

Our Lady of Mercy Catholic Parish
L.I.G.H.T. Senior High Youth Ministry

Sacrament of Confirmation

Family Guidebook

(for Candidates & Parents)



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“...Confirmed by the gift of the Spirit, that they give witness to Christ by lives built on faith and love...”

General Intercession from the *Rite of Confirmation*

Congratulations! Your child has chosen to prepare for the sacrament of Confirmation. You have been journeying with your son or daughter in this adventure of life and faith for quite a stretch. This is an important part of the road you are traveling; a chance to stop and view where you have been, where you are and where you are going both in your own life of faith and together with your child. As a parish community, we strive to support you and your family as you share life and faith with your adolescent.

This guidebook is a resource, a “trail guide” for your continuing journey with your young person. It is our hope that you will gain a few new insights and understandings about your teenager and your relationship with him or her. We offer an understanding of Confirmation that is based on the *Catechism of the Catholic Church*. In addition, Scripture reflections accompany ways that you can share faith with your teenager during the Confirmation preparation process. You will also find guidance in helping your child choose a sponsor for Confirmation.

Blessings for the journey!

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What is Confirmation?

The Sacrament of Confirmation....

- welcomes us and deepens our belonging to the faith community
 - deepens our relationship to God, as Creator, Redeemer and Spirit
 - strengthens us as disciples
- ❖ **A Sacrament is part of the way that God loves us and calls us.** A sacrament is God's love expressed as free, undeserved gift.
- The Gift within Confirmation is that of strengthening us for discipleship and deepening our belonging to the faith community through the Trinity.
- ❖ **God uses visible signs to communicate invisible love.** To communicate God's love, God uses our senses: eyes, ears, touch, smell, and taste, and elements of our world.
- In Confirmation, the signs we will celebrate include being anointed with oil and the laying on of hands as we remember the water of Baptism and the nourishment of Eucharist.
- ❖ **God calls and invites; we respond.** An attitude of openness communicates a "yes" to God's invitation to a deeper relationship. This "yes" does not mean we know that we will always be faithful or that we are worthy of the gift. "Yes" means we are open to be strengthened by God who calls and loves us.
- In Confirmation, we have the opportunity to say "yes" through the various responses in the prayer.
- ❖ **The community witnesses to and celebrates the sacraments.** A sacrament is a powerful sign that God is alive and present in the world. As Church, we are called to be sacrament, that is to be God's hand and healing touch in the world. At the same time, we celebrate the sacraments as our most important prayer. This community that celebrates sacraments is global, reaching to other faith communities throughout the world and joined in a common bond. The community is also local as a diocese or archdiocese, as a parish and as a community of faith in families.
- In Confirmation, the community witnesses our celebration and provides a sponsor who represents the love of the community for us.

Canon Law on the Sacrament of Confirmation

The faithful are obliged to receive this sacrament at the proper time. Parents and pastors of souls, especially pastors of parishes, are to take care that the faithful are properly instructed to receive the sacrament and come to it at the appropriate time. (Can. 890). To receive Confirmation licitly outside the danger of death requires that a person who has the use of reason be suitably instructed, properly disposed, and able to renew the baptismal promises. (Can. 889 §2)

Worksheet #1 for Parents and Candidates

Confirmation *welcomes* us as a sacrament of initiation.

- Confirmation is linked to Baptism and Eucharist.
- Confirmation is part of our initiation into the faith community.
- Confirmation honors the spiritual maturity of the individual.

Scripture Reflection

Each of you is a Son and Daughter of God because of your faith in Christ Jesus. All of you who have been baptized into Christ have clothed yourselves with him. There does not exist among you Jew or Greek, slave or freeman, male or female. All are one in Christ Jesus. Furthermore, if you belong to Christ you are the descendants of Abraham, which means you inherit all that was promised.
(Galatians, 3:26 - 29)

* Reflection

How has your Baptism shaped your life?

► With Your Teenager

- Celebrate the anniversary of his or her Baptism by remembering it in a special way — with a card, a special meal, a prayer with the family, a simple gift.
- Share how your Baptism has made a difference in your life.
- Pray for family members, pray together for the young people in the Confirmation preparation program.

Worksheet #2 for Parents and Candidates

We are Confirmed in the name of God the Creator, the Redeemer and the Holy Spirit.

- Confirmation is part of the welcoming initiative of God the Creator.
- Confirmation unites us more firmly to Christ.
- Confirmation strengthens us with the Holy Spirit.

Scripture Reflection

Jesus left Galilee and went to the Jordan River to be baptized by John. But John kept objecting and said, "I ought to be baptized by you. Why have you come to me?"

Jesus answered, "For now this is how it should be, because we must do all that God wants us to do." Then John agreed.

So Jesus was baptized. And as soon as he came out of the water, the sky opened, and he saw the Spirit of God coming down on him like a dove. Then a voice from heaven said, "This is my own dear Son, and I am pleased with him." (Matthew 3:13-17)

* Reflection

How has the Spirit been present in your life?

► With Your Teenager

- Talk with your son or daughter about how God has been a part of your life, about the actions and values of Jesus which draw you to him, and about who the Spirit is to you.
- Have your son or daughter share his or her thoughts about these things with you as well.
- Together participate in the ritual celebrations of the community – for example, Stations of the Cross, parish Lenten mission, a Baptism.
- Be willing to enter into discussion about differing values and guide your son or daughter in reflection on how Christian moral values can guide his or her decision-making.

Worksheet #3 for Parents and Candidates

Confirmation strengthens us for discipleship, mission & witness to our faith.

- Confirmation empowers us to witness to our faith.
- Confirmation links us to the ministry of Christ and mission of the Church.
- Confirmation initiates young people into the adventure of discipleship.
- Preparation for Confirmation is a moment of conversion which includes celebrating the sacrament of Reconciliation.

Scripture Reflection

When the day of Pentecost came it found them gathered in one place. Suddenly from up in the sky there came a noise like a strong, driving wind which was heard all through the house where they were seated. Tongues as of fire appeared, which parted and came to rest on each of them. All were filled with the Holy Spirit. They began to express themselves in foreign tongues and make bold proclamation as the Spirit prompted them. (Acts 2:1-4)

* Reflection

The apostles were strengthened with the Spirit to proclaim the Good News of Jesus. How have you been a witness to Jesus' presence in the world?

► With Your Teenager

- Share how you have read the Good News through the actions of his or her life. Be specific.
- Affirm the healthy, life-giving choices of your son or daughter.
- Encourage him or her to identify qualities of good friendships.
- Introduce your son or daughter to the local "heroes" and "heroines" who exemplify discipleship.

Worksheet #4 for Parents and Candidates

Confirmation is a celebration of the community of faith.

- Confirmation joins us to the ministering community.
- Confirmation is received by individuals and celebrated as community.
- Preparation awakens a sense of belonging to the universal Church and local parish.
- Preparation includes a sponsor who represents the wider faith community.
- Preparation provides an opportunity to partner with families as communities of faith.

Scripture Reflection

The body is one and has many members, but all the members, many though they are, are one body; and so it is with Christ. It was in one Spirit that all of us, whether Jew or Greek, slave or free, were baptized into one body. All of us have been given to drink of the one Spirit. Now the body is not one member, it is many... You, then, are the body of Christ. Every one of you is a member of it.
(1Cor 12:12-13, 27)

* Reflection

What is the gift that you as a parent bring to this parish community?
How have you been blessed by the gifts of others in your faith community?

► With Your Teenager

- Talk about a special gift that you see he or she has to offer; share how you have experienced that gift.
- Talk about how you see yourselves as a members of the Body of Christ — the challenges of membership as well as the joys.
- Share one or more examples of life-giving relationships of which you have been a part.
- Discuss possibilities for your son or daughter being involved in the various ministries of your parish.
- Participate as a family in community service activities — keep a photo journal of your experiences.

Our Lady of Mercy LIGHT Youth Ministry Confirmation Preparation Program

Here are the details on the OLM Confirmation Preparation Program for high school teens:

Acceptance into Preparation Program

Teens will need to have completed ALL requirements from the LIGHT program before they can attend the sacramental program. A Letter of Intent must be returned by the designated deadline. This letter must be complete with a Confirmation Name and Sponsor chosen. Also, the candidate must have been baptized and received the sacraments of Holy Communion and Reconciliation.

Once accepted the teen Candidate will do the following:

- 1) Attend the Kick-Off Seder Meal event along with their Parents and Sponsor.
- 2) Attend the 5 Preparation Courses held in the PLC. Candidates need to attend ALL sessions. Contact your individual Facilitator with any questions (see listing of facilitators). *
- 3) Complete the Saint Report and return to your mini-course facilitator by the last session. *
- 4) Attend the Discovery Retreat
- 5) Attend with their Sponsor (or a parent if the sponsor cannot attend) the Interview/Faith Conversation held in August/September.
- 6) Attend the Rehearsal and Ceremony in the fall. Exact dates TBA.

* Please note that Candidates must return the Saint Report and complete the preparation course before they can continue with the Discovery Retreat held in the summer.

Prayer for Youth

Loving Creator God,

I pray today for youth in our community and throughout the world.

- *Bless them with security and strengthen me to keep youth safe.*
- *Bless them with vision and guide me to share.*
- *Bless them with hope and inspire me to dream.*
- *Bless them with courage and challenge me to stand for my faith.*

Increase within our youth the Spirit of Christ that they become signs of your love and leaders in hope, for justice and peace.

Unite our youth, with all of your creation, in a song of love to you in thanksgiving for the wondrous gift of life.

For youth preparing for Confirmation, for parents and for all those who work and walk with youth, I pray that they experience all of the peace, love and support they need to guide them ever closer to your generous heart.

I ask this in Jesus name.

Amen.

