



## ***Confirmation Handbook 2022-2023***

### **Program Coordinator Contact Information**

Joseph Arseneau  
Director of Faith Formation  
Together As One Area Catholic Community  
1125 11<sup>th</sup> Ave N  
St. Cloud, MN 56303  
Office Phone: 320-251-4831 x212  
Email: [jarseneau@taocatholic.org](mailto:jarseneau@taocatholic.org)

## Table of Contents:

Summary of Confirmation Preparation .....	3
Discipleship Training Sessions: Reflecting on the Content of our Faith .....	3
Mentor Process: Apprenticeship in Faith .....	3
Attendance and Participation .....	3
Community Service .....	3
Retreats – Fall .....	3
Retreat – Spring .....	3
Choosing a Confirmation Sponsor .....	3
Choosing a Confirmation Mentor .....	4
Confirmation Projects .....	4
Student Autobiography: See Appendix A .....	4
Choosing a Confirmation Name: See Appendix B.....	4
Letter to the Pastor: See Appendix C.....	4
Confirmation Interview.....	4
Schoology .....	<b>Error! Bookmark not defined.</b>
Program Coordinator Contact Information .....	4

## Project Pages

Appendix A: Candidate Autobiographies.....	5
Appendix B: Choosing a Confirmation Name .....	6
Appendix C: Confirmation Candidate Letter to Pastor .....	7
Service Hour Reflection Sample: Appendix D.....	8

## Summary of Confirmation Preparation

### Program Goals:

- To empower young people to live as disciples of Christ in our world today.
- To draw people to responsible participation in the life, mission, and work of the Catholic Faith community.
- To foster the total personal and spiritual growth of each young person.

### Discipleship Training Sessions: Reflecting on the Content of our Faith

Discipleship Training Sessions or DTS are classes held on 12 consecutive weeks at St. Peter's. These sessions include large group presentations and small group activities. DTS sessions focus on helping the candidates reflect on their relationship with God and with the Catholic Church.

### Mentor Process: Apprenticeship in Faith

Candidates will choose a mentor and will complete a mentor journal together. The mentor packet is designed to help candidates and their mentors become involved in the life of the parish and reflect on what it means to live a life of faith. Mentors will attend a training during one of the fall DTS sessions.

### Attendance and Participation

Responsible participation in a faith community is central to the sacrament of Confirmation; therefore, it is important that all candidates make every effort to attend all sessions each year. If a candidate knows that they will miss a session, it is their responsibility to inform Lisa and go online to find links to view, download and complete the missed material. *Candidates can miss two sessions for any reason, completing necessary make-up work. Missing three or more sessions may interrupt the candidate's eligibility to be Confirmed in 2022.*

### Community Service

The Church teaches us that it is the responsibility of the baptized to live the Gospel in the world. Christians actively preach and spread the Gospel when they participate in both civic and parish-based activities in a manner consistent with Jesus' example and teachings. As we believe that the sacrament of Confirmation empowers a person to live the faith in a very public way, each candidate in Confirmation preparation is asked to complete 10 hours of service inside of the church and 10 hours of service in the wider community. *See Appendix D for a sample Service Hour Reflection Form.*

### Retreats – Fall

Fall retreats are generally held at St. John's University and employ the Outdoor Leadership Center Staff to facilitate hands-on learning and team building. Retreats are held on both days of the MEA break, one day for young women, and the other day for young men. Presentations on these days will speak specifically to the challenges of living as a young woman or man in our communities. *Make every effort to attend these retreats, even as the timing can be challenging, they make the whole year and Confirmation process more meaningful!*

### Retreat – Spring

Our Spring retreat is held in one of our area parishes and serves as an opportunity for our Together As One parish leaders to connect with the confirmation candidates in a more meaningful way prior to Confirmation. Mentors/Sponsors are invited to attend Mass and a potluck social at the end of the retreat day.

### Choosing a Confirmation Sponsor

Candidates are free to choose their own Confirmation sponsors. Sponsors should:

- *be a confirmed Catholic in good standing and at least 16 years of age (18 for mentors).*
- know the candidate well and be willing to serve as a Christian guide and role model for the candidate.

- be willing to support the young person being confirmed in his/her commitment to living a Christian life.
- be confident enough in their own faith commitment to be able to support a young person in his/her faith commitment.
- Candidates may wish to choose one of their baptismal godparents to be their Confirmation sponsor, emphasizing the important relationship between the two sacraments.
- NOT be a parent of the candidate.
- Sponsors are asked to join the candidates for the Confirmation rehearsal session. If a candidate's sponsor is unable to be present at the Confirmation Mass, a proxy may stand in for him/her.

### **Choosing a Confirmation Mentor**

Candidates are free to choose their own Confirmation mentors. Confirmation mentors must be confirmed Catholics practicing the Catholic faith. Parents CAN be Confirmation mentors. Mentors will be asked to attend one DTS session in the fall, to learn about their role as Confirmation mentors. The Confirmation Mentor and the Confirmation Sponsor can be the same person, but sometimes it can be easier for the candidate to choose a mentor from the local community to avoid travel challenges for meetings.

### **Confirmation Projects**

*Student Autobiography: See Appendix A*

Confirmation is a Sacrament of Initiation. That means that in Confirmation you are welcomed into the Catholic Church, and more specifically, into your parish community. Sometime prior to your Confirmation Retreat, we'll ask you to fill out an autobiography sheet. Then, we'll post your autobiographies and pictures in church. At that time, we'll also ask parishioners to pray for you as you continue in Confirmation preparation.

*Choosing a Confirmation Name: See Appendix B*

Confirmation Guidelines from the Diocese of St. Cloud encourage candidates to choose their

baptismal name for their Confirmation name. The use of the candidate's baptismal name can serve to further emphasize the threefold process of Christian initiation: Baptism, Confirmation, and Eucharist. However, if a new name is chosen, it should be that of a *biblical figure* or a *Christian Saint*.

*Letter to the Pastor: See Appendix C*

Confirmation candidates are asked to write a letter to their pastor prior to Confirmation. Candidates will explain how they seek to continue to grow in their faith and how they see the gifts of the Holy Spirit working in their lives.

*Confirmation Interview*

About a month before Confirmation, candidates will attend an interview with a parish representative. Interviews have multiple goals: 1) to show the candidate support from the parish 2) to give an opportunity for candidates to show their readiness for Confirmation; and 3) as a time to review completion of elements and paperwork.

### **Program Coordinator Contact Information**

Joseph Arseneau  
 Director of Faith Formation  
 Together As One Area Catholic Community  
 1125 11<sup>th</sup> Ave N  
 St. Cloud, MN 56303  
 Office Phone: 320-251-4831 x212  
 Email: [jarseneau@taocatholic.org](mailto:jarseneau@taocatholic.org)

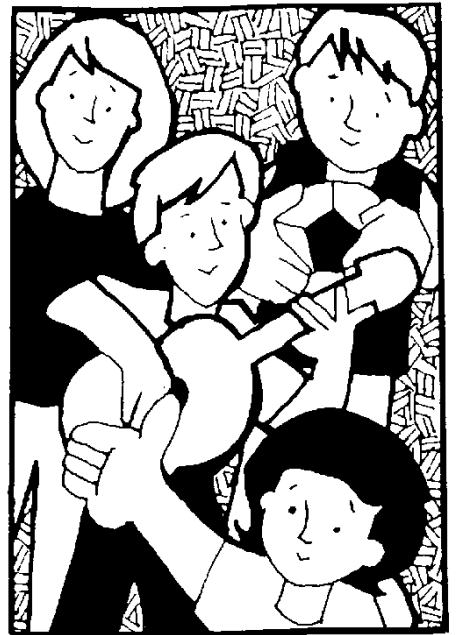
Call with questions. Joe or Nicky 320.251.4831 x212  
 Confirmation Website: [www.taocatholic.com/confirmation](http://www.taocatholic.com/confirmation)

## Appendix A: Candidate Autobiographies

Confirmation is a Sacrament of Initiation. That means that in Confirmation you are welcomed into the Catholic Church, and more specifically your particular parish of membership. In order to help the parishioners of our churches know who you are, we're going to post your autobiographies and pictures in church. Then, we'll ask parishioners to pray for you as you continue in Confirmation preparation. Please write about yourself on the form provided and return it to the Parish Office or to Confirmation class.

We will post exactly what you submit, so be sure you answer the questions in full sentences. For example, under hobbies and activities, write "I like to spend my time playing basketball with the varsity team at Tech; competing in the comedic category for speech, and singing soprano in the chamber choir" instead of: "basketball, speech and choir".

1. Name (first name only please)
2. Parish
3. Hobbies or Activities – Talk about the places and people where you spend most of your time.
4. What school do you attend, and what grade are you in?
5. Tell us something about your family.
6. Where would we see you at church? (For example, which Mass do you attend? Do you read or sing at Mass? Do you go to Men's Breakfasts? Do you help your parish by visiting sick people in the hospital? Do you go to Youth Group?)
7. Who is your sponsor? Why?
8. **Remember to attach a labeled picture of yourself!**



## Appendix B: Choosing a Confirmation Name

Choosing a new name for Confirmation is an ancient and honorable tradition. Taking a new name can be symbolic of a new stage in life. Many of your parents probably participated in this tradition when they were confirmed. It follows in the scriptural tradition of the famous phrase, "I have called you by name (Isaiah 45: 3-4)." In the Hebrew Scriptures, Abram became Abraham, and Jacob became Israel. In the New Testament the tradition continued when Simon was renamed Peter by Jesus (Matthew 16:17), and Saul called Paul (Acts 13:9) by the early Christian community.

Since Vatican II, this is no longer a mandatory practice of the Rite of Confirmation. The Church now invites Candidates to reclaim the name they received at Baptism. This follows since Confirmation is, as taught, the fullness of the Sacrament of Baptism.

If you choose a Confirmation Name, this will be the name the Bishop uses when he confirms you. As you consider adopting a new name for yourself, use these criteria in your judgment:

1. Do research on the history of your name and any other names you might be considering. Is there someone you were named after? Is there a family history to your name? Are you named after a saint? Look for a list of patron saints to see which saints align with your interests or personality.
2. Pray and let the Holy Spirit guide your research.
3. Pick a name that reflects a virtue or value you wish to aspire to. This may be reflected in the person who has that name (it may be a saint or a relative).
4. If you are choosing a saint, research that saint's life well. Use books and on-line

resources. Come to know that saint as if s/he were an old friend.

For your use:

- I have chosen the Confirmation Name  
\_\_\_\_\_
- The reason I chose this name is...

## Appendix C: Confirmation Candidate Letter to Pastor

so as to keep your faith real and alive in the future?

Write a letter to Fr. LeRoy Scheierl or Fr. Timothy Gapinski. Write your letters from the heart but use the following questions as prompts for your writing. Please use full sentences and correct punctuation. More guidance for letter writing can be found below.

- Tell something about your family, your background, your interests, etc.
- What did you learn about yourself this year as you attended DTS sessions?
- What did you learn about your faith over the past year?
- Tell something about your experiences with Confirmation preparation:
  - What did you do for your service hours? What did you learn about yourself, others, or your faith?
  - Who was in your small group for DTS? Who was your small group leader? What did you learn from him/her? What stood out to you from the instruction during DTS?
- Talk about how you understand Confirmation:
  - What does being confirmed mean to you?
  - What does being a member of this parish community mean to you?
  - Why do you want to be confirmed?
- Talk about your Catholic Faith:
  - What does your faith mean to you?
  - What does it mean to you to be Catholic?
  - What role do God and your faith in God play in your everyday life?
  - How will you participate in our parish community after you receive the sacrament of Confirmation?
- Share your future faith plans:
  - How you plan to continue your commitment to the Catholic Church, under the inspiration of the Holy Spirit,

### Letter Writing Format

1. You may either type or neatly handwrite your letter.
2. Start the letter with a salutation, i.e. "Dear Fr. Timothy," Skip a line then continue:
3. In the first paragraph, to introduce yourself.
4. The following paragraphs should address some of the questions above.
5. In the final paragraph, tell how you hope to live out the commitment to Jesus and the Church which you make in Confirmation.
6. Use a correct closing, such as "Sincerely yours" or "Sincerely".
7. Sign or type your name.
8. Hand in our letter or send it in via email (lisac78@gmail.com) to Lisa who will collect them for the pastors.

## Service Hour Reflection Sample: Appendix D

1. Describe your service experience, what did you do?
2. Where did you complete this service experience?

\_\_\_\_\_ Hours Completed (Circle one) Church Hours / Community Hours

3. What did you learn about yourself through this experience?
4. What did you learn about other people?



## Confirmation Preparation Checklist

This list will help you remember what to do this year!

- Registration form completed.  
Information Sheet turned in &  
Photocopy of Baptismal  
Certificate turned into the Parish  
Office if not Baptized at a  
Together As One Parish.  
**By April 5, 2023**
- Confirmation Mentor chosen;  
Confirmation Sponsor chosen.
- Autobiography sheet completed  
and turned in by **November 2.**  
*Appendix A.*
- Confirmation name chosen.  
*Appendix B.*
- Attend Confirmation Interview.  
**February, March, or April.**
- Christian Service Completed,  
Reflection sheets completed and  
turned in, half by **January 11**  
and the other half by **April 5.**  
*Appendix D.*
- Participation in Confirmation  
Retreats, **December 3, 2022,**  
(TBD) and **March 18, 2023**  
**noon-6:30p**
- Satisfactory Attendance at  
Discipleship Training Sessions  
(DTS). Check them off as you

## CONFIRMATION PREPARATION SCHEDULE 2022-2023

### Discipleship Training Sessions

7:30-8:45 pm at St. Peter's:

Oct 5	Nov 30
Oct 12	Dec 7
Oct 26	Dec 14
Nov 2	Jan 11
Nov 9	Jan 18
Nov 16	Jan 25

<u>DATE</u>	<u>TIME</u>	<u>EVENT</u>	<u>LOCATION</u>
<b>Mentor Event</b>			
October 26	7:30-8:45pm	Mentor Training	St. Peter's Church
<b>Liturgical Events</b>			
October 8/9	Sat/Sun Masses	Commitment Sunday	Participating Parishes
March 18	4:30pm	Mass with Sponsor/Mentor	St. Michael's Church
<b>Retreat Experiences</b>			
December 3	10:00am – 5pm	Confirmation Retreat	TBD
March 18	noon – 6:30pm	Final Retreat	St. Michael's Church
		Sponsors/mentors join for Mass and refreshments 4:30pm	
<b>Immediate Preparation Sessions</b>			
April	7:30 – 9:00 pm	Session I	St. Peter's
April	7:30 – 9:00 pm	Session II	St. Peter's
March & April	Various	Confirmation Interviews	Various
May 10	7:00 pm	Confirmation Practice	St Michael's
May 17	7:00 pm	Confirmation Celebration	St. Michael's

Additional Requirements: Complete 20 service hours throughout the year, 10 in the parish and 10 in the community. Complete mentor journal. Submit appropriate paperwork by April 5.