness to Receive the Sacrament of Confirmation

The following list consists of the guidelines, based on Canon Law, we use to discern with candidates their readiness to receive the Sacrament of Confirmation preparation...

"Suitably instructed":

- 1. Participates faithfully in the Discipleship Group.** A candidate who is ready to receive the Sacrament of Confirmation will be participating faithfully in his/her Discipleship Group.
- 2. Posses an appropriate understanding of the Catholic Faith, particularly the Sacraments and the Sacrament of Confirmation.** A candidate who is ready to receive the Sacrament of Confirmation will know what the Sacrament of Confirmation is, and how this gift of God fits in to the story of Salvation and his/her life as a Catholic. This is determined through their Disciple Group discussion and sharing, Letter of Intent, and Confirmation Interview.

"Properly disposed":

- 3. Participates faithfully in Sunday Mass.** The Eucharist is the source and summit of the Christian Life. This is why Sunday Mass is not optional as Catholics. A candidate who is ready to receive the Sacrament of Confirmation know the importance of the Sacrament of the Eucharist and is committed to faithful participation in Sunday Mass. Candidates will be held accountable to Sunday Mass attendance in their Disciple Group.
- 4. Living Catholic Faith.** A candidate who is ready to receive the Sacrament of Confirmation (and live out the mission of Christ!) will be actively living the Catholic Faith. This includes adhering to the precepts of the Church (see CCC#2041-2043): 1) Attend Mass on Sunday and Holy Days of Obligation; 2) Confess sins once a year; 3) Receive the Sacrament of the Eucharist at least

once a year during Easter Season; 4) Observe days of fasting and abstinence; 5) Provide for the needs of the Church, according to one's abilities.

“Able to renew one’s baptismal vows”:

5. Has given evidence of belief in the Catholic Faith and a desire to live it. A

Candidate who is ready to receive the Sacrament of Confirmation believes in the teachings of the Catholic Church and strives to live them. This is determined primarily through their Letter of Intent and their Confirmation Interview

Conclusion:

We are very excited for you to experience this program! We pray that you and your family will be drawn more deeply into the life with Christ because of it and that come Confirmation Day, you will be more open to the Holy Spirit being poured into your life!

Please know that my door is always open for you.

God bless,

Jenna Leighton
Director of Youth Formation and Ministry
The Church of Saint Henry
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Year One Confirmation Calendar 2020-2021

DATE:	TIME:	ACTIVITY / LESSON:	MEETING LOCATION:	ASSGINMENTS:
Wed, Sept 16th	5:30pm, 6:15pm, or 7pm	Faith Formation Orientation	Main Church	
Sat, Sept 19th or Sun, Sept 12th	Any Mass	Catechetical Sunday	Main Church	
Wed, Sept 23rd	7:15-8:30pm	Intro to the Confirmation Program (Pre-Year Assessment)	Social Hall	<ul style="list-style-type: none"> Pre-Year Assessment
Wed, Sept 30th	7:15-8:30pm	Year 1 Parent & Student Info Meeting	Main Church	<ul style="list-style-type: none"> Candidate & Parent Agreement DUE
Wed, Oct 7th	7:15-8:30pm	Intro: "The Invitation: Session 1"	Main Church & D-Group	
Sat, Oct 10th	10am-4:30pm	Year 1 Parent & Student Retreat	Main Church	
Wed, Oct 14th		NO CLASS (MEA Weekend)		
Wed, Oct 21st	7:15-8:30pm	Intro: "The Invitation: Session 2"	Main Church & D-Group	
Wed, Oct 28th	7:15-8:30pm	Intro: "The Invitation: Session 3"	Main Church & D-Group	
Wed, Nov 4th	7:15-8:30pm	Intro: "The Invitation: Session 4"	Main Church & D-Group	
Wed, Nov 11th	7:15-8:30pm	Prayer: "The Battle of Prayer"/ "Tips for Praying"	Main Church & D-Group	
Wed, Nov 18th	7:15-8:30pm	Prayer: How Do You Pray with the Bible?" Begin 30-Day Jesus Challenge	Main Church & D-Group	
Wed, Nov 25th		NO CLASS (Thanksgiving Break)		
Wed, Dec 2nd	7:15-8:30pm	Year 1 Parent, Sponsor, & Student Night: Role of the Sponsor and Confirmation Saints	Main Church	<ul style="list-style-type: none"> Sponsor Agreement DUE
Wed, Dec 9th	7:15-8:30pm	The Mass: "Motivation to Go to Mass"	Main Church & D-Group	
Wed, Dec 16th	7:15-8:30pm	The Mass: "Pray the Mass Like Never Before"	Main Church & D-Group	
Wed, Dec 23th		NO CLASS (Christmas Break)		
Wed, Dec 30th		NO CLASS (Christmas Break)		
Wed, Jan 6th	7:15-8:30pm	The Holy Spirit: "Never Alone: Session 1"	Main Church & D-Group	<ul style="list-style-type: none"> Saint Selection DUE First Sponsor Conversation DUE Mass Journals DUE
Wed, Jan 13th	7:15-8:30pm	The Holy Spirit: "Never Alone: Session 2"	Main Church & D-Group	
Wed, Jan 20th	7:15-8:30pm	The Holy Spirit: "Never Alone: Session 3"	Main Church & D-Group	
Wed, Jan 27th	7:15-8:30pm	Safe Environment Lesson (Mandatory)	Main Church & D-Group	
Wed, Feb 3rd	7:15-8:30pm	Year 1 Parent, Sponsor, & Student Night: Gifts & Fruits of the Holy Spirit	Main Church	<ul style="list-style-type: none"> Saint Reflection Paper DUE
Wed, Feb 10th	7:15-8:30pm	The Holy Spirit: "Never Alone: Session 4"	Main Church & D-Group	
Wed, Feb 17th	12pm or 7pm Mass	Ash Wednesday Mass	Main Church	
Wed, Feb 24th	7:15-8:30pm	Confirmation: "Never Alone Bible Study: Session 1" & Reconciliation Prep	Main Church & D-Group	
Wed, Mar 3rd	7:15-8:30pm	Reconciliation	Main Church & D-Group	<ul style="list-style-type: none"> Second Sponsor Conversation DUE
Wed, Mar 10th		NO CLASS (Spring Break)		
Wed, Mar 17th	7:15-8:30pm	Confirmation: "Never Alone Bible Study: Session 2"	Main Church & D-Group	
Wed, Mar 24th	7:15-8:30pm	Confirmation: "Never Alone Bible Study: Session 3"	Main Church & D-Group	
Wed, Mar 31st	6-8pm	All Grades Family Night: Stations & Soup Supper	Main Church	
Wed, Apr 7th	7:15-8:30pm	Confirmation: "Never Alone Bible Study: Session 4"	Main Church & D-Group	<ul style="list-style-type: none"> Letter of Intent DUE Discipleship Group Service Project DUE
Wed, Apr 14th	7:15-8:30pm	Discipleship Group Night of Prayer	Main Church & D-Group	
Wed, Apr 21st	6pm Mass	Family Mass & Catholic History Fair	Main Church	
Wed, Apr 28th	7:15-8:30pm	Discipleship Group Social Night	Main Church & D-Group	

The Church of Saint Henry
Confirmation Pre-Year Assessment

NAME: _____ DATE: _____

Instructions: *The point of this assessment is to gauge where you are in your understand and belief of the Catholic Faith. Your answers then help us to craft our lessons and discussion questions according to the areas that need the most attention. Take your time in honestly answering the following questions. You will have the whole class period to finish this assessment.*

SACRAMENTS:

What is a Sacrament? List the seven Sacraments and tell a little about each. Which are the Sacrament of Initiation? What do the Sacraments mean to your life?

Is Mass important to you? What does it mean to you? Do you go to Mass every Sunday?

Is the Eucharist important to you? What is your belief in the Eucharist?

What are the Holy Days of Obligation? List as many as you can. Do you make it a priority to go to Mass on Holy Days?

Is Confession important to you? Does it make a difference in your life? How often do you go?

What do you know now about the Sacrament of Confirmation? What sort of effect do you think this Sacrament will have on your life?

PRAYER:

What is prayer to you? How often and when do you pray? What are the reasons you pray?

CREED:

Do you know the creed by heart? Do you understand and believe it all?

Who is God and what does it mean that He is a Trinity? Explain to the best of your ability.

Who is the Father?

Who is Jesus?

Who is the Holy Spirit?

Who is Mary? What did she do? What role does she play in your life? Do you ask her for intercession (prayers on your behalf)?

Who are your favorite Saints? What did they do? What aspects of their lives inspire you to holiness?

What are the Virtues? List them, as many as you can. Why are they important to you?

What are heaven and hell (and purgatory)? Do you believe in them?

What are the gifts of the Holy Spirit? List them (or as many as you can) and tell something about them. And why are they important to you?

MORALITY:

What is holiness? Is it important to you?

What are the 10 Commandments? List them (or as many as you can). Do you use them as a moral compass?

Do you understand and believe the Church's teaching on life issues (abortion, euthanasia, human cloning, and fetal stem cell research)?

Do you understand and believe in the Church's teaching on marriage (as a lifelong covenant between one man and one woman open to life) and saving sex for marriage?

SCRIPTURE:

What is "Salvation History"? What does it mean for your life?

What are the two sections of the bible called? What does that mean? Who are the four Gospel writers?

OTHER:

What would you like to learn this year? Try to list at least three things.

Is there anything you would like Jenna Leighton or your small group leader to know before the year begins?

Do you have any questions about the Faith that you would like answered?

The Church of Saint Henry
Agreement of Expectations for Confirmation Process
Year One

Candidate, please initial:

_____ I am a baptized, practicing Catholic and a willing participant in the Confirmation process. I understand that deciding to enter the Confirmation Preparation Program is an important decision requiring attending classes, prayer, reflection, service and active participation.

_____ I will do my best to take this decision seriously.

_____ I will respect the staff, my Discipleship Group leader, volunteers, and other students here in the program and outside the program.

_____ I will attend Mass on Sundays and other Holy Days of Obligation.

_____ I will do my best to grow in my prayer life on a daily basis to encourage my relationship with the Holy Spirit.

_____ If I was NOT baptized at the Church of Saint Henry, I will notify the parish office of the name parish, country, state, and city of my baptismal parish (The Church of Saint Henry will contact the baptismal parish directly and request a copy of your baptismal record).

_____ I commit to growing with Discipleship Group over the next four years. I will allow them to hold me accountable to spiritual growth. I will also charitably hold the others in my group accountable to spiritual growth.

_____ I will attend and participate in Discipleship Group meetings and other required nights. I understand that any absences must be made up with at home work.

_____ I agree to make a retreat in each year of participation in the program.

_____ I will select a patron Saint and write a Saint reflection paper by the assigned due date.

_____ I will engage in (at least) two sponsor conversations and submit the journal entries by the assigned due date.

_____ I will complete (at least) one service project each year of the program by the assigned due date. These projects will be service of corporal or spiritual works of mercy.

_____ I will write and submit my letter of intent to Fr. Barnes by the assigned due date.

Candidate's Name (Printed): _____

Candidate's Signature: _____ **Date:** _____

Parent's Signature: _____ **Date:** _____

Discipleship Group Parent Survey

Parent Name: _____

Student Name: _____

DISCIPLESHIP GROUP:

What you would like for your teen to get out of his/her Discipleship Group experience this year and going forward?

With the Discipleship Group model, we want to discern with you, as the parent, the best group for your teen. What adult leader(s) would be a good fit for your teen?

What other teens would you like to be in your teen's Discipleship Group (same gender)? Write down names in order of priority:

- 1.
- 2.
- 3.

Are there any other teens/mentors who you would NOT like to be in your teen's group? (A brief explanation may be helpful. Your answer is confidential.). Thank you!

Are you willing to serve as the Lead Parent for your teen's D-Group (this role is mainly a supporting role to help with communication between the parish and the D-Group)?

Yes / No

Are you willing to host your teen's D-Group in your home? (If "yes", we will be in contact with you regarding the safe environment requirements and paperwork involved).

Yes / No

***Thank you for taking the time to complete this survey!
Know that you are in our prayers as we begin this Faith Formation year!***

Confirmation Retreat

Year One Confirmation Parent & Student Retreat **Saturday, October 10th, 2020 (10am-4:30pm)**

As part of the Confirmation Program at the Church of Saint Henry, students are required to attend a yearly retreat.

The Year One Confirmation Retreat is a Parent & Student Retreat at Saint Henry with David Rinaldi on Saturday, October 10th (10am-4:30pm). We think you'll enjoy David Rinaldi's style: "David Rinaldi's powerful presentations have been life-changing moments for thousands of teens and adults across the country. With over 20 years of experience working with youth, David communicates the love of God and the truths of the Catholic faith with a boldness and humor that teens and adults alike can appreciate." (taken from catholicsspeaker.org). The retreat includes presentations, parent-teen discussion time, music, activities, Reconciliation, Adoration, and more!

Here are some details that you need to know in order for you to get the most out of the day:



Registration & Payment:

The retreat registration and payment is included in the Year One Confirmation registration and tuition. If you registered for the program, you have already paid for the retreat. As you know the Confirmation Year One Retreat fee was \$50 for each parent and student pair. This covers speaker cost, musician cost, retreat supplies, and lunch.

Packing List:

What to Wear/Bring:

- All you need is yourself and your parent!

What NOT to Bring:

- **Cell phones (we will collect student's cell-phones at the check-in table)**
- Electronics of any kind: ipods, ipads, computers, MP3 devices, electronic games, etc.
- Alcohol, cigarettes, e-cigarettes/vape pens, drugs, or pornography
- Inappropriate clothing
- A bad attitude

Year One Confirmation Retreat "FAQ"s

What if I cannot attend the retreat?

If you cannot attend our Year One Confirmation Retreat (due to a scheduling conflict or illness), you must make arrangements with Jenna Leighton to attend a make-up day retreat. Please contact Jenna ASAP if you believe you will need to attend a make-up day retreat.

What if I have to come late or leave early?

We have a "full participation" policy for our retreats, meaning participants must attend the full retreat. We believe full commitment and participation is necessary in order for the individual and the group to get the most out of the retreat experience. If you know you cannot come on time or have to leave early, we ask that you make arrangements with us to attend a make-up retreat (see above). We appreciate your understanding on this matter!

What if I am an "At Home" Confirmation parent & student?

"At Home" Confirmation parents and students are strongly encouraged and invited to join us for the on-site, in-person retreat. However, if "At Home" Confirmation parents and students are uncomfortable with attending an on-site, in-person retreat at this time, we will make arrangements for you to complete an "At Home" retreat (recorded talks and "At Home" retreat materials, including an additional retreat journal requirement). Please contact Jenna ASAP with your concerns about attending an on-site, in-person retreat at this time and to make arrangements for this "At Home" retreat option.

Confirmation Patron Saint

What is a Confirmation Patron Saint?

Many times when we think about the Saints, we think of Holy Card pictures of pious looking Saints with rosy cheeks and glowing halos, but the truth is that the Saints are so much more than a pious image. The Saints were ordinary people, like you and I, but they lived extraordinary lives! The stories of the Saints come in great variety—some had radical conversions and others were raised in faithful homes, some were brutally martyred and others died peacefully, some were called to travel to distant lands and go on epic missions and others were called to faithfully live out ordinary careers, they were priests, deacons, bishops, Popes, nuns, religious sisters, single, married with children, or children themselves! Yet, within all the variety of their lives, all of the Saints had one thing in common: holiness and virtue. Each of them lived their unique life story out of love for God. The Church says that a Saint is someone who possessed “heroic virtue” (CCC #828). Simply put, saints are the heroes of the faith!

Choosing a Confirmation Patron Saint is an ancient tradition of the Church. We choose a Confirmation Saint for two reasons. The first reason is the Saints are a model of holiness and heroic virtue. In sports we have heroes: we look up to athletes who have achieved excellence and overcome obstacles. We may even model our athletic disciplines after theirs. The same is true for the Faith. We choose a patron Saint who will be our model and inspiration in “the race that lies before us” (*Hebrews 12:1*).

The second reason we choose a Confirmation Patron for intercession. The Saints are our big brothers and sisters with God in Heaven. They want to help us achieve holiness. We can ask for their prayers and guidance. You have the opportunity to have a real relationship with your Confirmation Saint and ask them for their intercession.

Selection a Confirmation Saint—Instructions

DUE: Wednesday, January 6th, 2021

Candidates should select a Saint who inspires them. Because of the close relationship between the Sacraments of Baptism and Confirmation, candidates are encouraged to select their baptismal Saint name (For example, a candidate named Nick could choose St. Nicholas). However, it is acceptable for candidates to choose a Saint whose name is unrelated to their Baptismal name (For example, a candidate named Jessica could choose St. Maria Goretti). In either case, candidates should choose the

Saint whose life story, holiness, and heroic virtue inspires them. The Confirmation Saint is both a he candidate chooses should express an ideal or goal they are setting themselves as a Catholic and should be a reflection of their resolve to live as a disciple of Christ. The Saint's name that the candidate chooses will be the name by which the candidate is addressed by the Archbishop (or other Confirming Minister) at Confirmation, as a sign of his/her new identity in Christ.

Saint Reflection Paper

DUE: Wednesday, February 3rd, 2021

Once you have selected your Saint and researched their life, you will write a reflection paper on your Saint.

Saint Reflection Paper Requirements:

1. Written in your own words. If you copy from a book, the internet, or another person's work without citation [which is known as plagiarism and is a form of stealing], your paper will be returned and you will need to rewrite it.
2. Typed and printed. 12 point Times New Roman font. One full page. Double spaced. 1-inch margins.
3. Include your name, Saint's name, and date at the top.
4. Include a **brief summary** of the Saint's life, answering the following questions...
 - a. When did the Saint live? When did he/she die?
 - b. Where was the Saint from?
 - c. What are some major/important events in the life of this Saint?
5. The **majority** of your paper should be a **personal reflection** on your Saint, answering the following questions...
 1. What made this person so holy? What virtues do you recognize and admire in this Saint's life?
 2. How has this Saint inspired you in your Catholic Faith? How are you modeling yourself after this Saint?
 3. How have you incorporated your Patron Saint into your life? How are you praying to him/her and asking him/her for his/her intercession? How has this impacted you?
4. Submit a printed copy of your reflection paper to Jenna Leighton by due date above.

Confirmation Saint Selection

DUE: Wednesday, January 6th, 2021

Candidate Name: _____ Date : ____/____/____

Confirmation Saint Name: _____

Confirmation Saint Feast Day: ____/____

What inspired you to choose this Saint?

Name a virtue you recognize in this Saint's life:

How do you plan to ask for this Saint's intercession? Namely, what is your "prayer plan"?

Office Use Only

Date: ____/____/____

Initials: _____

Confirmation Sponsor

What is a Sponsor?

If you have ever attended a Confirmation Mass, you have seen an adult who stands behind the candidate with a hand on their shoulder as they are anointed. But the role of a sponsor goes far beyond a simple gesture of support. Did you know that the word sponsor comes from the same root word as “responsible”? A Confirmation sponsor is someone who will be there to support you in your Catholic Faith before, during, and after you receive the Sacrament of Confirmation.

Selecting a Confirmation Sponsor—Instructions

DUE: Wednesday, December 2nd, 2020

Choosing your Confirmation sponsor is an important task. Don't just choose someone because they are a fun person or because they haven't done it yet. **Choose your Confirmation sponsor because you know that they will support you and help you grow in your Catholic Faith as you prepare for the Sacrament of Confirmation and beyond.** Here are some good questions to ask yourself when considering a sponsor:

1. Who in my life has made an impact in my faith?
2. Is this person responsible?
3. Is this person mature?
4. Does he/she practice his/her Catholic Faith actively by faithfully attend Sunday Mass?
5. Does he/she practice his/her Catholic Faith actively in the way that he/she lives—both in words and actions.

Sponsor Requirements

The Archdiocese of St. Paul–Minneapolis has specific requirements that are to be met by all sponsors:

1. Each candidate is to have one sponsor (either male or female). **The sponsor must be an active, participating Catholic who has been Confirmed.**
2. The sponsor must be at least 16 years old.
3. He/she may not be the candidate's mother or father.
4. It is desirable, but not mandatory, that the baptismal godparent also be the sponsor at Confirmation to show the close connection of the two Sacraments. In

- many cases, this is not possible and another suitable person may be selected.
5. The sponsor should be a person who is prayerful, open, dependable, loving and is comfortable sharing his or her faith with young people.
 6. The sponsor should be someone who is a witness to Christ and the Church by their words and actions. This sponsor should be an example to the candidate, especially as he/she may move through periods of difficulties, questioning and discernment.

Once you have chosen your sponsor, give them the Sponsor Agreement Sheet on the next page. This form should be submitted to Jenna Leighton no later than the “Parent, Sponsor & Student Night” (date above). Additionally, **there will be certain Sponsor Nights for your sponsor to attend with you and your parent (see calendar for dates).**

Sponsor Conversations & Journals—Instructions

DUE: January 6th & March 3rd, 2021

You and your sponsors are required to have at least two intentional conversations this year about the Catholic Faith. We suggest you set aside some time for both a conversation and an activity (ideas include: a walk, a meal, snack, a service project, Mass, Adoration, the Rosary, etc.). We highly recommend you make it a point to get together for a face-to-face activity and conversation, but if your sponsor lives too far away, these conversations may be completed over the phone/video-chat.

After the conversation, you are to complete a brief journal entry about what you and your sponsors discussed and then submit your journal entry to Jenna Leighton by the above due dates. Each journal entry has a specific due date but may be turned in before that due date, depending on when you schedule and complete your Sponsor conversations.

Sponsor Agreement Sheet

DUE: Wednesday, December 2nd, 2020

A Note to the Sponsor: Congratulations on being asked to serve as a Confirmation Sponsor! Please read over this Sponsor Agreement Sheet before submitting it to the Church of Saint Henry. If you are able, please also join us for the Year 1 Sponsor & Student Night on Wednesday, December 2nd, 7:15-8:30pm at the Church of Saint Henry.

The Requirements of a Sponsor:

A Confirmation sponsor is someone the Confirmation candidate has selected and asked to play a special role before, during, and after Confirmation. In essence, a sponsor is meant to act as a spiritual guide and friend in the faith. A sponsor must be...

- An active, practicing, Confirmed Catholic, who is at least 16 years old.
- Not be the candidate's mother or father.
- Someone who is committed to living as witness to Christ and the Church by his/her lifestyle, words, and actions.

The Role of the Sponsor:

- To meet with your candidate regularly throughout the two years of preparation, but at least twice a year for two "Sponsor Conversations"
- To accompany your candidate to any "Sponsor Nights" (see calendar)
- To spend time getting to know your candidate
- To share your own faith story with your candidate
- To encourage and challenge your candidate in their faith journey
- To pray for and with your candidate
- To attend the Mass of Confirmation and to present your candidate to the Bishop for the Sacrament of Confirmation (Spring 2021—Date TBD)
- To continue to support and mentor your candidate after Confirmation

Candidate Information:

Candidate's Full Name: _____

Sponsor Information:

Sponsor's Full Name: _____

Sex: M / F Date of Birth: ___/___/___ Relationship to Candidate: _____

Address: _____ City: _____ Zip: _____

Phone Number: _____ E-mail: _____

Parish Membership: _____

I agree to fulfill the obligations listed above as a Sponsor for Confirmation.

Sponsor Signature: _____ Date: ___/___/___

Sponsor Conversation Journal #1

DUE: Wednesday, January 6th, 2021

Candidate Name: _____ Date : ____/____/____

Sponsor Name: _____

What activity did you and your sponsor choose to do together?

What did you discuss in your conversation?

What is one thing you learned about the Catholic Faith from your sponsor?

<p>Office Use Only</p> <p>Date: ____/____/____</p> <p>Initials: _____</p>
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Sponsor Conversation Journal #2

DUE: Wednesday, March 3rd, 2021

Candidate Name: _____ Date : ____/____/____

Sponsor Name: _____

What activity did you and your sponsor choose to do together?

What did you discuss in your conversation?

What is one thing you learned about the Catholic Faith from your sponsor?

<p>Office Use Only</p> <p>Date: ____/____/____</p> <p>Initials: _____</p>
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Mass Journal

What is a Mass Journal?

In Confirmation, you will be bound fully to the mission of Christ, as priest, prophet and king. To live out the priestly mission of Christ, we are to offer our lives as a sacrifice for the good of others, just as Christ did. This year of Confirmation Preparation, we help you prepare for that lifestyle of generous love by participating in service projects. A service project, as we define it, is doing something good to benefit another unrelated person or organization in need. Each project should be at least one hour in length.

Mass Journal—Instructions

DUE: Wednesday, January 6th, 2021

The Mass is the most important thing we can do as Catholics. Period. And yet so often we find ourselves distracted at Mass. To help you focus, soak in the reality, and really pray through the Mass, we ask candidates to not only attend Mass every Sunday and Holy Day Obligation, but to practice journaling about your Mass experience.

Eight Mass Journals (Advent—Epiphany)

This exercise of journaling is inspired by Matthew Kelly's book *Rediscover Catholicism*. In it, he writes that we must...

Approach Mass with an open heart and open mind, expecting God to communicate with us. While many people complain about being bored at Mass, I have to believe that most Catholics would like to have a richer experience of it each Sunday. With that in mind, I would like to propose a simple approach that I think could change the whole way we experience the Mass, and at the same time transform our relationships and parishes. When you walk into Mass next Sunday, simply ask God [to speak to you] in the quiet of your heart...Then listen. A critical component of successful relationships that is missing from our spiritual lives is listening. Listen to what God is saying to you in the music, through the readings, in the homily. Listen to the prayers of the Mass, and listen to the quiet of your heart. The one thing will strike you. Once it is revealed to you, spend the rest of the Mass praying about how you can live that one thing in the coming week. Better than that, sometime this week, go out and get yourself a small journal...!

believe that God is constantly speaking to us, through people and events, through Scripture and the Church. But each Sunday, we have an intimate encounter with God in the Mass. Perhaps here more than anywhere else, God was going to speak to you at Mass, I suspect you would bring a pen and paper.

We suggest doing this EVERY time you go to Mass. In any given year, there are 58 Masses that we are required to celebrate (Sundays and Holy Days of Obligation), but your assignment is to just turn in 8 Mass Journals entries, beginning with the first Sunday of Advent to the Solemnity of the Epiphany (including the Holy Days of Obligation: Christmas and the Solemnity of Mary, the Mother of God). Your eight Mass journals are due at the end, on Wednesday, January 6th.

How to write a Mass Journal Entry:

1. Go to Mass (Remember, this journal exercise begins on the first Sunday of Advent to the Solemnity of the Epiphany, and includes the Holy Days of Obligation: Christmas and the Solemnity of Mary, the Mother of God), preferably with this binder and pen in hand.
2. Pray before Mass for God to speak to you.
3. Listen. God will speak in the readings, the prayers the priest prays, the prayers you pray, the homily, the music, in the still silent moments.
4. Write down what you heard at Mass (through the Readings, Gospel, Homily, or in prayer)
5. Try to live it!
6. Do it again next Sunday/Holy Day of Obligation, and the next and the next, and the next! (Even after your assignment is completed!)

Mass Journal "FAQ"s

What if I am an "At Home" Confirmation parent & student?

"At Home" Confirmation parents and students are strongly encouraged and invited to attend Mass, more than any other on-site, in-person gathering (because again, the Mass is the most important thing we can do as Catholics). With that being said, due to COVID-19, Archbishop Hebda has currently dispensed Catholics from their normal obligation to attend Sunday Mass and Holy Days of Obligation:

In ordinary circumstances, Catholics are obliged to participate in Mass on Sundays and other holy days of obligation. This obligation is suspended in cases of moral or physical impossibility, and may also be dispensed for a just cause when it is for the spiritual good of the faithful. In addition, the Church also has the obligation to protect those who are most vulnerable and those who care for the sick.

Due to the increasing number of confirmed COVID-19/coronavirus cases in the Archdiocese of Saint Paul and Minneapolis, I determine it prudent to dispense all

Catholics in the territory of this Archdiocese from the obligation to attend Sunday Mass, until further notice. If the faithful decide that congregating for Sunday Mass would constitute a risk to themselves or others, they have the freedom not to attend. Masses, however, will continue to be celebrated in our parishes as regularly scheduled at this time.

The Mass allows us to encounter Jesus in the Eucharist and strengthens community, so this is not a decision I take lightly. Even for those who stay home, Sunday remains a holy day, and Catholics should still observe the Lord's Day e.g. by making a "spiritual communion" while watching Mass online, on TV, or radio (broadcast 11:00 a.m. on KSTC-TV/45 and 9:00 a.m. on Relevant Radio 1330am). You can pray the Liturgy of the Hours, the Rosary, and other devotions. You may also decide to attend Mass on a weekday when assemblies are smaller. Those attending Mass any time should continue to minimize the risk of contracting or spreading infection. For details, see [archspm.org/covid19](https://www.archspm.org/covid19).

See full letter on Archdiocesan website: <https://www.archspm.org/statement-regarding-dispensation-from-sunday-mass-obligation/>. If Confirmation parents and students "decide that congregating for Sunday Mass would constitute a risk to themselves or others" and are not able to attend Masses on-site, in-person, we ask that you watch the live-stream or recording of the Mass and make a spiritual communion (see our website for details: <https://www.sthenrycatholic.info/coronavirus> and Facebook page for live-stream: <https://www.facebook.com/ChurchofSaintHenry/>).

Mass Journal 1

DATE: Sunday, November 29th, 2020 (1st Sun of Advent)

Candidate Name: _____ Date of Mass: **11/28-29/2020**

Name & City of Church: _____

Name of Priest: _____ Liturgical Color: _____

What was the main message of the readings and homily?

What was your take-away for the week?

Office Use Only

Date: ___/___/___

Initials: _____

Mass Journal 2

DATE: Sunday, December 6th, 2020 (2nd Sun of Advent)

Candidate Name: _____ Date of Mass: **12/5-6/2020**

Name & City of Church: _____

Name of Priest: _____ Liturgical Color: _____

What was the main message of the readings and homily?

What was your take-away for the week?

Office Use Only

Date: ___/___/___

Initials: _____

Mass Journal 3

DATE: Sunday, December 13th, 2020 (3rd Sun of Advent)

Candidate Name: _____ Date of Mass: **12/12-13/2020**

Name & City of Church: _____

Name of Priest: _____ Liturgical Color: _____

What was the main message of the readings and homily?

What was your take-away for the week?

Office Use Only

Date: ___/___/___

Initials: _____

Mass Journal 4

DATE: Sunday, December 20th, 2020 (4th Sun of Advent)

Candidate Name: _____ Date of Mass: **12/19-20/2020**

Name & City of Church: _____

Name of Priest: _____ Liturgical Color: _____

What was the main message of the readings and homily?

What was your take-away for the week?

Office Use Only

Date: ___/___/___

Initials: _____

Mass Journal 5

DATE: Friday, December 25th, 2020 (Christmas)

Candidate Name: _____ Date of Mass: **12/24-25/2020**

Name & City of Church: _____

Name of Priest: _____ Liturgical Color: _____

What was the main message of the readings and homily?

What was your take-away for the week?

Office Use Only

Date: ___/___/___

Initials: _____

Mass Journal 6

DATE: Sunday, December 27th, 2020 (Holy Family)

Candidate Name: _____ Date of Mass: **12/20/2020**

Name & City of Church: _____

Name of Priest: _____ Liturgical Color: _____

What was the main message of the readings and homily?

What was your take-away for the week?

Office Use Only

Date: ___/___/___

Initials: _____

Mass Journal 7

DATE: Friday, January 1st, 2021 (Mary, Mother of God)

Candidate Name: _____ Date of Mass: **12/31/20-1/1/2021**

Name & City of Church: _____

Name of Priest: _____ Liturgical Color: _____

What was the main message of the readings and homily?

What was your take-away for the week?

Office Use Only

Date: ___/___/___

Initials: _____

Mass Journal 8

DATE: Sunday, January 3rd, 2020 (Epiphany)

Candidate Name: _____ Date of Mass: **1/2-3/2020**

Name & City of Church: _____

Name of Priest: _____ Liturgical Color: _____

What was the main message of the readings and homily?

What was your take-away for the week?

Office Use Only

Date: ___/___/___

Initials: _____

Service Project

What is a Service Project?

In Confirmation, you will be bound fully to the mission of Christ, as priest, prophet and king. To live out the priestly mission of Christ, we are to offer our lives as a sacrifice for the good of others, just as Christ did. In this year of Confirmation Preparation, we help you prepare for that lifestyle of generous love by participating in service projects. A service project, as we define it, is doing something good to benefit another unrelated person or organization in need. Each project should be at least one hour in length.

Discipleship Group Service Project—Instructions

DUE: Wednesday, April 7th, 2021

Over the course of the year, you are required to plan and complete a service project with your Discipleship Group (or parent & student pair for “At Home” Confirmation families). This project can be either a parish project and or a community project. It is up to your group (or Confirmation parent & student pair) to plan the idea, contact the organization, and plan a day for the project, but since a group project is a parish-sponsored event, your D-Group leaders will have to contact Jenna Leighton to arrange for chaperones and permission forms.

Group (or Confirmation parent & student pair) Service Project Ideas:

- Volunteer for the parish festival or another parish community event (KC Pancake Breakfast)
- Volunteer to assist with a parish retreat (Middle-School Retreat, 1st Confession Retreat, or 1st Communion Retreat, etc.)
- Volunteer to cook and serve a meal for the homeless
- Volunteer to help with the parish Free Store
- Volunteer to help with parish project Christmas
- Visit the residents at the local Senior Community (Saint Benedict's)
- Serve with Faith in Action (Rake the Town event)
- Serve at the local Pregnancy Resource Center (Cornerstone Options for Women)
- Serve at the local Saint Vincent De Paul Society
- Serve at the local Food Shelf
- Go to Feed My Starving Children to package food for the poor

Service Project "FAQ"s

What 'counts' for a Service Project?

A service project, as we define it, is doing something good for another unrelated person or organization (not your own family or sports team) in need. Each project should be at least one hour in length (not including travel time). Your D-Group leaders will help you brainstorm an idea for your group's project, contact the organization, and work with Jenna Leighton to arrange for chaperones and permission forms.

How many service projects do I have to do?

You must complete one service project with your D-Group (or parent). However, we encourage you to do more, individually or as a group!

What if I miss my Discipleship Group's Service Project?

If your D-group plans a project together but you are unable to attend the group project (for any reason), you will have to complete a different project, individually, in its place.

How do I get credit for my service project?

On the following page, you will see a form for you to record the details of your project and your experience serving. Your D-Group leader (or parent) must sign off on it. Turn the completed sheet in to Jenna Leighton.

How do I know what projects are out there?

If you need ideas, check the bulletin and our website.

What if I am an "At Home" Confirmation parent & student?

"At Home" Confirmation parents and students are encouraged and invited to complete an in-person service project. However, if "At Home" Confirmation parents and students are uncomfortable with serving in-person at this time, we will work with you to complete an "At Home" service project. Please contact Jenna ASAP with your concerns about attending an on-site, in-person retreat at this time and to make arrangements for this "At Home" retreat option.

Discipleship Group Service Project

DUE: Wednesday, April 7th, 2021

Candidate Name: _____ Date of Project: ____/____/____

Name of the person/organization you served: _____

What was the service project?

Describe your experience of serving.

What corporal or spiritual work of mercy did you perform?

D-Group leader (or parent) signature: _____

Office Use Only

Date: ____/____/____

Initials: _____

Letter of Intent

What is a Letter of Intent?

In order to receive the Sacrament of Confirmation, you must have a desire to receive it. A letter of intent is an opportunity for you to articulate, on paper, your desire and motivation for receiving this Sacrament. This will be read by the Confirmation Coordinator and Fr. Barnes.

Letter of Intent—Instructions

DUE: Wednesday, April 7th, 2021

Candidates who wish to be confirmed must submit a letter of intent addressed to Fr. Tony. This will be reviewed by the Confirmation Coordinator and Fr. Tony. A “Letter of Intent” is just a formal way of saying: tell us in writing why you want to be confirmed. Please take the time to compose this letter carefully. Not only does it give us a chance to understand what you have gained in your formation, but also allows you to process what you have learned and how you have grown as well as what you desire to receive from this Sacrament. Please be honest and thoughtful.

Letter of Intent Requirements:

1. Written in your own words.
2. Typed and printed. 12 point Times New Roman font. One full page. Double spaced. 1-inch margins.
3. Include your name and date at the top.
4. Addressed to Fr. Barnes
5. The body of the letter should answer the following questions...
 - a. Why do you want to be confirmed? What do you hope to receive?
 - b. Do you think you are ready (or will be ready) to receive the Sacrament?
 - c. How have you have grown in your Catholic Faith through the Confirmation program over the last year (give at least one example).
 - d. How do you plan to live out Christ's mission at the Church Saint Henry and in the world?
 - e. Include your signature at the bottom
6. Submit a printed copy of your Letter of Intent to Jenna Leighton (who will compile them and give them to Fr. Barnes) by due date above.