



"You will receive power when the Holy Spirit comes upon you, and you will be my witnesses to the ends of the earth." Acts 1:8

Confirmation Formation Program

2016

St. Rose of Lima, Franklin
Holy Trinity, Edinburgh

Prayer to the Holy Spirit

Come, Holy Spirit, fill the hearts of

Your faithful, and enkindle

in us the fire of Your love.

Send forth Your Spirit and

we shall be created: and

You will renew the face of the earth.

O God, who did teach the hearts of

Your faithful by the light of the Holy Spirit,

grant us in the same Spirit to be truly wise,

and ever to rejoice in His consolation.

Through Christ, our Lord, Amen.

(Traditional Prayer to the Holy Spirit)

What is Confirmation?

They laid hands on them and they received the Holy Spirit. –Acts 8:17

Confirmation is the part of the Sacraments of Initiation. These sacraments are a series in which a believer is welcomed into the community of believers in Jesus and the Catholic Church. Sacraments, in general, are signs of God’s presence and love for each one of us. A more formal description is that sacraments are outward signs of inner grace given to us by God. Through reception of the sacraments, we become closer to God in the Trinity and are opened up to receive the outpouring of His love.

The *Sacraments of Initiation* were instituted by the early church to welcome and introduce them to the Christian way of life. It was only after a period of catechesis, formation, and interviews that the individuals were presented for reception of the sacraments. These sacraments include **Baptism, Eucharist, and Confirmation**. Through Baptism, parents and godparents received catechesis and formation and presented their child to be baptized with water and anointed with chrism. Before receiving Holy Communion for the first time, each person receives catechesis and formation from catechists and parents, actively participates in prayer, and were presented before the community as one to receive the Holy Eucharist in a special ceremony. Confirmation is much the same. Each person who decides to receive the sacrament of Confirmation must go through a period of formation, have an active prayer life, be interviewed by a member of the community, and then present oneself to the Bishop in order to fully be initiated into the Church. *Confirmation is the fulfillment, celebration, and strengthening of the Holy Spirit that was first poured out in Baptism. Confirmation renews the Spirit’s presence so that you can live out the baptismal call to share the Gospel with all those that are encountered.*

In Confirmation, the candidate will...

- Present him/herself to the bishop as the Holy Spirit confirms or seals the candidate’s baptismal promises
- Accept for him/herself the faith in which you were baptized
- Take on a new role as a full member of the Roman Catholic Church

The specialness of Confirmation is that this is an individual decision. As a child, we are taught our faith because it is the faith of our parents. We are baptized by our parent’s decisions; receive Eucharist in order to participate with the community of believers, but at Confirmation, one takes ownership of their faith and “moves from a place of inherited faith to a place of established, personal faith.” By choosing and saying “yes” to God, one takes what their parents, catechists, and godparents have given them on their faith journey and choose to walk on their own. In a way, it’s like losing the training wheels on your first bike! You practice and practice with your parents and friends surrounding you, and finally when you’re ready, you take off the training wheels so that you can ride all over the neighborhood on your own two wheels.

Sources: [Christ our Life, Confirmed in the Spirit](#), Loyola Press, 1997

[FAQs About Confirmation](#), Pflaum Publishing Group, 2001

The Sacrament of Confirmation Preparation and Celebration Guidelines, The Archdiocese of Indianapolis

What are the Requirements and Policies for the Archdiocese of Indianapolis?

The St. Rose / Holy Trinity Confirmation Formation Program is based on the policies and guidelines set forth by the Archdiocese of Indianapolis. The following are a summary of the Archdiocesan policies and guidelines.

- Parishes in the Archdiocese of Indianapolis, will, at regular intervals, invite persons between the ages of 13 and 18 to participate in a program of Confirmation catechesis and liturgical celebration.
- Preparation programs are designed to include components of Message, Community, Worship, and Service. Candidates are presumed to have attended (or currently attending) religious education classes, either in parish religious education program or in schools, prior to their preparation of the Sacrament of Confirmation.
- Use a textbook recommended by the Archdiocese of Indianapolis Office of Catholic Education
- A minimum of 20 contact hours of instruction for candidates
- A retreat and ongoing prayer experiences
- Encourage involvement in the parish in the preparation and celebration of the Sacrament
- A minimum of 20 hours of service experience to be completed by the candidate
- Opportunity for the Sacrament of Reconciliation prior to the Sacrament of Confirmation
 - “To receive Confirmation one must be in a state of grace. One should receive the Sacrament of Penance in order to be cleansed for the gifts of the Holy Spirit. More intense prayer should prepare one to receive the strength and graces of the Holy Spirit with docility and readiness to act (*United States Catholic Catechism for Adults*, p 242).
- Post Confirmation catechesis opportunities available
- Persons 13 to 18 years of age who are receiving the Sacrament of Confirmation are to give evidence of spiritual readiness. This includes but is not limited to:
 - Regular participation in the sacramental and liturgical life of the parish
 - Seeking the guidance of the Holy Spirit through personal prayer
 - Service to the parish community
 - Ability to articulate knowledge of the Catholic faith
 - Accepting greater responsibility in the Church as appropriate to one’s age group
 - Accepting responsibility for one’s own faith journey and making a lifetime commitment to study, prayer, and renewal.
 - An understanding that Confirmation is a beginning and not an end.

(Source: *The Sacrament of Confirmation Preparation and Celebration Guidelines*, The Archdiocese of Indianapolis)

What are the Requirements and Components of Confirmation at St. Rose / Holy Trinity?

The Sacrament of Confirmation is the completion of one's initiation into the parish community and the community of the universal church. It is vital that there be an active involvement from the candidate in experiencing these communities so the Candidate can have a sense of belonging as an adult Catholic in the St. Rose / Holy Trinity community, but more importantly the Roman Catholic Church. Confirmation instruction will occur in a variety of formats including large group, small groups, guest speakers, a retreat experience, and service work. The Confirmation Formation Program requirements include participation in (1) confirmation gatherings, (2) a retreat experience, (3) completion of 4 journal entries that correspond with the confirmation gatherings, (4) service hours and, (5) attend Mass regularly.

❖ Confirmation Gatherings

† Gatherings are once a month on Sundays from 4:00-8:30pm. The gathering format will include large and small group sessions. However, it is to be noted that this is not a "class"-type setting. Participants will not be engaged in lecture, rather they will be engaged through active catechesis and learning. Please refer to the schedule for dates and locations. Preparation for Confirmation requires participation just as any other activity would. Therefore, it is expected that once committed, each participant will make Confirmation a priority in order to be truly prepared for the celebration of the sacrament.

❖ Retreat Experience

† All candidates are required to participate in a retreat during their preparation for the Sacrament of Confirmation per the guidelines of the Archdiocese of Indianapolis. A retreat is taking time away to reflect, learn, pray, and discern how God is calling an individual. Jesus did not begin His ministry until He had taken time to be with God, His Father, and to face the temptations that were all around Him in the world in which He lived. The Confirmation Candidates have the same invitation to get away and to spend some special time with God and each other. The retreat is a process event, therefore, the candidate MUST commit to the entire retreat.

❖ Journaling

† Participants in the Confirmation Formation Program are encouraged to write 4 journal entries which correspond with the confirmation classes. These entries are short, easy to write, and are objective. They are, by no means, difficult to write. The topics include

- ❖ Decision Reflection
- ❖ Relationship with God
- ❖ Faith Conversations
- ❖ Choosing a Confirmation Name

Journal entries are due when noted on the calendar. All journal entries should be completed by the celebration of the sacrament of Confirmation.

❖ **Confirmation Team Member Interview**

† Each candidate will be required to meet with a member of the Confirmation Team for a brief interview. It is a time to dialogue with the candidates about their spiritual life and their journey in the Confirmation preparation and an opportunity for the candidate to ask questions.

❖ **Social Awareness and Service**

† Confirmation is a sacrament that asks you not only to believe in Jesus Christ, but also to live His life daily. Living the life of Christ means a life of service; service means responding to others' needs – at home, parish, neighborhood, or local community. Serving the community, guided and nurtured by parents, sponsors, and catechists, develops a vision of lifelong service following Christ's example. Candidates should serve in ways meaningful to them, enabling them to use their talents and abilities. A successful Confirmation candidate is one who participates in service opportunities and, when fully initiated into the community of faith, continues to serve God and His people. Candidates for Confirmation explore how a fully initiated member of the parish serves the Lord and others. A minimum of **20 hours** of service in parish, community, and home is recommended before the celebration of the sacrament of Confirmation. Many opportunities will be promoted throughout the year and suggestions are always offered!

❖ *Note: If you are currently attending a Catholic high school or organization that requires service hours, those hours can also count for your Confirmation service hours.*

❖ **On Going Prayer and Worship**

† The family, candidate, and sponsor are highly encouraged to develop a consistent worship practice by regularly attending mass together and implementing daily prayer into their daily lives.

What's this Service stuff about?

And He will say to them in reply, 'Amen, I say to you, whatever you did for one of these least brothers of mine, you did for me.' – Matthew 25:40

Christ during His ministry served the people who were considered outcasts in society. They were those who didn't fit in, had nothing, and longed for someone to give them rest, comfort, and even a listening ear. As a Christian, we are called to be Christ-like. This means not only living a life that respects Christ, upholds our values, but also serving those who need to be served the most. We are called to promote a "Missionary Spirit," a sense within our community that each one of us integrates Catholic social principles into our daily life, lives to be an example of Christ, and serves in ways meaningful to each individual that uses their talents and abilities to the highest standard.

So what does this mean? It means that as each candidate goes through the Formation Program service is required. As such, a minimum of **20 hours** is expected from each individual candidate. It is suggested that the time be broken up between service with family, sponsor, and on one's own time. However, service should use our talents and abilities! If you are good with a hammer, work with Habitat for Humanity. If you are great with children, volunteer your time to babysit.

Service can be accomplished in a variety of ways. First, look at what you are already doing to serve others. If you are already involved, don't try to over-commit yourself! The objective is to get each person involved in claiming the responsibility to serve that is shared by all Christians. Before you make a commitment to a service project, think about how you will impact others and how others will impact you. Be open to the Spirit influence your decisions!

Prepare for this commitment:

- ❖ Pray to Holy Spirit for guidance
- ❖ Talk to your parents and sponsors about possible service opportunities
- ❖ Find needs that people in your family, neighborhood, parish, school, or community might have that you could fulfill

Here is a list of possible ways to serve...

- Work with the Religious Education program
- Assist seniors with their chores/shopping/lawn care
- Volunteer to baby-sit for a church function or for someone who needs help
- Volunteer to work in a hospital
- Write cards or letters to hospitalized children
- Volunteer at different parish opportunities; mission trip, festival, VBS, ...
- Volunteer at a nursing home
- Work in the Youth Ministry Office
- Find sites online. www.volunteermatch.org is one great site. Click on Advanced search and make sure to narrow down possibilities that are appropriate for your age group and interests.

Why do I need a Confirmation name?

The Rite of Confirmation seals us, **names** us, and claims us for a new life as an adult Christian in the Holy Spirit that began in Baptism. This is an opportunity for you to choose a name in Christ, and affirm your love for Him. Scripture shows us times where disciples were renamed or when converted to Christianity a new disciple would choose a name for him. In God's covenant with Abram He renamed him Abraham (Genesis 17:5) and his wife Sarai was to be called Sarah (Genesis 17:15). Jacob was renamed Israel (Gen 32:28) when he asked for a blessing. Jesus renamed Simon: "*Blessed are you, Simon son of Jonah, for this was not revealed to you by man, but by my Father in heaven. And I tell you that you are **Peter**, and on this rock I will build my church*". (Mt 16:17-18) Although there is no scripture reference, Saul changed his name to Paul when he converted to Christianity. Note that the meaning of Paul is "small" or "humble" and Paul introduced himself as "a servant of Jesus Christ" or "an apostle of Christ Jesus" in his letters and books in the bible (Rom 1:1, 1 Cor. 1:1, 2 Cor 1:1, Eph 1:1, Col 1:1, Titus 1:1). Popes for generations have changed their names to note their change in position or to honor their role models.

Choosing a confirmation name needs to be a prayerful experience. Your new name in Christ should be someone Christ-filled that you admire and want to emulate. Think about the many saints and people around you who walk with love in Christ that we have for role models. Some of the saints sound so holy it is difficult to imagine ever being that good or perfect. But don't forget, Peter is a saint and he made lots of mistakes. He even denied Jesus three times, but he always asked for forgiveness and Jesus made him the cornerstone of the church. Wow! If Peter can do it, so can you. **It must be a saint's name.** You can pick a saint by their patronage. For example, St. Cecilia is the patron saint of music and St. Vincent DePaul the patron saint of spiritual help. St. Agnes was the patron saint of Girl Scouts and St. George for the Boy Scouts. But before you decide, find out more about that saint. You might want to choose a name by its meaning like Saul probably did. You could also use your baptismal name to reaffirm your baptism and strengthen the connection in your own life between the moment you were first brought to Christ in baptism and this important celebration of your own confirmation in the faith.

A Confirmation name is a permanent reminder that links you, the candidate, with the way in which the mission of Jesus lives on in those special persons recognized by the Church as saints or heroic people in its history. The process of researching the life of a saint can be an enriching part of the preparation program and serve as the basis for reflection on the qualities of a present-day witness for Christ. Ask your family, sponsor, Confirmation Team Leaders, someone in your church family including clergy and Youth Ministry for assistance in choosing a Confirmation name that fits you.

Candidate, when choosing your Confirmation name consider:

- ✦ Who was the saint?
- ✦ What did he/she do to make him/her a saint?
- ✦ What do you admire about the saint?
- ✦ Why did you choose this saint?
- ✦ What qualities does the saint have that you would like to model?

How do I choose a Confirmation Sponsor?

*Every candidate is required to choose a sponsor. The sponsor serves as a witness on behalf of the faithful of the Catholic Church. The person you select will serve as your **mentor and friend**. Your Sponsor should be someone who will support and encourage you during your preparation, at the confirmation celebration, and in your faith life. This person will need to be present for Candidate and Sponsor meeting, and the Confirmation Ceremony. They also are encouraged to participate with the candidate's service projects. **Note:** According to the Church's Code of Canon Law (canons 872-873), parents are not eligible to be sponsors for their own son or daughter. The ministry of the parent and the ministry of the sponsor are intended to be two separate and distinct ministries.*

***Candidate**, below is a list of some simple guidelines for choosing a sponsor:*

- ✦ A sponsor needs to be an **active member of the Catholic Church** and has been fully initiated through Baptism, Eucharist, and Confirmation, be at least 16 years of age, and leads a life in harmony with the Catholic faith. (*Canon Law 893 #1* Catechism for the Catholic Church)
- ✦ Talk to your parents about who can best support you during and after the Confirmation preparation.
- ✦ Consider a person you know who is a **Christian role model**, who truly lives the Good News.
- ✦ Consider a person who **teaches others through their own example** of Catholic Christian living.
- ✦ Consider a person who knows you and is **available to listen and talk** to you about your concerns and questions about your faith and the Church.
- ✦ Consider a person who will be **willing to make the commitment** to be with you at this time and beyond the celebration.
- ✦ Pray about your decision. With God's help, you and your sponsor can be great **spiritual friends**.
- ✦ Consider choosing one of your Godparents, a relative, parishioner, a teacher, or an adult leader who works with youth.

To help share this journey with the Candidate, the sponsor and candidate must meet throughout the formation period. Sponsors will receive a booklet to help them in this role. Sponsors are encouraged to attend the August gathering at St. Rose.

What is the role of the Parents?

“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 their children, and with the help of the catechetical institutions, prepare them for the fruitful reception of the sacraments of Confirmation and the Eucharist. The responsibility of parents is also shown by their active participation in the celebration of the sacraments.” (Rite of Confirmation, No. 3)

Some possible ways to support your candidate in the preparation for the Sacrament of Confirmation are:

- ✠ Attend Sunday and Holy Day Masses.
- ✠ Read the Confirmation Handbook together.
- ✠ Encourage participation in all Confirmation sessions.
- ✠ Participate in Confirmation activities and programs.
- ✠ Be a Christian role model.
- ✠ Assist in selecting service projects.
- ✠ Demonstrate the importance of the sacraments in your own life.
- ✠ Assist in choosing a Confirmation sponsor.
- ✠ Support the Confirmation sponsor and maintain contact.
- ✠ Pray for all confirmation candidates.
- ✠ Discuss the progress of the confirmation preparation.
- ✠ Allow your youth to freely choose the Sacrament of Confirmation.
- ✠ Attend youth ministry activities and offer to assist.
- ✠ Read Scripture and pray together.
- ✠ Make the preparation of Confirmation a priority.

Reconciliation

To receive Confirmation one must be in a state of grace. One should receive the Sacrament of Reconciliation in order to be cleansed for the gift of the Holy Spirit.

You can receive the Sacrament of Reconciliation on Saturdays at 3:15 – 4:15 PM at St. Rose; attend one of the Penance Services offered at church, or by making an appointment with a priest. In trying to genuinely seek forgiveness, we can more fully experience God's unconditional love.

Why do we take time to journal?

For the most part, the Confirmation Formation Program doesn't have a classroom feel. We, as a ministry, recognize that candidates are in the classroom a majority of the time and would rather see each one actively living, learning, and growing in their faith. However, in order to check the progression of each candidate's faith journey and understanding, we do encourage the youth to take time to reflect and journal throughout this preparation time. ***There is no right or wrong answers.*** Honesty and truthfulness to one's faith is the best response to the reflection questions. Write from the heart, not what is presumed that needs to be said. Journaling pages can be found in the back of this program booklet.

Requirements for each journal entry:

- Please type or write clearly
- Put your name on the paper
- Each journal entry should be at least two paragraphs long
- Pray before writing your journal entry- words need to come from the heart in response to God's call
- If you have questions, PLEASE contact Julie or Yolanda at 317-736-6754; jhaney@stroselions.net – yburgener@stroselions.net

Journal Entry I : Decision Reflection (due April)

Please reflect on the following questions and write down your thoughts...

How did you come to the decision to be confirmed?

What does the sacrament of Confirmation mean to you?

What does being a member of the Catholic Church mean to you?

What does being a follower of Jesus mean to you?

What would you include to make this Confirmation Program beneficial to you?

Journal Entry II: Relationship with God (due May)

Please reflect on the following questions and write down your thoughts...

What kind of relationship do you want to have with Jesus Christ?

How committed do you want to be in your Catholic faith?

What things are currently more important than your relationship with God and why?

How can you make a conscious effort to make God a more important part of your life?

Journal Entry III: Faith Conversation (due July)

For this entry, you are to have a **conversation**; you are to discuss their faith life and their **personal relationship** with Jesus Christ with the following people...

- One or both of your parents/guardians
- A high school youth
- An adult, someone other than your parents/guardians and sponsor

A conversation is an informal exchange of ideas, thoughts, opinions, and questions. How this conversation is had is completely up to each individual participant. It may be best, however, to brainstorm questions, thoughts, or ideas before entering into a discussion. Ask open-ended questions that will lead to discussion and avoid “yes” and “no” responses (Use “how” instead of “do you”). It is recommended that you have your conversation in a quiet place, away from any distractions, so that you can give your full attention to the other person. Also, spend a few moments in prayer prior to each conversation.

After each conversation, journal your thoughts on their comments. Please write about how you felt about each experience/conversation. Include some things that were shared or discussed and what you learned from this experience. Please note, however, that if it is personal or confidential that you are to **not** include it in your essay.

After each conversation, please have each person sign and date the attached sheet (this page is in the back of this booklet). Please include this sheet when you turn in your journal entries.

Journal Entry IV: Choosing a Confirmation Name (due August)

Each candidate may choose either a saint name or reaffirm their baptismal (given) name.

According to the Archdiocese of Indianapolis Guidelines on Confirmation, the selection of a Confirmation name must adhere to the following:

*“The candidate may retain his or her baptismal name as their confirmation name when their baptismal name is that of a recognized saint of the Catholic Church. Otherwise, a new name of a recognized saint of the Catholic Church should be chosen. **The confirmation name MUST be that of a recognized saint.**”* (Guidelines, 2006; pg 2)

Candidate, after you choose your Confirmation name please,;

- ❖ *Share three reasons as to why you choose this particular saint.*
- ❖ *Explain how you found this saint (friend, parent, priest, online, etc..)*

How do I know if I am ready for the Sacrament of Confirmation?

Are you willing to learn more about God and actively participate in the program? If so, you need only to be open to how God will strengthen you and continue to be present in your life. Your family, sponsor, and the community are here to help each candidate prepare for this sacrament.

Here are three steps that can help you make your decision to be confirmed:

- **Freely choose to be confirmed and make your desire known.**
 - Your family and friends can assist and pray for you during the decision making process, but ultimately the choice is yours.

- **Practice your Catholic Faith.**
 - Attend Mass on the weekends as well as Holy Days
 - Receive the Sacrament of Reconciliation prior to the celebration of the Sacrament of Confirmation (*Catechism of the Catholic Church 1310*).
 - Pray daily

- **Full participation in the Confirmation Formation Program for the Sacrament of Confirmation.**
 - Read the Confirmation Information Packet
 - Write and turn in your journal entries
 - Complete and submit on time all other required forms
 - Choose a sponsor based on the requirements
 - Meet regularly with your sponsor for instruction and discussion
 - Read, study, and choose to freely understand your faith
 - Participate fully in your Confirmation retreat experience
 - Attend the mandatory Confirmation classes
 - Choose a Confirmation name that meets the requirements
 - Receive the Sacrament of Reconciliation prior to the celebration of the Sacrament of Confirmation
 - Perform 20 hours of Christ service prior to receiving the Sacrament of Confirmation

CONFIRMATION INFORMATION SHEET

Confirmation Date: Thursday, October 6, 2016

Confirmation Candidate's Name: _____

Baptismal Information

Name as displayed on Baptismal Certificate: _____

Church Name: _____ Date of Baptism: _____

Church Address _____
Street Address

_____ City State Zip

Parent Information as shown on Baptismal Certificate

Father's Name: _____
First Last

Mother's **MAIDEN** Name: _____
First Last

****If Confirmation Candidate was NOT baptized at St. Rose or Holy Trinity,
please attach a copy of baptism certificate.****

Sponsor's Information

Sponsor's Name: _____
Title* First Last

Sponsor's Address _____
Street Address

_____ City State Zip

_____ Home Parish Phone Number

_____ Email Address

The Formation Program recommends **20 total hours of service. It is recommended that some portion of your service hours be completed with your family, your sponsor, and on your own. Service needs to be completed before September 25, 2016. Please make sure to fill out each section of this log. All service hours need to be accompanied by a signature of the person you performed the service for. Should you have any questions, please contact Julie or Yo**



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