



CONFIRMATION ORIENTATION NIGHT - FOR PARENTS & TEENS 2025-26

REGISTRATION FOR 2025 - 2026 CONFIRMATION YEAR 1 AND YEAR 2 IS OPEN!

Visit the parish website or scan the QR Code to access the online registration
-registration is preferred to be completed online sttheresecarmel.org
-please contact us if you have any issues



SACRAMENT CERTIFICATES (needed to receive Confirmation)

In order to receive the Sacrament of Confirmation, all candidates need to provide copies of certificates for **Baptism & First Communion**.

(If Sacraments were completed at St. Thérèse of Carmel, it would still be appreciated if copies could be provided, however if needed, we can search for the information within the parish system.)

Copies of certificates can be emailed to confirmation@stocsd.org or handed in at a future Confirmation Session (email preferred)

* Please turn in certificates as soon as possible, but certificates can be turned in later on in the year if necessary *

CONFIRMATION SCHEDULE (complete schedule in folder)

"YEAR 1" CONFIRMATION

Year 1 Confirmation Class will meet two Sundays a month from 3:45-6:30 PM with required attendance of Mass 5:30 PM-6:30 PM

"YEAR 2" CONFIRMATION

Year 2 Confirmation Class will meet two Sundays a month from 5:30-8:30 PM with required attendance of Mass 5:30pm-6:30 PM.

-**Dinner** served from 6:30pm-7:00 PM

-**Session** 7:00-8:30 PM

CONFIRMATION REQUIREMENTS FOR BOTH YEARS

1. **Attend ALL Confirmation Sessions:** only 3 absences permitted
2. **Attend Sunday Mass Weekly** (Especially 5:30pm Mass on Confirmation Session dates)
3. **Attend 2 Life Nites or CALLED NIGHTS** (or other permitted social/faith events at the parish) -calendars in folders
4. **Attend Retreat** - Whispering Winds December 5-7 (or appropriate make-up option)
5. **Attend at least 1 XLT** (this is a Eucharistic Adoration experience which includes a talk & praise & worship)
6. **Complete Prayer Sheet (submit by March 1st)**
7. **Parents Attend Parent Day** on March 22nd, 2025 during a Confirmation Session.
-Sponsors also attend for Year 2 teens - called "Parent & Sponsors Day" for Year 2
8. **Complete Volunteer Service Hours (submit by March 1st)**
(Year 1: 6 hours total); (Year 2: 10 hours total)

Year 1 Service Hours (6hrs total to be completed during Year 1): Aim to complete 3 hours at the parish (St. Therese of Carmel) & 3 hours in your local community. It is okay if ALL 6 hours are completed at the parish, however a minimum of 3 hours are to be completed here at the parish. We desire for you to feel connected and take ownership of our parish community!

Year 2 Service Hours (10hrs total to be completed during Year 2): Aim to complete 5 hours at the parish (St. Therese of Carmel) & 5 hours in your local community. It is okay if ALL 10 hours are completed at the parish, however a minimum of 5 hours are to be completed here at the parish. We desire for you to feel connected and take ownership of our parish community!

ADDITIONAL REQUIREMENTS FOR YEAR 2 ONLY

9. Turn in copies of **Baptism & First Communion** Certificates for teen.
10. **Complete Confirmation Saint Report (submit by March 1st)**
11. **Complete Sponsor Form (submit by March 1st)**
12. **Parents, Sponsors, & Teens attend Confirmation Rehearsal Day (TBD)**

CONFIRMATION DATE

*** To Be Determined * - we are aiming for early May or June 2026**

We must wait to hear from the Bishop when we have a date selected

We often hear back about the date around the end of January, but possibly in February

-rehearsal date will be set once we have the Confirmation date

RETREAT DATE(S)

PLEASE SAVE THE DATE!

YEAR 1 & YEAR 2: December 5-7th, 2024

WHISPERING WINDS RETREAT CENTER

-This weekend retreat is for ALL Confirmation Candidates in either year 1 or year 2. Teens will attend this retreat altogether.



MAKE UP RETREAT OPPORTUNITIES

San Diego Youth Day (SDYD): Date - TBD - MATER DEI CATHOLIC HIGH SCHOOL

SUMMER RETREAT (Optional): Date - TBD (Usually July or August) **Steubenville San Diego - UNIVERSITY OF SAN DIEGO**

CONFIRMATION SUPPORTING DOCUMENTS (in folders)

Year 1	Year 2
Confirmation Service Hour Form	Confirmation Service Hour Form
Prayer Sheet	Prayer Sheet
	Confirmation Sponsor Form
	Saint Report

YOUTH MASS ATTENDANCE

Teens are asked to attend the 5:30pm youth mass on days of Confirmation sessions. In addition, families are expected to be attending weekly Sunday mass which is simply part of nurturing our faith lives according to the Church that has established this as an obligation.

Sign in at mass

Teens will be asked to sign in at all youth masses on Confirmation dates.

-if your teen cannot attend a particular mass on one of our Confirmation dates, please communicate that to us and be sure to help your teen attend mass at another time.

Proper attire for sessions & mass

Please come to the sessions dressed with reverence & modesty for Sunday Mass.

Modesty - this does not mean our bodies are bad, but they are actually SO GOOD that we cover them to honor the beautiful mystery of each person.

Sunday Best - our clothes express something about value. Show God how much you value Him by even what you wear. If your body is a temple of God, what clothes might express that your temple is ready for worship?

Please avoid these types of clothing: sweats, spaghetti straps, strapless, tank tops, short dresses or skirts, short shorts, flip flops.

Please be sure to cover bellies, shoulders and back.

Clothing Encouragement:

Boys - Button up shirts (short sleeve or long sleeve is fine), pants, closed-toe shoes. This is solid attire for mass, but also great for our sessions.

Girls - Tasteful blouses or dresses. Bottom-wear (pants, dresses, skirts, shorts) covers down to the knee. Upper-wear covers belly, shoulders, and is not low-cut.

Please just remember that **God loves the deep mystery you are**, and wants us to honor that well. Also, God is pleased when we make efforts to **glorify** him as well, even by our clothing.

Lastly, ALL ARE WELCOME IN GOD'S HOUSE - NO MATTER WHAT THEY ARE WEARING, so please do not stay away if you happen to be in an outfit you did not intend or expect for mass (sports clothes, beachwear, etc.) And please do not judge each other if you see someone wearing something you might not personally choose. WE ARE ALL ON OUR OWN UNIQUE JOURNEY WITH GOD, BUT TOGETHER!

5 Minute Mass Reflections:

We will have a short 5 minute period of reflection on the mass at the tail end of each 5:30pm Confirmation mass (only on the dates of Confirmation sessions). Please encourage our teens to stay for just those 5 extra minutes in their pews and then they will be dismissed immediately afterward.

YEAR 2 DINNERS:

Year 2 dinners will occur from 6:30-7:00pm. These dinners will be organized by our fantastic volunteer parent, ADRIANA AMON. Adriana helped us last year and did a great job!
adriana_gamba_amon@yahoo.com - (858)692-6791

In order to provide these dinners, and do it well, we need parent involvement! Your help makes a big difference and we are grateful! **Year 2 families are asked to sign up for at least one dinner this year to help serve or donate food.**

An online sign-up for Year 2 Dinners has been created. A link to the online sign up will be sent out each week, however you can also access it on the parish website as well as scanning the QR Code here!



Thank you for helping us create this unique experience for our Confirmation candidates!

High School Youth Ministry Conduct Form

These forms need to be signed in order to attend our Life Nites, CALLED, or other youth ministry events. We only need this form signed once for the year for each teen. Forms can be signed at the door if necessary. Forms can also be found on the Confirmation parish web page. They may be signed and emailed as well if preferred: **confirmation@stocsd.org**

Cell Phone Policy

Phones will be collected during Confirmation sessions. Teens will get phones back at the end of sessions. Phones will also be collected at retreat and returned at the end of retreat. We desire for our teens to be present and engaged during sessions.

Confirmation - a consecutive 2 year preparation program

As a reminder, your student is not eligible for "Year 2" Confirmation if they did not complete "Year 1" last year. The diocese requires a consecutive two-year preparation for all students. If you are coming from another parish we will need a letter indicating "Year 1" completion from the Parish Pastor and/or Confirmation Coordinator in order for you to be fully enrolled in our program

WE ARE HONORED TO BE PART OF YOUR CHILD'S FAITH JOURNEY AND SO EXCITED TO SEE YOU IN SEPTEMBER!

Additional questions?

Please reach out to our youth ministry team at

confirmation@stocsd.org

