

## ARCHDIOCESAN GUIDELINES

**GOAL OF THE CONFIRMATION PROCESS:** To assist candidates to know, internalize, choose, and live the basics of their faith.

The sacrament of Confirmation completes the initiation which began with Baptism. Baptism is a beginning, a first step in the initiation process, while Confirmation “confirms” the commitment to Christ and His Body, the Church, which was made at Baptism. Baptism celebrates the mystery of Easter – the start of the Church by the followers of Christ; Confirmation celebrates Pentecost, the time when the Holy Spirit came upon the disciples in the Upper Room and thousands were converted to Christ and joined the Church. Baptism focuses on Jesus Christ, while Confirmation focuses on the Holy Spirit. Baptism celebrates the beginnings of faith in Christ. Confirmation invites us to receive the Holy Spirit and, in so doing, be empowered to live and share our faith in Christ in service to the Church and the wider community.

### 1. PARISH RESPONSIBILITY

The preparation for and celebration of Confirmation is a responsibility of the parish under the direction of the pastor, who is responsible to the Archbishop.

### 2. PROGRAM PHASES

The Confirmation program has four phases: the Basic Preparation Phase (religion classes at Wahlert or St. Anthony Religious Education program), the Immediate Preparation Phase (our Confirmation program), the Celebration Phase (the celebration of the sacrament), and the Follow-up Phase (living out the sacrament after we celebrate it.)

### 3. PLANNING

Each parish is responsible for planning its own program. A planning coordinator and team are to be selected.

### 4. PERSONS INVOLVED

#### MINISTERS

- The ordinary minister of Confirmation is the Bishop.

#### CANDIDATES

- **Condition:** To be eligible to receive this sacrament, a candidate must be baptized, properly instructed, have the use of reason and ability to renew his or her baptismal promises. In exceptional cases with persons who are disabled, the faith of the parents expressed at Baptism on behalf of their child could be renewed on Confirmation by these same parents.
- **Age:** The ordinary norm for the Archdiocese of Dubuque will be the minimum age of fifteen (15). St. Anthony Parish invites youth entering their sophomore year in high school to participate in the Confirmation program.
- **Adults:** Adult candidates (above high school age) should receive appropriate catechetical formation, preferably in accord with the catechumenate process and distinct from the formation of younger candidates.
- **Numbers:** The number of persons to be confirmed should not be so great as to preclude the following:
  - The celebration of the sacrament within Mass

- The use of individual sponsors
- The presence of the parish community
- The presence of family, relatives and friends of those being confirmed.
- Records: The fact of the Confirmation is to be recorded in the register of the parish in which the Confirmation took place.
  - Information to be recorded regarding Confirmation includes the name of the minister, parents, sponsors, as well as the date of the celebration. Notation is also sent to be made in the Baptismal Register, or sent to the Church of Baptism.

#### PARENTS

- Parents/guardians are the primary teachers of faith to your children, so your involvement in each part of Confirmation preparation is especially important.

#### TOTAL PARISH

- The entire parish is invited to be involved in each of the four phases of Confirmation.

#### 5. LITURGICAL CELEBRATION

The preparation and celebration of the Sacrament of Confirmation should affect the life of the entire parish.

Immediate Preparation Phase  
2011-2012

**Parish**

-Prayers: The parish community is invited to support the candidates through prayer. Names and pictures of candidates will be displayed in the Gathering Space.

-Liturgy: On October 16th, Candidates will be presented to the community at the 10:30 am Mass for Rite of Enrollment. We will meet at **10:00 am** in O'Malley Hall for a walk through.

-Witness: The witness of confirmed Catholics is important for those who are preparing to affirm their faith.

**Family:**

- Support, Encouragement and Prayer

-Participation: Parents are expected to attend the Parent/Candidate meeting and the parent meeting in January. You are also welcome to be part of the retreat. We need and encourage your help.

**Candidates:**

-Catechesis: Candidates are expected to participate in all of the scheduled gatherings. Attendance at **mass every weekend** is also expected.

Schedule for the Year:

September 11	Candidate/Parent Session
October 12	Fall Speaker for High School Youth
October 16	Rite of Enrollment (meet in OM at 10:00 am)
December 11	Poverty Simulation
January 18	Parent Meeting
February 19	Candidate/Sponsor Gathering (11:30 OM)
February 26, 29 or Mar 1	Attend a Generations of Faith Session
March 30-April 1	CONFIRMATION RETREAT

**Sponsor:**

-Support: The sponsor is asked to attend the sponsor/candidate gathering on February 19<sup>th</sup> as well as meet once every month with their candidate. The sponsors will be given a booklet that will guide them in these gatherings. In the case that the candidate's parents cannot make it to the GOF session, sponsors can sign up in their place.

## Additional Guidelines for Candidates

### 1. Prayer and Spiritual Growth

Besides weekly mass participation, we encourage youth to set aside time for daily prayers. Try out different forms of prayer and see what works for you. See insert with prayer ideas.

### 2. Service

Preparation for Confirmation involves service to the community and church. As members of a faith community, you prepare to assume more responsibility. This year we ask each candidate to participate in *at least* 20 hours of service to your civic community and your faith community between now and the retreat in March. As we continue to grow in our faith hopefully this becomes a way of life rather than a requirement that one has to fulfill. Opportunities will be given to help you fulfill this requirement.

### 3. Letter to the Pastor

Candidates are asked to write a letter to Fr. Rosonke asking to be confirmed. The letter will be written during the retreat.

### 4. Decision

The decision to be confirmed is made cooperatively by the candidate, the parents, the youth formation coordinator, and the pastor.



## Confirmation Checklist

- Parent/Candidate/Sponsor Meeting 9/11/11 \_\_\_\_\_
- Fall Speaker For High School Youth 10/12/11 \_\_\_\_\_
- Rite of Enrollment 10/16/11 \_\_\_\_\_
- Poverty Simulation 12/11/11 \_\_\_\_\_
- Parent Meeting 01/18/12 \_\_\_\_\_
- Candidate/Sponsor Gathering 02/19/12 \_\_\_\_\_
- Generations of Faith 02/26, 29 or 3/1 \_\_\_\_\_
- Registered for GOF \_\_\_\_\_
- CONFIRMATION RETREAT 3/30-4/1 \_\_\_\_\_
- Turned in permission form \_\_\_\_\_
- At least 10 hours of Civic Community Service \_\_\_\_\_
- At Least 10 hours of Faith Community Service \_\_\_\_\_



**WAY TO GO!!!!**

## Endless Ways to Pray

**Form Prayers** – Many of these you may already know. You can also find a list of form prayers in a prayer book or online.

**The Rosary** – If you don't know how to say the rosary, ask a parent or your sponsor. This can be a great way to pray with a community.

**Following Steps** - You can break down the way you pray by going through these four steps: (1) Praise (2) Thanksgiving (3) Contrition (asking for forgiveness and guidance) (4) Petition.

**Meditation** – There are so many different ways you can meditate. There are walking meditations, repetitive meditations, breathing meditations, etc.

**Journaling** – You can journal in many different ways. A few examples are writing a letter to God, free writing, writing a letter to yourself, etc.

**Music** – Music speaks to so many people. Taking time to truly listen to a song and its words can have a profound impact on the soul.

**Yoga** – This can be a time when the body and the soul come together through a series of stretching, breathing techniques and meditations.

**Nature** – Going for a walk or a hike in the many beautiful places of Dubuque and the surrounding area can help us appreciate the awesome power and wonder of God.

**Spontaneous Prayer** – Simply talking to God and letting the Holy Spirit guide your words. This could be to yourself or with a community.

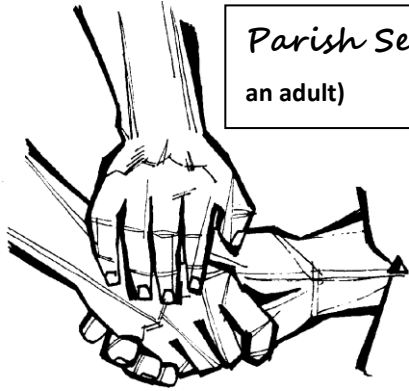
**Adoration / Benediction** – Attending church when they have the Blessed Sacrament exposed. This can be a time of quiet reflection or a time of personal praise and worship.

Many of these different prayer forms can be combined. For example: Taking a walk and saying a form prayer or participating in a walking meditation; listening to music and journaling your thoughts from a song and how it makes you feel; journaling while out in nature; praying the rosary with family or friends, Please contact me for more information regarding any of these prayer forms.

**Praying is about YOU connecting with God and deepening that relationship.  
Experiment to find the best way for you to do this.**



## Called to Serve



*Parish Service:* (please describe the service performed, amount of time, and get a signature from an adult)

*Community Service:* (please describe the service performed, amount of time, and get a signature from an adult)