



SACRED HEART *of* JESUS

CATHOLIC PARISH AND SCHOOL

Dear Confirmation Candidates and Parents,

It is with great excitement and anticipation that I welcome you to Confirmation Preparation here at Sacred Heart. Confirmation is the third and final Sacrament of Initiation into the Catholic Church (the first two being Baptism and Holy Eucharist). According to the Catechism of the Catholic Church, “Confirmation is a sacramental outpouring of the Holy Spirit that leaves a permanent imprint on the soul, completes Christian initiation, and empowers us to be witnesses to Christ.” In order to adequately prepare for this outpouring of grace, a certain level of commitment is required from you, part of which is listed below:

- **Our Confirmation Preparation Classes** are based on the Confirmation Outcomes set forth by the Archdiocese, which include:
 - Students will learn about the role of the Holy Spirit, His gifts and His fruits.
 - Students will learn that Confirmation strengthens the baptismal conferral of the Holy Spirit on those Confirmed in order to incorporate them more firmly in Christ, strengthen their bond with the Church, associate them more closely with the Church’s mission, increase them in the gifts of the Holy Spirit, and help them bear witness to the Christian faith in words and deeds through service to prepare for the sacrament.
 - Students will learn that Confirmation increases and deepens the grace of baptism, imprinting an indelible character on the soul.
 - Students will be instructed on the rite of Confirmation and its basic symbols: imposition of hands, anointing with the sacred chrism and words of the sacramental formula. Students will also learn that the bishop is the ordinary minister of the sacrament of Confirmation.
 - Students will be instructed in a developmentally appropriate manner that includes prayer, meditation and retreat experiences. Parents and sponsors will be involved in the catechetical preparation of the students for confirmation.
- **Mark your calendars for Parent & Student Information night which will be held on Sunday, September 13th from 7:00-8:00 p.m. in the MPC (gym).**
- **Confirmation sessions will take place 1-2 times per month from October to April:**
 - **If your student attends Sacred Heart Catholic School:** Confirmation preparation will take place during Religion class with Mr. Nguyen. Mr. Nguyen will communicate ahead of time what dates these classes will be completed and what topics will be covered.
 - **Outside of Religion Class:** There are still some requirements that will need to be completed outside of Religion class, these include completing and turning in paperwork by the due date. Paperwork includes sponsor forms, Saint projects, Baptism certificate and service hour log.

- Catholic School students must also attend the **day-long retreat on Saturday, January 9th and Rehearsal (with Sponsor) in April TBD.**
 - Students who attend Catholic School are welcome to also attend Middle School Youth Ministry on Wednesday nights, while some of the curriculum will be similar, it will be taught in a different way that helps students practice living their faith outside of the classroom.
- **If your student attends public school:** Confirmation preparation will take place during Wednesday night Middle School Youth Ministry. Students will need to enroll and participate in one of our sessions: 4:30-5:45 or 6:30-7:45 p.m. Once or twice a month, 8th graders will be sent to the Middle School classrooms to complete Confirmation specific curriculum.
 - **Outside of Youth Ministry:** There are still some requirements that will need to be completed outside of Youth Ministry, these include completing and turning in paperwork by the due date. Paperwork includes sponsor forms, Saint projects, Baptism certificate and service hour log.
 - All students must attend our **day long Confirmation retreat on Saturday, January 9th and Rehearsal (with Sponsor) on April TBD.**
- **Discerning your Confirmation Sponsor** - According to Canon Law (Can 892), the role of the sponsor is “to take care that the confirmed person behaves as a true witness of Christ and faithfully fulfills the obligations inherent in this sacrament.”
- **Choosing your Confirmation Saint** – Patron saints are chosen as special protectors or guardians over areas of our lives. This saint can help us when we follow the example of that Saint's life and ask for his/her intercessory prayers to God. Candidates will complete two projects, the first a Research Paper on three saints that interest them but ultimately choosing one saint whose name they will take as their Confirmation name and which they will complete a final project.
- **Service Hours and/or Adoration Holy Hours** – To receive the Sacrament of Confirmation, each student is asked to complete 20 hours either doing community service or Adoration Holy Hours or a combination of both. For the Adoration hours, you must sign into the iPad outside of the Chapel for it to count. You can find a copy of the service/Adoration hour log in your packet.
- **In addition to weekly participation in the Eucharist (attending Mass), candidates must participate in ongoing religious education** in order to have a greater understanding of our faith. Parochial school attendance or weekly participation in Sacred Heart’s Youth Ministry fulfill this requirement.
- **Confirmation Date** – The Archdiocese will determine the Confirmation date in the fall. Once we receive the date, we’ll share it with you promptly so you can mark your calendars and inform your family.

Preparation for Confirmation is a time of growth for everyone involved. During this time, the Holy Spirit strengthens individuals, as well as families and entire parish communities. Please know that you are in my prayers as you and your family continue to grow in holiness. If there is anything that I can help you with, or any questions that you might have, please don’t hesitate to contact me.

In Him through Mary,

Jennifer Zans

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