

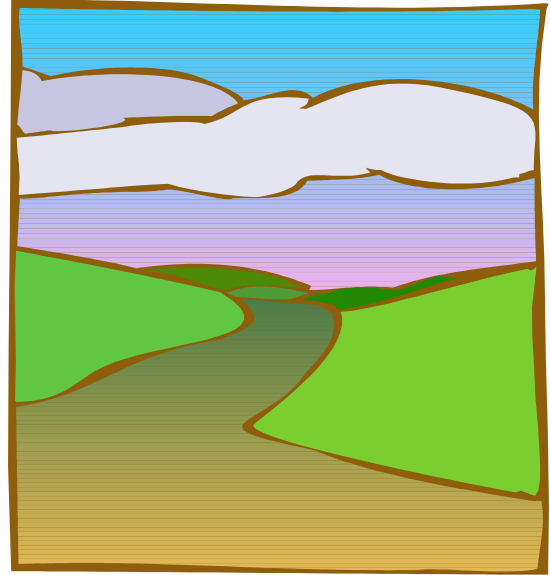


Confirmation Preparation
Mentoring Guidebook 2022-23

An Introduction to Mentoring

The high school years are years of searching: searching for identity, searching for independence, and searching for faith. Our task as a caring faith community is to support young people in their searching for faith, and walk with them as guides, friends, and fellow seekers of God.

A mentor is a trusted guide who is willing to befriend the young person as they search out what is true in life. A mentor is the one who has experience in the travel of faith and recognizes that the journey is sometimes challenging, sometimes difficult, sometimes exciting and sometimes joyous.



What does it take to be a mentor?

- Good listening skills
- Openness to other people (especially within the teen world!)
- Honesty
- A desire for growth, patience, and commitment
- A love for God and the church
- A solid foundation in his/her faith

With these attributes, a mentor provides the young person a role model they can trust, who they come to know deeply cares about them. Furthermore, the mentor will be able to share how a relationship with God does make a difference in the life of the faithful.

Together As One Area Catholic Community needs adults to act as mentors! You have the chance to deeply touch the life of a young person. And in doing so are sure to experience great opportunities to share your faith and to grow in faith.

Young people come with a wide variety of faith stories and life experiences. You must remember your role as a “guide” and faithful follower of God. Your role is not to judge or be judgmental, but simply to listen, communicate with, and guide your young person. Be open to sharing your own life experiences and faith story. Don’t hold back if you have struggled along the way. Share your struggles as well as your joys; this might be what it takes to begin great discussions of faith. If you do not know how to answer your candidate’s questions, seek the advice or help of others in our community: priests, Confirmation coordinators, parents, or teachers. You may even visit a library looking for answers together. Above all respect and honor each other as beloved children of God.

The Role of the Sponsor

You may be serving as a sponsor as well as a mentor for a young person. The sponsor is the person who presents a candidate to the Bishop at the Confirmation Ceremony.

In presenting the candidate and standing behind them with your hand on their shoulder as they are confirmed, you represent the community of believers. Your hand becomes the hand of all the faithful followers of Christ. You are a very important part of the Confirmation Rite and an example of faithful living for the candidate. *Parents cannot be Confirmation Sponsors. Parents CAN be Confirmation Mentors.*

Mentor/Sponsor Tasks

Support Sponsor/Mentors confirm the self worth of young people by respecting doubt, critical reflections, and searching questions. They offer assurance and comfort in the hope that the young person will find meaning and purpose in their lives.

Witness Sponsor/Mentors bear witness by their own story and to the Christian story, sharing meaning from their own lives and inspiring young people to find meaning in theirs. **Key question: How does the Gospel apply to my own life?**

Challenge Sponsor/Mentors gently prompt young people to look at experiences in new and deeper ways. They offer glimpses of further possibilities and call young people to new ways of seeing, thinking, feeling, and believing. **Key questions: Am I open to seeing things in new ways, through new eyes? Am I open to change?**

Vision Sponsor/Mentors help young people respond to experiences by applying the Christian story and the vision of the future outlined in Scripture. Sponsor/Mentors also assist young people in forming and owning vision in their lives by daring to dream and owning those dreams. **Key questions: How can I grow in my faith? Where do I want to go on my faith journey?**

To the Young People Preparing for Confirmation

Be open to this new experience in your life.

Do not look on it simply as a requirement for preparation for the Sacrament of Confirmation. See it for what it is: an opportunity to share with someone who cares about you, your thoughts and feelings about a variety of experiences; of life in general and in your faith life.

Be honest in your discussions.

If something you and your mentor have read or experienced together excites you, share that!

If other times you are troubled by what you saw or heard, share how that makes you feel.

Question your mentor. Ask their opinion about things. Ask them what they would do in your situation. Be open to suggestions they make to you. Mentoring can be, for those who can open their hearts and minds, a beautiful life-giving experience. Above all; honor your mentor as part of God's creation!



Mentoring Program Requirements

Each student will need to earn credits by participating in mentoring activities. These credits are earned by choosing and completing a variety of experiences from the Credit List. The first three options are required: every student must do these. The remaining options are electives chosen by the student and their mentor.

Choosing your mentor was the first step in the Mentor Program. To continue, you must contact your mentor and set up a time to meet with them to go over this program (the first of the required options). Then each time after that you will follow the procedure below.

The procedure for competing each option:

1. Meet with your mentor at the agreed upon time and place.
2. Carry out the activity or experience.
3. Take time to sit down together and talk about what you experienced.
4. Together with your mentor, fill out the “Mentoring Activity Report” in the back of your booklet.
5. Plan a date and time to meet again. 15 CREDITS MINIMUM

You may decide to do more than one thing from the Credit List each time you meet. You may for example plan to share a Saturday or Sunday afternoon with your mentor and do two things during that time. Mentoring Activity Reports may be turned in any time the student attends a Confirmation/Confirmation Prep event or evening. Students may hand them in during DTS.

IMPORTANT:

- **DON'T WAIT UNTIL THE LAST MINUTE!**
- **DON'T PUT OFF UNTIL TOMORROW WHAT YOU CAN DO TODAY!**
- **ALL MENTORING ACTIVITY REPORTS MUST BE COMPLETED AND HANDED IN BY YOUR CONFIRMATION INTERVIEW, ABOUT ONE MONTH BEFORE CONFIRMATION.**



The Credit List

Required Activities

1. Meet with your mentor and read this booklet aloud to each other. Discuss and plan the credits you will work on together to meet the total of 35 credits. You earn 8 credits by doing the required activities 1, 2, 3! You are responsible for fulfilling the remaining credits. Fill out Worksheet #1 (Mentor Plan) found in the back of the booklet. **(2 Credits)**
2. Complete the “Scripture Search,” Worksheet #2 found in the back of this booklet. **(2 Credits)**
3. Attend Mass together and complete Worksheet #3 found in the back of this booklet. **(4 Credits)**

Electives

Fill out a Mentoring Activity Report for your chosen activities.

4. Take a walk together and explore the beauty of nature. (1 Credit)
5. Look up the story of each of your patron saints (a saint that shares your name.) (3 Credits)
6. Visit the humane society. (2 Credits)
7. Bake/Cook a favorite recipe together. (2 Credits)
8. Go to a high school sports activity together. (2 Credits)
9. Sit in on a committee meeting at your church. (3 Credits)
10. Go to a movie together, discuss its rating. (2 Credits)
11. Shovel someone’s walk together. (2 Credits)
12. Sign up and participate in some way for Church of the Week. (4 Credits)
13. Visit someone at a nursing home. (3 Credits)
14. Go cross-country skiing. St. John’s or Quarry Park are great places to try. (3 Credits)
15. Have coffee at a coffeehouse. (2 Credits)
16. Visit a college campus. (3 Credits)
17. Volunteer to push wheel chairs on a Sunday morning at the VA Hospital. (4 Credits)
18. Visit the courthouse. Sit in on a hearing. Discuss what you experience. (4 Credits)
19. Work at a church or community breakfast together. (3 Credits)
20. Go to a parish council meeting at your church or your Mentor’s. (3 Credits)

21. Choose an item from a “Giving Tree” at our parish or within in the community and purchase items together. (3 Credits)
22. Go out for a meal — just the two of you. (2 Credits)
23. Visit the oldest person in your or your mentor’s family. Ask them to share stories of their life, their family or their faith. (4 Credits)
24. Offer to baby-sit together for someone who just needs a break. (3 Credits)
25. Write a poem together about the faith you share. Turn it in with your Activity Report. (3 credits)
26. Visit a Woman’s Shelter (Anna Marie’s) and play with the children for a while. Call to ask if this is permissible. Or call and ask what they need and decide together how you might meet that need. (4 Credits)
27. Watch a TV show together and discuss its value or lack of value. (2 Credits)
28. Take a class together, i.e. CPR, Community Ed. (5 Credits)
29. Visit a cemetery taking time to read the epitaphs. (3 Credits)
30. Do three loads of laundry together at a Laundromat. (3 Credits)
31. Bake cookies, then take a plate to someone who lives alone. (4 Credits)
32. Build a snow sculpture or snowman together. (2 Credits)
33. Go bowling together. (2 Credits)
34. Meet somewhere you can watch the sunrise together, then go out to breakfast. (4 Credits)
35. Participate in decorating the church. Ask if the two of you can help decorate for the next liturgical season. (3 Credits)
36. Play cards or a board game with your parents, the two of you provide the snacks. (4 Credits)
37. Go to an auction or garage sale together. (2 Credits)
38. Each of you invites a friend and takes them to either breakfast/lunch/dinner. Share how long you have been friends and what you enjoy about being with that person. (4 Credits)
39. Go to a craft show or make a craft together. (2 Credits)
40. Together, take a child to see Santa Claus. (3 Credits)
41. Talk about a Confirmation session/experience. (2 Credits)
42. Go fishing or ice fishing. (2 Credits)
43. Do a home improvement project together. (4 Credits)
44. Do someone’s grocery shopping and deliver the food to their home. (4 Credits)

45. Get a missalette from church, read the Scripture readings for an upcoming Sunday and create a homily outline. (Turn it in with your Activity Report.) (5 Credits)
46. Go Christmas caroling or decorate a Christmas tree together. (3 Credits)
47. Attend a youth ministry event together. (4 Credits)
48. Visit a monastery or convent. Join in their prayers and get a tour. (5 Credits)
49. Sign up together to be greeters at Mass at one of your churches. (2 Credits)
50. Spend time at Eucharistic Adoration together for 20 min or more. Discuss the experience. (3 Credits)
51. Say a Rosary together. Talk about the meaning of the Rosary. (3 Credits)
52. Talk about your favorite ways to pray. (3 Credits)
53. Bring out old family pictures and share stories about them with each other. (2 Credits)
54. Talk about something that you struggle with in life. Share ideas on how you can deal with it. (2 Credits)
55. Read the Catholic magazine, “The Central MN Catholic” together and share your thoughts. (3 Credits)
56. Visit the Cathedral of St. Mary. Find the Shrine of St. Cloud (in the right alcove in the upper church.) Read the brochure together. (the Statue of St. Cloud is also at St. Cloud Hospital around the corner from the Gift Shop) (4 Credits)
57. Cut and/or stack wood together. (3 Credits)
58. Attend a Christian Women meeting or talk to a member of the group. Find out what the organization is all about. (3 Credits)
59. Interview a member of the Knights of Columbus and find out about their organization. (3 Credits)
60. Visit children in pediatrics at a hospital. Ask permission! (3 Credits)
61. Attend a local theater or college play or concert. (2 credits)
62. Each of you choose one person to write a thank you note to—just because! (2 credits)
63. Write a letter to the editor of the St. Cloud Times, or The Visitor about an issue that is of concern to both of you. Include a copy of your letter with your Activity Report. (5 credits)
64. Attend Mass at a church other than your own or your Mentor’s. (3 credits) (this is a credit opportunity **in addition to** the Worksheet #3—Attend Mass Together)
65. Contact a local school and volunteer to do some kind of task for a teacher. (3 credits)
66. Use one of the Mentoring Activity Suggestions on Schoology (varies).
67. Create your own mentoring activity, check with Lisa if you are not sure what activities might be appropriate. (3 credits)

Worksheet # I: Mentor Plan

Date we met: _____ Place: _____

Time: _____ to _____

What are your hopes for this mentoring process?

Student:

Mentor:

List five or six things from the credit list that the two of you might like to try. (These can always be changed as you move through the year.)

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

When will you meet next? Date: _____ Time: _____ Place: _____

We read this booklet aloud to each other, and have made a plan to complete 35 credits.

Signatures of Student and Mentor: _____

Credits Earned on this activity: 2

Worksheet # 2: Scripture Search

Find the following passages in the Bible. Take turns reading them aloud.

Luke 12:22-34

Matthew 5:21-24

Luke 17:1-11

Matthew 5:27-30

Luke 18: 18-30

Matthew 5:38-42

Matthew 5:43-48

Matthew 6:1-4

Discuss each passage together in light of the following questions:

1. What is Jesus really asking of his followers in terms of lifestyle?
2. Do I expect people, myself included, to act like that? Why or why not?
3. What do I need to do to live more in line with what Jesus is asking of us?

Write some comments based on your discussion:

Signatures of Student and Mentor:

Credits Earned on this activity: 2

Worksheet # 3: Attend Mass Together

Date we attended Mass together:

The name of the church we attended:

Who presided at Mass (the priest):

What do you remember about the Readings?

Student:

Mentor:

Check those statements that apply to you, then discuss each with your Mentor:

___ I really enjoyed sharing this time together at Mass.

___ It was easy for me to follow what the priest was saying in his homily.

___ It was difficult for me to concentrate at Mass today.

___ I found some time at Mass for personal prayer.

___ I do not understand what is going on at Mass.

___ I feel closer to God after attending Mass.

___ I feel part of the community when I go to Mass.

___ I liked the music today.

Discuss the importance of each of these ministries at Mass: Lector, Greeters, Eucharistic Ministers, Choir or Song Leaders, Ushers.

Which of these ministries do I think I would like to take part in someday, if not already doing?

Student:

Mentor:

Signatures of Student and Mentor:

Credits Earned on this activity: ___4___

Mentor Activity Report

We chose to do # _____ from the Credit List.

Date or dates we met to do this activity: _____

Where did you go?

Tell about the experience in 2-4 sentences.

What did you like about the experience? And what, if anything, was difficult?

What did you learn about being a Christian through this activity?

What did the two of you learn about other people? About yourselves?

Say a prayer together for the people you met, or for each other.

Signatures of Student and Mentor: _____

Credits Earned on this activity: _____

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Say a prayer together for the people you met, or for each other.

Signatures of Student and Mentor: _____

Credits Earned on this activity: _____

THINGS CATHOLICS SHOULD KNOW

The Ten Commandments

1. I the Lord, am your God. You shall not have other gods besides me.
2. You shall not take the name of the Lord , your God, in vain.
3. Remember to keep holy the Sabbath day.
4. Honor your father and your mother.
5. You shall not kill.
6. You shall not commit adultery.
7. You shall not steal.
8. You shall not bear false witness against your neighbor.
9. You shall not covet your neighbor's spouse.
10. You shall not covet anything that belongs to your neighbor.

Precepts of the Church

1. Assist at Mass on Sundays and Holy Days of obligation, doing no unnecessary work on those days.
2. Confess your sins at least once a year.
3. Receive the Sacrament of Eucharist at least during the Easter Season.
4. Observe the days of fasting and abstinence established by the Church
5. Contribute to the support of the Church.
6. Observe the laws of the Church concerning marriage.
7. Join in the missionary spirit of the Church.

Corporal Works of Mercy

- Feed the hungry
- Give drink to the thirsty
- Clothe the naked
- Visit the sick
- Shelter the homeless
- Visit the imprisoned
- Bury the dead

Spiritual Works of Mercy

- Warn the sinner
- Instruct the ignorant
- Counsel the doubtful
- Comfort the sorrowing
- Bear wrongs patiently
- Forgive all injuries
- Pray for the living and the dead

THE SEED



THINGS CATHOLICS SHOULD KNOW

The Beatitudes (Matthew 5:3-10)

Blessed are the poor in spirit, for theirs is the kingdom of heaven.

Blessed are they who mourn, for they will be comforted.

Blessed are the meek, for they will inherit the land.

Blessed are they who hunger and thirst for righteousness, for they shall be satisfied.

Blessed are the merciful, for they will be shown mercy.

Blessed are the clean of heart, for they will see God.

Blessed are the peacemakers, for they will be called children of God.

Blessed are they who are persecuted for the sake of righteousness, for theirs is the kingdom of heaven.

The Seven Sacraments

Baptism

Confirmation

Eucharist

Reconciliation

Anointing of the Sick

Matrimony

Holy Orders



THINGS CATHOLICS SHOULD KNOW

Holy Days of Obligation in the United States

Solemnity of Mary, Mother of God: January 1
We honor Mary, Mother of God.

Ascension: Fortieth day after Easter
Jesus ascended into heaven.

Assumption: August 15
Mary was taken into heaven, body and soul.

All Saints' Day: November 1
We honor all the saints in heaven.

Immaculate Conception: December 8
Mary was free from sin from the the first moment of her life.

Christmas: December 25
We celebrate the birth of Jesus.

Gifts of the Holy Spirit

Wisdom, Understanding
Right Judgement, Courage,
Knowledge, Reverence,
Wonder and Awe in God's
Presence



Days of Fast (for adults to age 60)

Ash Wednesday & Good Friday

Days of Abstinence

(for all those over age 14)

Ash Wednesday & All Fridays in Lent