

Sacrament of Confirmation at St. Michael: Information Sheet

St. Michael young people are confirmed each spring along with thousands of other teens in the Archdiocese. In December and January of each year St. Michael teens in 8th through 12th grade, who are actively living out their faith, are invited to discern receiving the Sacrament of Confirmation. This discernment process includes:

- Active participation in a **Discipleship Group** (called D-Groups). This includes either the 8th Grade Breakaway Ministry or a High School D-Group (For 9th—12th grade teens).
- Participation in **family catechesis** through **LIFT** or the new **Impact Ministry** for 8th grade parents (For 8th grade families only).
- Faithful participation in the **Sunday Eucharist**.
- Writing a **letter of intent to be confirmed** to Fr. Richards, Faith Formation Staff, and D-Group leaders.
- Choosing a **Confirmation Sponsor** and a **Confirmation Saint name**.
- Attending the annual **IGNITE: Confirmation Day of Refection for parents, teens, and sponsors**. The next IGNITE: Confirmation Day of Refection is **Sunday January 27, 2019 from 1:00-4:00 p.m.**

LIFT Option Families with 8th Grade Breakaway Families

St. Michael's core faith formation program is LIFT (Learning In Faith Together). LIFT is a parish-wide, family catechesis program focused on strengthening our relationship with God and neighbor, building the parish community and helping parents become the primary evangelizers of their children (CCC 2223-2229).

Parents and children (grades K-8th) attend LIFT once a month together from October through April on their selected LIFT Session day (Sunday 1:00-3:00 p.m. / Monday or Wednesday 6:30-8:30 p.m.). LIFT follows a five year cycle based on the four pillars of the Catechism of the Catholic Church and one year on Sacred Scripture.

This year at LIFT we will be covering the first pillar which is the Creed. Middle school teens in LIFT will be using the *YOUCAT* teen catechism and the *Bible* as their primary resources. Children at LIFT in K-5th grade will be using the *Family of Faith* series from Sophia Institute. Additional activities, materials and resources are sent home with families to be used throughout the rest of the month. The LIFT Calendar for 2018-2019 can be found at: www.stmcatholicchurch.org/lift

Please indicate on the Faith Formation Registration Form whether you are doing LIFT or Impact

Impact Option for Non-LIFT Families with 8th Grade Breakaway Families

Impact is a new family catechesis option for families who do not have other children in the faith formation age range (K-7th grade) or who are receiving faith formation instruction through home-school or St. Michael Catholic School. Impact covers relevant topics and offers support, encouragement, and wisdom for parents raising teens in today's world.

Impact meets on three different Wednesday evenings during the year from 6:45-8:15 p.m. The 2018-2019 Impact dates are: **Nov. 28 / Feb. 13 / Apr. 17.**

Please indicate on the Faith Formation Registration Form whether you are doing LIFT or Impact

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Information for 8th Grade Breakaway Discipleship Groups

Breakaway is a small group-based ministry for 8th grade teens. In D-Group's teens explore their relationship with God, the Catholic Faith, and the Sacrament of Confirmation in a safe and affirming environment. Each D-Group is led by adult mentors who commit to guiding and supporting teens on their journey of faith through the difficult teen years. **It is the hope and intention that these D-Groups will continue throughout the high school years.**

Breakaway D-Group's meet on most non-LIFT Wednesday nights from 6:30-8:30 p.m. from October to May. To see the full Breakaway Calendar for 2018-2019 go to: www.stmacatholicyouth.org/breakaway1/

Registration for Breakaway occurs in July and August by submitting a Faith Formation Registration Form to the parish office or by using the online Faith Formation registration process at: <https://stmccatholic.wufoo.com/forms/z1pbdyf90c9m0mr/>

Registration for Breakaway D-Groups also includes completing the online survey at the STMA Youth Ministry website: www.stmacatholicyouth.org/breakaway1/

- Important 8th-Grade Breakaway dates

⇒ Sept. 19: Parent Information Meeting - 7:00 p.m. at the St. Albert Parish Center

⇒ Sept. 26: Teen Breakaway Survey Deadline

⇒ Oct. 10: First Breakaway Wednesday Night - 6:30-8:30 p.m. (Guys and St. Michael / Girls at St. Albert's)

⇒ Oct. 12-14: Breakaway Kick-off Retreat at Lake Beauty Bible Camp

⇒ To see the full Breakaway Calendar for 2018-2019 go to: www.stmacatholicyouth.org/breakaway1/

Information for High School Discipleship Groups

High School Discipleship Groups is a small group-based ministry for teens in 9th—12th grade. In D-Group's teens explore their relationship with God, the Catholic Faith, and the challenges teens face as young disciples of Jesus Christ. Each D-Group is led by adult mentors who commit to guiding and supporting teens on their journey of faith through the difficult high school years. High School D-Groups consist of 5-7 teens placed in male-only and female-only small groups of the same age. High School D-Groups meet twice per month to discuss life, their faith, and to seek support for the trials and joys of life. Meeting times, days, and locations are determined by each group to best fit the needs of its members. High School discipleship groups will begin meeting in September.

- **Please remember that *High School teens who are not confirmed but desire reception of the Sacrament of Confirmation need to be actively living out their faith by participating in a High School Discipleship group.***

To register for a High School Discipleship group complete the [online survey](#) and [registration](#) at the STMA Youth Ministry website: <http://www.stmacatholicyouth.org/dgroup/>

High school teens seeking the Sacrament of Confirmation also need to complete and submit a **[Faith Formation Registration Form](#)** to the parish office or use the online Faith Formation registration process at: <https://stmccatholic.wufoo.com/forms/z1pbdyf90c9m0mr/>