

**St. Catherine of Alexandria Church
Teen Confirmation Process
Handbook**



St. Catherine of Alexandria

Parish Community Mission Statement

One God, One People in Christ, One community of love
guided by the Holy Spirit to impact lives.

Focus for Confirmation

“Preparation for Confirmation should aim at leading the Christian toward a more intimate union with Christ and a more lively familiarity with the Holy Spirit – his actions, his gifts, and his biddings – in order to be more capable of assuming the apostolic responsibilities of Christian life. To this end catechesis for Confirmation should strive to awaken a sense of belonging to the Church of Jesus Christ, the universal Church as well as the parish community”. (Catechism of the Catholic Church #1309)

St Catherine of Alexandria Parish Teen Confirmation Process Handbook

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Section One: *Confirmation Policy of the Diocese of San Bernardino #800.4.11*

Policy

Each parish will provide catechesis for the Sacrament of Confirmation for baptized Catholic adults and youth.

Implementation for youth

1. Within the Parish youth ministry program, all parishes will offer a two-year process of catechesis for the preparation of the sacrament of Confirmation.
2. The candidate will be 16 years of age by April 1st of the year of Confirmation.
3. There is to be one sponsor for Confirmation. The sponsor will be a fully initiated Catholic (has received Baptism, Confirmation & Eucharist) and be at least 18 years of age.
4. To perform the role of a sponsor, a person will fulfill the conditions prescribed in Canon #874 of the Code of Canon Law. (Canon #874 is cited in the Sponsor Section Seven of this handbook)
5. Those being confirmed (Confirmandi) may not serve as liturgical ministers during the Celebration of the Sacrament.
6. The catechesis for Confirmation is inspired by the baptismal catechumenate found in the *Rite of Christian Initiation of Adults* (1988). Parishes should present catechesis which includes instruction on the Rite of Confirmation and its basic symbols: The imposition of hands, the anointing with Sacred Chrism, and the words of the sacramental formula. Catechesis will also ensure that parents and sponsor are involved in the catechetical preparation of their children for Confirmation.
7. Youth who are attending Catholic High School and have daily Religious instruction will provide evidence that they are active, participating member of the parish community in which they are seeking to be confirmed. They are to participate in the sessions of immediate catechesis (second year) for the preparation of the sacrament offered by the parish that may include retreat experiences. Parents and sponsors of youth in Catholic high school are to participate in parent/sponsor formation provided by the parish in preparation for this sacrament.
8. Youth who received Confirmation as infants or where fully initiated through RCIA, may choose to enter into the catechetical process for Confirmation in order to deepen their understanding of their faith and be one with the community of youth seeking Confirmation.

Focus for Confirmation

“Preparation for Confirmation should aim at leading the Christian toward a more intimate union with Christ and a more lively familiarity with the Holy Spirit... To this end catechesis for Confirmation should strive to awaken a sense of belonging to the Church of Jesus Christ, the universal Church as well as the parish community.” (CCC#1309)

Sacramental catechesis is a process of conversion. It is concerned with putting people in touch with the sacramental mystery they are about to celebrate in such a way that they are formed and shaped by that mystery.

Preparation for confirmation is not considered a time to review a summary of all Christian teaching. Rather the preparation for the celebration of the sacrament relies on the scriptures and ritual text for Confirmation.

Confirmation preparation, as sacramental preparation, is a liturgical order that presumes catechesis and participation in and celebration of the rites. For that reason, the preparation for Confirmation relies on the scriptures and ritual text of Confirmation. This is what forms the curriculum for confirmation preparation.

As a sacrament of initiation, Confirmation preparation leads candidates to reflect upon their baptism and the call to live a life of faith empowered by the Spirit to the intimate union and transformation with Jesus at the table of the Eucharist which leads them as disciples to transform the world into the reign of God.

As with all formation in initiation, the sign of continual commitment and maturing in faith is continual participation in the sacrament of the Eucharist.

Components of a Confirmation Preparation Program

A well-designed Confirmation Preparation Program includes participation in the liturgical life of the Church; Catechesis is given for the understanding of living the sacramental life endowed with the spirit; an opportunity is offered to give of oneself in service to others; is a period for mentoring and apprenticing; an occasion for family involvement and a moment of spiritual enlightenment.

A well prepared Confirmation Program should include the following essential elements:

- *Liturgical Formation*
- *Catechesis*
- *Stewardship & Service*
- *Sponsor involvement*
- *Family involvement*
- *Confirmation Retreat*

Liturgical Formation

“They devoted themselves to the teachings of the apostles and to the communal life, to breaking of the bread and to the prayers.” Acts 2:42

Catechesis

“In baptism, the newly baptized receive forgiveness of sins, adoption as sons of God, and the character of Christ, by which they are made members of the Church and for the first time become sharers in the priesthood of their Savior. Through the sacrament of Confirmation, those who have been born anew in baptism receive the inexpressible Gift, the Holy Spirit himself, by which they are endowed with special strength,” ... finally, Confirmation is so closely linked with the holy Eucharist that the faithful, after being signed by holy baptism and confirmation are incorporated fully into the body of Christ by participation in the Eucharist. (Apostolic Constitution on the Sacrament of Confirmation)

Stewardship & Service

“A candidate for Confirmation...must be prepared to assume the role of disciple and witness to Christ, both within the ecclesial community and in temporal affairs.” (#1319 Catechism of the Catholic Church)

Confirmation Sponsor

“Candidates for Confirmation, as for Baptism, fittingly seek the spiritual help of a sponsor. To emphasize the unity of the two sacraments, it is appropriate that this be one of the baptismal godparents.” (#1311, Catechism of the Catholic Church)

In the Diocese of San Bernardino, there is to be only one sponsor for each candidate for Confirmation who is to be at least 18 years of age and is fully initiated Roman Catholic; a person who has received Baptism, Confirmation and Eucharist.

Parishes are to insure that the Confirmation sponsors adhere to the qualifications outlined in the diocesan Confirmation policy and that sponsors are involved in the preparation process of the candidate for Confirmation.

The most important role of Confirmation sponsors is to journey with the candidates and guide them as they prepare to receive the fullness of the Holy Spirit in this Sacrament of Initiation, and to continue to help them live out their mission as fully initiated Catholics especially after the celebration. They are to listen attentively to candidates and affirm their strengths. They are to share in the catechetical sessions, rites, retreats and service projects whenever possible. Sponsors act in the name of the Church; they have the responsibility to witness to the faith through their actions.

Family involvement

“As Christian Families, you not only belong to the church, but your daily life is a true expression of the Church”

A family is our first community and the most basic way in which the lord gathers us, forms us, and acts in the world. The early Church expressed this truth by calling the Christian family a ‘domestic church or church of the home’. (Follow the Way of Love)

Confirmation Retreats

A retreat is a time of spiritual enlightenment, a time of solitude and a time for community building. It is a time for reflection, prayer and meditation. A retreat takes ordinary time and turns in into graced time that renews, challenges and redirects.

Retreat experiences are opportunities for participants to withdrawal from the stresses and distractions of daily life and to reflect directly upon their spiritual call and discern how they respond to God’s call in the varied ways they live their life.

It is suggested that a retreat is provided for those who are preparing to be confirmed. Each parish is to decide the format, number of retreats, time and content that would be best suited for its confirmation candidates.

Source information, Diocesan Handbook of Procedures for the Sacrament of Confirmation

• *St. Catherine of Alexandria Church Policy Adaptations:*

The Teen Confirmation Policy of the Diocese of San Bernardino covers the minimum requirements for each parish in the Diocese to ensure a comprehensive confirmation process. The diocese recognizes that each parish is unique and different and may call for more formation or stricter guidelines in their implementation of this policy. For this reason it allows for the Pastor/Pastoral Coordinator and the Confirmation Coordinator to implement more intensive and more comprehensive guidelines for the Sacrament of Confirmation as long as it does not contradict the policies set forth by the Diocese of San Bernardino.

Listed below are the enhancements and adaptations for the purpose of Confirmation at St. Catherine of Alexandria Parish Community. The number assigned to the adaptation corresponds with the policy number listed for the diocese of San Bernardino previously stated.

- 1 St. Catherine of Alexandria has a three-year comprehensive confirmation process. All teens wishing to be confirmed at St. Catherine of Alexandria Parish must complete three years of formation.
 - The first year of confirmation focuses on: Sacraments, liturgy, Catholic Theology and Catholic social Teachings.
 - The second year focuses on: Discipleship of Jesus, finding God in our everyday lives, Morality, and Saints.
 - The third year focuses on the Sacramental life of the Church, ritual, and the meaning of the Sacrament of Confirmation.
- 2 The policy at St. Catherine of Alexandria is that all candidates must be at least a junior in high school and at least 16 years of age before April 1st.
- 7 Confirmation candidate attends Catholic high school where he/she is enrolled in Catholic religious classes throughout the course of his or her high school education, the process is different. The process for Catholic high school students is explained later in this section.

St Catherine of Alexandria Implementation Policy

Liturgical formation:

All Confirmation candidates regardless of where they are in the process must attend Sunday Mass weekly. The candidate may attend any Mass, they wish.

- Mass Reflection Sheet will be given to each Confirmation candidate at the beginning of each year. On this sheet will be questions regarding each Mass of the month. The form must be completed and signed by a parent or guardian of the candidate. Each form is due the following month or the whole packet by the end of the year. These forms can be mailed or dropped off at the Ministry Center office.

Catechesis:

All candidates must attend classes and required events regularly. In cases where a class or event is missed that event or class must be made up. In the event that a candidate has missed a significant number of classes or events that are not made up, the candidate will be asked to repeat the Confirmation year.

Stewardship & Service:

St. Catherine of Alexandria Confirmation process requires 20 service hours each year. We request that majority of service hours to be done within the parish community. A list of some of the ministries that Confirmation Students can get involved in our parish is listed in Section Six.

Confirmation Sponsors:

All Confirmation sponsors must adhere to all of the requirements listed in Section Seven of this handbook regarding the role of Confirmation sponsors. They also must be committed to journey along with the teenager through the process and be a good Christian witness to their candidate. See section seven for additional guidelines for choosing a sponsor.

Confirmation Retreats:

The policy at St. Catherine of Alexandria is that for each year there will be a required retreat for the appropriate corresponding year. At the end of the Confirmation process each candidate will experience three retreats. **ALL retreat fees must be paid in full one month prior to the day of the retreat.**

Confirmation Names:

At St. Catherine of Alexandria Parish community all teens are encouraged to take on a specific patron saint's name. This name may be of a saint to whom they have devotion or intend to model their life after, that name will be taken as their confirmation name. During the Second year of Confirmation the candidates are asked to research a saint as part of the classes, this is helpful in choosing a confirmation name.

Section Two: Catholic School Students

Policy for Catholic School students:

St. Catherine of Alexandria requires all Confirmation candidates from Catholic schools who wish to be confirmed in our parish to meet the following requirements:

General requirements

- Must be an active participating member in the parish community.
- Attend Mass regularly.
- Receive at least a “C” in all religion classes at the Catholic school in which you attend. (copy of semester report card required)
- Register each year of the process (9th through 11th grade).
- Attend a minimum of One Life Nights per month (September to May) each year.
- Complete twenty hours of community service per year.
- Attend Parent and Candidate meeting at the beginning of each year.

First Year requirements

- Attend first year Confirmation candidate & sponsor retreat experience.
- Attend a minimum of nine life nights, completed service and Mass reflections sheets.
- Attend first year parent and candidate interview.
- Attend Ministry Fair with one parent.

Second year requirements

- Attend second year retreat experience.
- Attend two candidate & sponsor meetings.
- Attend a minimum of nine life nights, completed service and Mass reflections sheets.

Third year requirements

- Attend the third year of Confirmation catechetical sessions.
- Attend the third year retreat experience.
- Attend a minimum of nine life nights, completed service and Mass reflections sheets.
- Attend the two candidate & sponsor meetings.
- Complete a final interview with the coordinator or designated person.
- Attend all matters associated with the Rite of Confirmation

Section Three: Confirmation One - An Overview

Purpose of the First Year:

The first year of the confirmation process is designed to encourage community interaction, deepen knowledge of faith, and explore more deeply the traditions of the Catholic faith. This process allows many opportunities for these three fundamentally important growth experiences to take place. We believe that by participating in this process the confirmation candidate will gain a better understanding of the church and begin to understand his or her baptismal call.

Requirements for Confirmation One

- Attend eight Confirmation Modules
- Attend nine Life nights
- Attend the Sponsor and Candidate Retreat
- Complete twenty hours of service hours
- Attend Ministry Fair with a parent
- Attend scheduled Parent and Candidate meetings
- Attend Parent and Candidate interview
- Recommended to attend Youth Day

- **The Modules**

Each candidate is required to participate in eight modules. These modules are designed to deepen the knowledge of the Catholic faith. Each module will help the candidate to experience a better understanding of what the Catholic Church believes. Attendance is very important in the first year the modules are offered on Sunday or Monday, the candidate only needs to attend once a month. The candidate must sign in at the module to receive credit for attendance. Candidates are required to make up all absences, if the candidate is absent four or more times in the first year they will have to repeat the first year.

The Eight areas we choose to focus on for the first year candidates:

1. Mass & Liturgical Year
2. Creed & 10 Commandments
3. Sacraments
4. Saints & Mary
5. Prayer
6. Bible & Tradition
7. Church & Church History
8. Human Dignity

- **Confirmation Service Hours**

In the first year of confirmation we ask that each candidate complete 20 hours of service to the community. In this first year we would ask that the majority of the service takes place within the Church community. We require that first year candidate and a parent attend the Ministry Fair we host in October, please see the calendar for the date. A list of ministries the candidates can be involved in is included in Section Six.

- **Confirmation Sponsor and Candidate Retreat**

The Confirmation Sponsor and Candidate Retreat is focused on the journey of Confirmation. This retreat takes place at the end of the first year after the candidate has been in the process for some time and the Candidate is hopefully invested in the community. This experience takes the Candidate and their sponsors on a day of prayer and reflection. This is the first and only retreat experience that we ask the sponsors to attend with their candidate. Through this process our hope is that the sponsor gains a better understanding of his or her role and that the Candidate gets a solid idea of what community is and what their role is in the kingdom of God

- **Youth Day**

Youth Day is an opportunity for young people to experience the love of God through the larger church community and to be empowered for their journey of faith. This is an annual L.A. Archdiocese event that welcomes over 15,000 high school students and their chaperones to experience a wonderful day of energetic workshops, great music, good friends, and spirit-filled Eucharistic celebrations, held at the Anaheim Convention Center in February or March.

We at St. Catherine, continue to take large groups of young people each year, with great enthusiasm. We feel the day is well worth the time and cost. First year confirmation candidates can attend at a discounted price. Please see yearly flyer and reservation form for more information.

Section Four: Confirmation Two an Overview

Purpose of the Second Year:

The second year of the Confirmation process is concerned with growing young Disciples of Christ. In this part of the process the candidate will be exploring many aspects of the Catholic faith as it pertains to being a strong Christian witness in the world. The confirmation classes, retreat, service hours and special events will all be directed towards discipleship in Christ. Youth Day is encouraged for all teenagers to attend but it is not required. Confirmation services hours are required for all years of Confirmation.

Requirements for Confirmation Two

- Attend 16/17 Confirmation class sessions
- Attend nine Life Nights
- Attend 2nd year Confirmation retreat
- Complete twenty hours of service hours
- Attend scheduled 2nd year parent and candidate meeting(s)
- Attend both Sponsor and Candidate meetings
- Encouraged to attend one of the mission and communal penance services either during Advent or Lenten season
- Encouraged to attend all services during Holy Week
- Attendance is recommended for Youth Day

Confirmation Two Groups

In the second year of this process the Candidate is placed into a faith sharing group. These sessions are where the focus of the year is explored. In these groups they will have a unique experience of their faith as they learn and share with their peers. These groups take place twice a month either on site at the Ministry Center or Youth House. Each group is assigned two Confirmation Catechists that will journey through the process with the Candidates. All Confirmation Catechists are at least 18 years old; background checked and have completed the required safe environment and mandated reporting training in the diocese. Attendance is very important in the process each year; candidates have sign up for session that best fit their schedule. The candidate must sign in at all sessions to receive credit for attendance. Candidates are required to make up all absences, if the candidate has five or more absences in the year they will have to repeat the second year. Tardiness is being late to sessions by any more than 15 minutes and is considered an absence.

Retreat

The Confirmation Two retreat is a unique experience for the candidate. A retreat experience is a time of prayer and reflection. This retreat hopes to instill the presence of Gods love in the heart of the candidate. This retreat takes place at a retreat facility away from St. Catherine's. The focus of the second year retreat is Discipleship, The Call, The Cross, The Community. This retreat experience is a chance for the candidate to reflect on the journey they have endured. The retreat is filled with lots of experiences that hope to guide the candidate to the journey within. It is a weekend away from the world they know, and hopefully a step closer to the call to Christian discipleship.

Section Five: Confirmation Three an overview

Purpose of the Third Year:

The Confirmation Three process is concerned with the continued call to conversion. The third year Confirmation Process is a comprehensive year of learning and discerning their faith and deciding if they are called to a continued conversion towards Christ. Two sponsor and candidate reflection gathering are designed to encourage a conversion from within the heart of the candidate. The third year retreat that is based on the Paschal mystery is designed to give the candidate one last experience of reflection and prayerful discernment before Confirmation.

Requirements for Confirmation Third Year

- Attend 16/17 Confirmation Sessions (including session after the sacrament of confirmation)
- Attend nine Life Nights
- Attend Confirmation Three retreat
- Complete twenty hours of service hours
- Attend both scheduled Parent and Candidate meetings
- Attend both scheduled Sponsor and Candidate reflection gatherings
- Complete a final year Interview with Coordinator or designated person
- Attend Sacrament of Reconciliation prior to Confirmation
- Attend Confirmation Dinner and Rehearsal with Sponsor and family
- Attend Confirmation Mass
- Recommended to attend Advent or Lenten penance service
- Encouraged to attend all services during Holy Week

Confirmation Third Year Groups

In the third year of the Confirmation Process the candidates will hopefully remain in the same group and will have the same Catechist. These sessions are where the focus of the year is explored. In these groups they will have a unique experience of their faith as they learn and share with their peers. These groups take place twice a month either on site at the Ministry center or the Youth House. Each group is assigned two Confirmation Catechists that will journey through the process with the Candidates. All Confirmation Catechists are at least 18 years old; background checked and have completed the required safe environment and mandated reporting training in the diocese. Attendance is very important in the process each year; candidates have sign up for session that best fit their schedule. The candidate must sign in at all sessions to receive credit for attendance. Candidates are required to make up all absences, if the candidate has five or more absences in the year they will have to repeat the third year. Tardiness is being late to sessions by any more than 15 minutes and is considered an absence.

Confirmation Small Groups Sessions

The Confirmation Third year sessions will be focusing on the Sacramental Life, the Ritual and Meaning of the Sacrament of Confirmation and the Holy Spirit. In these sessions the candidates will also be exploring contemplative prayer as well as what it truly means to be a full, active and concious adult in the Catholic Faith

Retreat

The Third Year retreat is the final retreat experience of the Confirmation process and probably the most important single event that the candidate will experience throughout this process with the exception of the Confirmation Mass. This retreat is the last time that all of the Confirmation candidates who have journeyed together for three years will be in the same place at the same time, sharing the gift of community and prayer until the Confirmation Mass. This retreat experience is a prayerful weekend that hopes to invite the candidates into conversion one last time before Confirmation. This retreat is a journey within the journey and, at the end, hopefully will leave the candidate with graces that will fill him/her for a lifetime.

Section Six: Confirmation Service Hours

“a candidate for Confirmation...must be prepared to assume the role of disciple and witness to Christ, both within the ecclesial community and in temporal affairs.” (#1319, Catechism of the Catholic Church)

In the Confirmation process we ask that each candidate complete twenty hours of service to the community each year. We also hope that through this experience the candidate will be exposed to the wealth of ministry so that when the candidate receives the sacrament of Confirmation he/she will be drawn to a ministry to continue living out their baptismal call. Each year the candidate will be asked to fill out a service hour reflection on the service project they completed that year. All service projects should be completed with reflection and faith sharing. Service is about forming disciples who go out to proclaim God’s reign in the world, service projects are to reflect the call to transform the larger community or world. The following is a list of the ministries within the Parish community that you may choose to become involved in.

Liturgical Ministries:

- Lector in Mass (formal training & approval required)
- Altar Serving (formal training & approval required)
- Ushering at Mass
- Greeter at Mass
- Join a Choir at St. Catherine’s
- Eucharistic Minister (Must be confirmed to be a part of this ministry)
- Liturgical Environment Team
- Life Teen Liturgy Planning Team
- Hospitality Ministry (coffee and donuts after Mass)

Faith formation:

- Nursery
- Preschool
- Children’s Homily
- Elementary Catechist (Must be confirmed)
- Elementary Catechist Aide
- Middle School Catechist Aide
- Faith Formation Wednesday Helper

Youth Ministry

- Life Teen Advisory Peer Team
- Life Teen Liturgy Team
- Life Teen Core Team
- Thanksgiving and Christmas Baskets
- Local Service projects / Mission Trips

Teen Confirmation

- Confirmation Catchiest (must be Confirmed)
- Confirmation Retreat Team Member (must be Confirmed)
- Confirmation Office Aide
- Special Event Aide

Other Parish Ministries

- St. Vincent de Paul Ministry
- Bible Study/ Small faith Communities
- Catholic Mission Outreach
- Ester's Banquet
- Fellowship of Catholic Christian Women
- Knights of Columbus
- Food Bank
- Isaac Society
- Newcomers/Hospitality
- Respect Life
- Social Concerns
- St. Jude Wire Benders
- RCIA Team Member (Must be Confirmed)
- RCIA as Adapted for Children and Family
- RCIA Sponsor (Must be Confirmed for a couple of years)

Ministry Fair

Each year we invite ministry with in our church community to send one or two members of their ministry to give a 5 minute talk to the Confirmation candidates, on why they feel that their particular ministry is important and why they chose this particular ministry and why the teens and parents in the Confirmation process might want to become part of their ministry. This gathering is held in October each year and is required for the first year candidates and parents, and strongly encouraged in the second and third year.

Section Seven: Confirmation Sponsor Guidelines

“Candidate for Confirmation, as for Baptism, fittingly seek the spiritual help of a sponsor. To emphasize the unity of the sacraments, it is appropriate that this be one of the baptismal godparents.” (#1311, Catechism of the Catholic Church)

The sponsor for a candidate of the sacrament of Confirmation has a unique role as teacher, spiritual guide and companion on this journey through the process of confirmation to full initiation within the Church. When choosing a sponsor the candidate should look for someone that the candidate desires to share in that same faith life.

As stated in section one a sponsor must be able to fulfill the conditions mentioned in Canon 874

Cannon Law 874

To be permitted to take on the function of sponsor a person must:

1. Be designated by the one to be Baptized/Confirmed.
2. Be of age – Set by Bishop (18 years of age in The Diocese of San Bernardino)
3. Be a fully initiated Catholic
4. Practicing Catholic (not bound by canonical penalty)
5. Not be the father or mother of the one to be Baptized/Confirmed.

The candidate should be allowed to choose his or her own sponsor. It is the task of the parent to assist your son or daughter to reflect on an adult member of the faith community who has influenced their faith development or who has been an example to them of a person living a faithful life. The candidate should not rush into asking just anyone, but should spend time in prayer and reflection about this invitation, but should be chosen in the first year prior to the retreat. The following are a few items to consider when thinking about different people in your life:

1. Do you feel comfortable talking and sharing with this person?
2. Are you willing to spend time outside of church with this person?
3. Do you look up to and respect this person?
4. Do you feel this person will listen and respect your views and questions?
5. Do you feel that this person will guide and teach you through this process of confirmation?
6. Do you see this person at church and participating within the community?

The following are things to think about:

1. Your sponsor may be your Baptismal sponsor.
2. Your sponsor may be either male or female.
3. Your sponsor must accept the invitation to help you prepare by being a friend, witness and guide.
4. Your sponsor must agree to participate in special meetings, workshops and liturgies, retreats during the process.
5. Your sponsor must be willing to continue to be a friend, witness and guide after your confirmation.

Section Eight: Life Nights:

The purpose of requiring the candidate to attend Life Teen Life Nights is to promote their community involvement. Life Teen “Life Nights” is St. Catherine’s version of the youth group. These spiritual enhancing youth events are a great time for the confirmation candidate to hang out with, pray and share their faith journey with other teens on similar journeys. At Life Nights, we explore more deeply the sense of community and social issues as well as Catholic doctrine. All Life Nights are designed to grow strong Catholic disciples. Each month is divided into three categories, issue, education, and social. On any given month of the year your teenager has the opportunity to experience all three of these styles of youth group. The following is a description of each type of Life Night. Life Nights are coordinated by the Youth Minister and his or her core team members.

Issue Nights:

Issue Nights are an opportune moment for teenagers to explore more deeply many issues that affect their daily lives. These nights combine the teachings of the Catholic Church on issues surrounding teens, with lots of activities and group interactions that will encourage and sponsor growth in the life of your teenager. These Life Nights are filled with small group discussions, activities geared toward the issue, prayer and social interactions. The focus of the Life Teen Issue Night is to explore the issues concerning teens. All prayer services, activities, small group discussions, and social interactions are geared toward the issue for the night. Listed below are a few examples of issues that you might find at a Life Teen Issue Night.

- Sexuality
- Drugs
- Relationships
- The Media
- Lust
- Gossip
- Friendship

Educational Nights:

Educational Nights are a great opportunity for teenagers to explore more deeply the traditions, doctrines, and beliefs of the Catholic Church in a non-classroom setting. Each Life Teen Educational Night is framed just like any other Life Night. There are icebreakers, activities, and group discussions just like any of the other Life Nights. The difference is the theme and focus of the night. For example the Educational Night on Mary Mother of God would include a prayer service or devotion to Mary. Icebreakers, activities and small group discussions would be geared towards this theme as well. There will be ample time for teens to interact with other teens and form friendships. The bottom line is that Life Teen Educational Nights are great Life Nights with a twist of Catholic teachings. Listed below are examples of Life Night topics that you would find at an Educational Night.

- Mary Mother of God
- The Theology of the Body “Pope John Paul’s Writings regarding sexuality”
- The Mass
- The Prayer Life of the Church
- St. Paul the Apostle
- Peter the Rock

Social Nights:

Social Nights are by definition the most pure version of “Youth Group” left. These nights are geared strictly towards teens getting to know each other better in a Catholic community. There is plenty of prayer and activities to lead teens closer to Christ, but the focus of the night is usually geared toward some sort of recreation. This helps teens to experience a Life Night that is all about the community of God and their role in it. The following are examples of Life Teen Social Nights.

- Game Nights
 - Sports Nights
 - Christmas Parties
 - Lenten Journey
 - Catholic Trivia Game Show Night
- ❖ As a candidate you are **required** to attend one Life Nights each month from September to May each year but you are encouraged to participate in all of them. This is an opportune moment to experience an aspect of the life of the church that was chiseled out just for you. Please take this opportunity to grow more deeply in your faith with your peers.
 - ❖ All Candidates must sign in at the beginning of each Life Night, to receive credit for attending the night.

**St. Catherine of Alexandria
Three-Year Requirement Agreement for Confirmation**

I _____ have read the Teen Confirmation Process Handbook and understand that I must complete the requirements for each year of confirmation. I understand that if I do not complete all the requirements for each year, I will be required to repeat the year or this may delay my reception of the sacrament of confirmation.

Confirmation requirements (Parent & Candidate to initial next to each number)

- _____ 1. Attend confirmation class sessions each year of process, **making up all absences.**
- _____ 2. Attend a minimum of nine Life Nights per year.
- _____ 3. Attend confirmation retreat experiences for each year.
- _____ 4. Complete twenty hours of community service and turn in a service hour / ministry reflection sheet each year
- _____ 5. Complete and turn in mass reflection worksheet for each year.
- _____ 6. Attend scheduled parent and candidate meetings each year.
- _____ 7. Attend all candidate and sponsor gatherings for 2nd and 3rd year.
- _____ 8. Complete parent and candidate interview for 1st year.
- _____ 9. Complete a final interview, candidate only in 3rd year.
- _____ 10. Attend Ministry Fair at least once during process, by parent and candidate.
- _____ 11. Choose a confirmed, practicing catholic as a sponsor to accompany me on my preparation journey during my first year.
- _____ 12. Register each year of the process (9th through 11th grade).

We have read and understand the above three-year requirements for confirmation at St. Catherine of Alexandria.

X _____ **Date:** _____
Candidate

X _____ **Date:** _____
Parent / Guardian

Parents Copy – Please retain

**St. Catherine of Alexandria
Three-Year Requirement Agreement for Confirmation**

I _____ have read the Teen Confirmation Process Handbook and understand that I must complete the requirements for each year of confirmation. I understand that if I do not complete all the requirements for each year, I will be required to repeat the year or this may delay my reception of the sacrament of confirmation.

Confirmation requirements (Parent & Candidate to initial next to each number)

- _____ 1. Attend confirmation class sessions each year of process, **making up all absences.**
- _____ 2. Attend a minimum of nine Life Nights per year.
- _____ 3. Attend confirmation retreat experiences for each year.
- _____ 4. Complete twenty hours of community service and turn in a service hour / ministry reflection sheet each year
- _____ 5. Complete and turn in mass reflection worksheet for each year.
- _____ 6. Attend scheduled parent and candidate meetings each year.
- _____ 7. Attend all candidate and sponsor gatherings for 2nd and 3rd year.
- _____ 8. Complete parent and candidate interview for 1st year.
- _____ 9. Complete a final interview, candidate only in 3rd year.
- _____ 10. Attend Ministry Fair at least once during process, by parent and candidate.
- _____ 11. Choose a confirmed, practicing catholic as a sponsor to accompany me on my preparation journey during my first year.
- _____ 12. Register each year of the process (9th through 11th grade).

We have read and understand the above three-year requirements for confirmation at St. Catherine of Alexandria.

X _____ **Date:** _____
Candidate

X _____ **Date:** _____
Parent / Guardian

Confirmation Office Copy – Please return at 1st year interview

