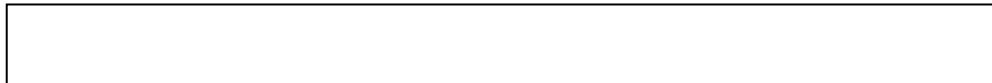




"I have called you by name;  
You are mine"

- Isaiah 43:1

## Confirmation Packet



2010-2011

Sacramental Preparation for the Rite of Confirmation  
Sacred Heart Catholic Church



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**REGISTRATION DEADLINE: September 19, 2010**

## INFORMATION ABOUT THE SACRAMENT OF CONFIRMATION

Confirmation brings an increase and deepening of baptismal grace: It roots us more deeply in the divine filiation, which makes us, cry, "Abba! Father!"

- It unites us more firmly to Christ and increases the gifts of the Holy Spirit in us
- It renders our bond with the Church more perfect (whole)
- It gives us a special strength of the Holy Spirit to spread and defend the Faith by works and actions as true witnesses of Christ, to confess the name of Christ boldly, and never to be ashamed of the Cross

### How do I know if I'm ready?

None of us are ever ready, worthy or deserving of a sacrament. But:

- You need to be open to how God will strengthen you and continue to be present in your life
- You can make an effort to be prepared to celebrate Confirmation in a way that shows sincerity
- You can participate all the way, making your responses come alive and keeping your eyes and ears ready to see what God is doing in your life

The community - parish, parents, sponsors, and the team - is also here to help you feel prepared.

### What is required of me in this journey to Confirmation? You are asked to...

1. **Select a Sponsor** who will walk with you and help you in your journey to celebrate Confirmation. Each candidate is asked to choose an adult member of the greater Catholic community to act as a sponsor during the Confirmation journey. The Sponsor represents the Catholic community and should be seen as a life-long role model and guide for the Candidate. **Sponsors selection guidelines**
  - According to Cannon Law, Sponsors must be **Confirmed Catholics** of "16 years of age to take on the function of a sponsor". That means that **the sponsor must be 16 years of age as of September 1, 2011**
    - Sponsor should be active in his/her faith and Christian life. Active participation means that the sponsor **regularly attends Mass** and is involved in the life of their parish and - most importantly - his/her faith formation
    - A Sponsor is preferably the Baptism Godparent or someone outside the immediate family. Parents may not be sponsors. Consider a parishioner.
2. **Attend** the Rite of Enrollment Mass as designated in the calendar.
3. **Experience** a process of learning programs (sessions) that will help you to grow in faith and be ready to celebrate the Rite of Confirmation.
4. **Celebrate** the Sacrament of Reconciliation.
5. **Write a Reflection** on the life of a **Catholic saint** that will be your model during this process .
6. **Complete** 20 hours of Parish Ministry service **and Write** a reflection on that service project.
7. **Attend** the Confirmation rehearsal prior to the celebration of the Sacrament -- Sponsors are encouraged to attend all parent sessions and the rehearsal if available to do so. If not available, parents or other family member should plan to attend.

### Who do I contact if I have questions?

- Marissa Mills, Director of Religious Education, 445-2905 xt. 12 or email: [shcdre@yahoo.com](mailto:shcdre@yahoo.com)

# CANDIDATE AND PARISH COVENANT

- A covenant, in its most general sense, is a solemn contract or similar undertaking

## The Candidate and Parents

## The Parish

I understand that deciding to enter the Confirmation preparation program is an important decision requiring study, prayer and purposeful participation.

The parish will support you with the materials and information necessary for the preparation program.

I will do my best to take this decision seriously and will participate and support my companions on this journey by asking questions and sharing my thoughts and opinions. I will strive to be engaged in my words and actions for my benefit and for the benefit of my peers.

The program coordinators, catechists, program, parish staff and the parish community will pray for you and your fellow companions so that you may continue to grow in the power of the Holy Spirit.

I have been told about and understand that a retreat is a required element of the process. Should a serious situation arise regarding my attendance, I will contact the Director of Religious Education (with sufficient advance notice) and we will come to a resolution together.

The program coordinators, catechists, and program team are here to help you grow in your awareness of how the Holy Spirit is active in your life.

I understand that if I miss a session, I will need to contact my catechist. My catechist will send me the materials necessary to make up the session - this includes a written reflection due *within 1 week* of missing the session.

I understand and agree to the service ministry portion of the program that includes 20 hours of service and a written reflection.

I will do my best to pray every day to encourage my growth in and understanding of the Holy Spirit. Further, I will participate in Mass each week. I understand that doing so will help me celebrate more fully in the Sacrament of Confirmation.

I understand that the Confirmation preparation program is entered into *voluntarily*. It is understood that those who attend do so because they want to.

# CATECHETICAL GUIDELINES FOR THE CONFIRMATION PREPARATION PROGRAM



## CONFIRMATION

*The sacrament of Confirmation is the completion of baptismal grace. For “by the sacrament of Confirmation, [the baptized] are more perfectly bound to the Church and are enriched with a special strength of the Holy Spirit. Hence they are, as true witnesses of Christ, more strictly obliged to spread and defend the faith by word and deed.” (Catechism #1285).*

Confirmation at Sacred Heart Church is **approximately an eleven month process**. The first year is focused on reinforcing the candidate’s knowledge and understanding of the principals, precepts, and commandments of our Catholic faith. The final year is focused on exploring the candidate’s personal faith and beliefs while journeying with the class toward full initiation into the church. Preparation for Confirmation culminates in the student’s conscious decision to live out his/her Catholic faith commitment.

### **A candidate for reception of Confirmation should meet these expectations:**

- Must be (at least) entering the 9<sup>th</sup> grade to enroll in the the program or have received the equivalent years of preparation in religious education.
- Must have received the sacraments of Baptism, Eucharist and Reconciliation before receiving Confirmation.
- Select a sponsor within the first few months who will journey with them through the remaining education process, participating in formation sessions.
- Full Participation in the scheduled Confirmation Weekend

### ***Guidelines for families with children in Religious Education at Sacred Heart Parish:***

#### **Religious Education program:**

- ❖ Consistent attendance at Confirmation classes from September to May
- ❖ Consistent attendance at Sunday Mass
- ❖ Attendance at all Sacramental Preparation sessions as scheduled in the Calendar and Confirmation Packet.
- ❖ Submit reflections, reports or documents to the DRE office as specified in the Calendar and Confirmation Packet



## **SAINT REFLECTION - Confirmation candidates**

**DUE: February 13, 2011**

### **History behind the Confirmation Name**

The tradition of selecting a saint's name for Confirmation grew out of a pre-Vatican II practice that asked Confirmandi to select a Saint's name to be invoked during the Rite of Confirmation. Some of your parents and grandparents may have been required to do this. However, since Vatican II, this practice is no longer a requirement of the Rite of Confirmation. The Church invites Candidates to keep the name given to them at Baptism or select a Saints name that has meaning to the Confirmation Candidate.

### **The Saint Reflection**

Whatever name you decide on, your own name or that a favorite saint, we ask that you explore how this holy person, this saint, offers you witness to walk more closely with Christ during the Confirmation preparation process. Find out if you were named after a beloved family member or favorite saint; or, research the roots of your name as a derivative of a Christian name.

### **Confirmation Name**

If you intend to take another name for Confirmation, state it explicitly in your reflection:

1. For Confirmation, I am taking the name of ... because **OR**
2. For Confirmation, I am affirming my Baptismal name of ... because

### **Guidelines for writing your Saint Reflection** (1 page maximum, please)

- Start with: For Confirmation I am taking/affirming the name...
- Provide a brief summary of their life. (1 paragraph maximum!!)
- Why did you select this Catholic saint?
- How can the life of this saint be a model of faith and commitment to you throughout the Confirmation process?
- Please - do your best to write a genuine, reflective, original work - not a cut and paste job off the internet.

# MINISTRY TO OTHERS: BEING MELLOW OF HEART

## HOURS DUE & REFLECTION DUE:

April 10<sup>th</sup>, 2011- Hours Due

November 1<sup>st</sup>, 2011 – Reflection Due

The rationale behind this requirement is to encourage the Candidates for Confirmation to become mellow of heart and spirit. Sanctity has to do with gratitude. To be a saint is to be fueled by gratitude; nothing more, nothing less.

Fr. Gustavo Gutierrez, OP, has said that our task as Christians is to transform the world through love and justice. And, only one kind of person transforms the world spiritually—one with a grateful (mellow) heart.

To serve, then, is a true gift for both the recipient and the giver. It is important not only to listen and understand the Word of God, but also to apply the lessons learned. This is essential to living as a Christian and following Jesus' footsteps.

The connection between Confirmation and service is this: That each confirmed Christian has a calling and a responsibility to serve as a living example of Jesus' teachings - to serve one another with mellowness of heart. God calls us to serve and we say, "Here I am, Lord!"

This is also an opportunity for the candidates to explore ways in which they can be of service to our parish and the community at large.

### **Guidelines & Requirements:**

1. 20 Hours are due on or before the weekend April 10<sup>th</sup>, 2011 and the reflection due on or before the weekend of November 1<sup>st</sup>, 2011
2. All documented Ministry hours will be honored
3. It is the Candidate's responsibility to fulfill the requirements of this project
4. Service should reflect a presence of any Ministry at Sacred Heart Parish, Groton, CT. Those Ministries include, but are not limited to : ***Student Catechist for Faith Formation , Assistant for Children's Liturgy at 8:30 am Liturgy, Position of Greeter and/ or Usher during weekend liturgies, Help out with First Reconciliation and/ or First Communion Retreats and / or Parent Meetings as well as Altar Serving.***
5. Service should be done with a willing, mellow heart and carried out in a generous spirit

### **Reflection Questions and Guidelines:**

1. What was your service project(s)? - 1 paragraph
2. Describe your experience/s. Was it a new experience?
3. Was it difficult/easy? Do you think you made a difference?
4. What did you learn about yourself in doing these projects?
5. Has this ministry experience enhanced your understanding of Confirmation?



