

Confirmed in the Spirit

**INCARNATION CATHOLIC CHURCH
2021-2022
CONFIRMATION HANDBOOK**





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Questions? Contact Molly Schorr, Director of Religious Education/Youth Ministry at 941-924-9566 or by email at mschorr@incarnationchurch.org



Year 1 & 2 Schedule

Dates	Important Information	Special Activities
Sept. 19	Class Begins 6-7:15pm	Parents are asked to join us for Mass at 5pm to kick-off the year-Parents will then stay for a Confirmation Parent Night following the Mass
Sept. 26	Class	
Oct. 3	Class	
Oct. 17	Class	
Oct. 24	Class	Rite of Enrollment for Year 2 at the 5pm Mass-Parent meeting for both year 1 and year 2 during class
Nov. 6	Diocesan Youth Rally	Year 1 Retreat Option-see Retreat option sheet for more information
Nov. 7	Class-Parent/Teen Night on Cyber Security	At least one parent needs to attend with their high school teen
Nov. 14	Class	
Dec. 5	Class	
Dec. 12	Class	
Jan. 23	Class	
Jan. 30	Class	
Feb. 5	Day Retreat	Year 1 Retreat Option-see Retreat Option sheet for more information
Feb. 6	Class	
Feb. 25-26	High School Overnight Retreat	Year 2 Retreat and Year 1 Retreat Option
Mar. 6	Class	
Mar. 27	Class	
April 3	Class	
April 10	Class	

*****End of the year classes might shift for Year 2 depending on the date of Confirmation.***



Important Info.

To the Parents:

When you brought your child to the Church for Baptism, you accepted the sacred responsibility and privilege of “training them in the practice of the faith.” (Rite of Baptism, 30). You were reminded that you are the first and best teachers of your child and you were entrusted with keeping the light of faith burning brightly in their life. Parents instruct their children, both by what they say and what they do. It is now time for that next step. Confirmation is a celebration of the ongoing power of the already-present Holy Spirit in our lives, the Spirit first received in Baptism. Through this Sacrament, the gifts of the Holy Spirit first received at Baptism are deepened and intensified.

Following are some suggestions on ways to assist your young person in their preparation:

1. Pray for and with your child(ren) every day.
2. Initiate conversation about the Sacrament of Confirmation. Share your memories of receiving the sacrament and encourage them to share their ideas of how receiving this sacrament will change their faith life.
3. Help with the selection of a sponsor and saint’s name for Confirmation.
4. Make sure all documents are completed and returned in a timely manner.

Guidelines for reception of the Sacrament of Confirmation:

1. Regular participation in Sunday (or Saturday evening) Mass.
2. An appropriate understanding of the Catholic Christian life. The candidate should understand and reflect the life of Christ in their lifestyle.
3. A firm determination to live the Christian life to the best of their ability. The candidate must be a good steward, giving in Christian proportion of their prayer, participation, and generosity.
4. The candidate must understand the importance of personal and communal worship in the life of the Church.
5. Faithful participation in the Confirmation preparation program, scheduled classes, retreats, service projects, etc.
6. Commitment to further religious education by the candidate and parents or guardian. Reception of this sacrament is a beginning – not an end. It is one step in our life-long journey to holiness. The candidate must be willing to be actively involved in parish life after Confirmation.



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Incarnation Catholic Church will assist in the faith formation of the Confirmation candidates by:

1. Scheduling class sessions during which the candidates will delve deeper into understanding their faith, the scriptures, and the Sacrament of Confirmation. The sessions will be held on the campus of Incarnation.
2. The small groups will be led by volunteers from Incarnation under the direction of the Director of Religious Education. It is important that the candidates attend all sessions so as not to miss the information shared at these sessions.
3. Priests will attend and/or participate in some of the sessions with the candidates.
4. Field trips to another parish may occur in order to take advantage of national speakers and allow our students to see and experience the greater Church community.

Expectations of Confirmation Candidates:

Regular participation in the Sunday liturgy:

- Sunday Mass is not optional for Catholics. Celebration of the Eucharist is our highest form of worship and candidates are expected to be active participants. This is the faith they will affirm.

Session Attendance and Requirements:

Candidates are expected to complete all Confirmation preparation Components.

For Year 1 and Year 2 the following is expected:

- Sunday Sessions (minimum of 14 for both years)
- Sponsor Form
- Sponsor Conversations
- Retreat
- At least 2 discipleship/service experiences (needs to be approved by the Director of Religious Education)

Then in Year 2 the Confirmation candidate will also complete:

- Saint Report
- Letter of Intent
- Proof of Baptism
- Confirmation Interview



Emergency absence considerations:

Extreme circumstances, including death of family member, severe sickness and/or inclement weather will be considered emergency absences and candidates may be excused from the minimum requirements. These extenuating situations will be evaluated on a case by case basis. If you feel as though any of your absences fall into this category, please call the Director of Religious Education to discuss options and make up possibilities.

Participations in Sessions

1. Candidate should be respectful and attentive to speakers, their Catechist, fellow small group members and others in attendance.
2. Candidate should invest in each session in order to get as much out of it as possible, and complete any assignments including meeting with their sponsor, saint's report, service requirements, interviews with small group leaders, and retreats.
3. Candidate should actively participate in small group discussions and take part in the scheduled retreats.

Sponsor:

1. Candidates are required to have a Confirmation Sponsor and will be choosing a Sponsor in the fall.
2. In Year 1 and Year 2 the candidate and sponsor will complete two activities. Please refer to the "Sponsor Information" section in this handbook for more information.



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Confirmation Commitments

Year 1

This form is for you to personally keep track of your commitments throughout the year.

- Attend weekly Mass on Sundays and Holy Days of Obligation.
- Attend a Confirmation Retreat (retreat needs to be selected by **October 24, 2021**)
- Turn in Sponsor Commitment form by **December 12, 2021**
- Connect with your sponsor 2 times in person or by phone.
 1. Date_____ Initial_____
 2. Date_____ Initial_____
- Complete Sponsor Conversation Log and submit by **March 7, 2022**
- Complete 2 individual service experiences, fill out and submit log by **March 7, 2022**
- Attend a minimum of 14 out of 16 Confirmation sessions



Confirmation Commitments

Year 2

This form is for you to personally keep track of your commitments throughout the year.

- Attend weekly Mass on Sundays and Holy Days of Obligation.
- Attend all 14 out of 16 Confirmation sessions
- Attend a Confirmation Retreat (retreat needs to be selected by **October 24, 2021**)
- Turn in Sponsor Commitment form (if not done in Year 1) by **November 7, 2021**
- Connect with your sponsor 2 times in person or by phone.
 1. Date _____ Initial _____
 2. Date _____ Initial _____
- Complete the Confirmation Information Form by **November 7, 2021**
- Complete your Saint Report by **February 6, 2022**
- Complete your Letter of Intent by **March 7, 2022**
- Complete Sponsor Conversation Log and submit by **March 7, 2022**
- Complete at 2 individual service experiences, fill out and submit log by **March 7, 2022**
- Attend the Sacrament of Confirmation date TBD



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Confirmation Information

(Year 2 only)

Complete this form and turn in no later than **November 7, 2021**

*Please COMPLETELY fill out this form as the Diocese REQUIRES all of this information. Once complete, return this form to class or the Parish office.

Confirmation Candidates Name:

First _____ Middle _____ Last _____

Address: _____

CHOSEN CONFIRMATION NAME: _____

Father's Name: First _____ Last _____

Mother's Name: First _____ Maiden _____

Confirmation Sponsor's Name: First _____ Last _____

For children Baptized at Incarnation:

Date of Baptism: _____
Month Day Year

For children Baptized at another parish: It is the responsibility of the parents to provide Incarnation with a NEWLY ISSUED (NOT A COPY) Baptismal certificate from the Church of Baptism if they were not baptized at Incarnation. This Baptismal certificate must be issued from the parish the child was Baptized at NO MORE THAN 6 MONTHS PRIOR to their Confirmation day.

Church of Baptism: _____

Date of Baptism: _____
Month Day Year

Address: _____

City: _____ State _____ Zip _____

I have contacted and requested a newly issued Baptismal Certificate from my Church of Baptism that will be sent to Incarnation on or after Nov. 7, 2021.

Signature _____



Patron Saint Report

(Year 2 only)

***Due no Later than February 6, 2022**

Background: So many times when we think of saints the first thing we think of is a halo, but the truth is that saints can't be reduced to people who walked around the earth with heads that glowed. No! Saints were ordinary people, like you and I, that lived extraordinary lives. The Church says that a saint is someone who possessed "heroic virtue" (Catechism of the Catholic Church #828). Saints are heroes of the faith.

Each candidate will be asked to take on the name of one of the saints at Confirmation (males must pick a male saint and females a female saint). We also look at Confirmation as a time for the candidate to accept as their own the faith that was given to them by their parents and godparents. For this reason it is also preferred for the candidate to choose a saint whose name is unrelated to their given name but whose life will be a model and inspiration for them during their life as a Catholic.

The saint the candidate chooses should express something of the candidate's inner-self, an ideal or goal they are setting for themselves as a Catholic, and should be a reflection of their resolve to live as a disciple of Christ. The name that the candidate chooses will be the name by which they are addressed by the Bishop at the Confirmation ceremony.

The following are requirements for this report:

1. Must be typed, written in your own words, and be a minimum of 500 words.
2. The first 1-2 paragraphs (250 words maximum per paragraph) should be about the details of the saint's life and include the following:
 - What are the dates of birth and death?
 - Where was the saint from/where did they do their work?
 - What are some major/important events in the life of this saint?
 - What makes this person so holy?



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3. The rest of the report should focus on answering the following questions:

- How can you relate to this saint?
- What qualities did this saint possess that you admire? What gift of the Holy Spirit does the saint most possess?
- What special aspects of the saint's life would you like to use as an example in your own faith life?

Saint information can be found on the internet, and books on the saints. Below are a few trusted websites to check out as well:

www.lifeteen.com

www.catholic.org

www.newadvent.com



Statement of Intent

(Year 2 only)

***Due no later than March 7, 2022**

Background: “Statement of Intent” is just a fancy way of saying: tell us in writing why you want to be confirmed. Please take time to compose this statement carefully. Not only does it give us a chance to understand what you have gained in your formation, but also allows you to process what you have learned and how you have grown as well as what you desire to receive from this sacrament. Please be honest and thoughtful. This will be given to Father Eric Scanlan to read and may be sent to the Archbishop prior to Confirmation.

The statement must be in a letter format as well as have the following:

1. Typed
2. Double Spaced
3. In 12 point font Times New Roman
4. No less than one (1) page
5. Address the letter to: Fr. Eric Scanlan
6. Sign your letter

Please touch on all of the following points in your statement with at least a paragraph on each point:

1. Why do you think you are ready to receive the sacrament of Confirmation?
2. Explain one aspect of the faith that became clearer to you through this process and tell why you believe it is an important aspect of our faith.
3. Explain how you plan to continue being an active member of the Church after Confirmation.



Sponsor

Choosing A Sponsor:

If you have ever attended a Confirmation ceremony, you have seen an adult who stands behind the candidate with a hand on their shoulder as they are anointed, but the role of a sponsor goes far beyond a simple gesture of support. Did you know that the word sponsor comes from the same root word as “responsible”? A Confirmation sponsor is someone whom you look up to as a role model in faith and will be there to support you spiritually before, during and after you receive the sacrament. In essence, your sponsor is meant to act as a spiritual guide and friend in your faith. That being said, choosing your sponsor is an important task. Don’t just choose someone because they are fun or because they haven’t done it yet. Choose your sponsor because you know that they will help you grow in your faith this year and because they will continue to support you after Confirmation.

Here are some good questions to ask as you consider choosing your sponsor:

1. Who in my life has made an impact on my faith?
2. Is this person responsible?
3. Is this person mature?
4. Does he/she practice his/her Catholic faith actively by attending Mass at least weekly?
5. Does he/she practice his/her Catholic faith actively in the way that he/she lives and acts?
6. Do I trust him/her?

The Diocese of Venice has specific requirements that are to be met by all sponsors:

1. The sponsor must be an active, participating Catholic who has been Confirmed; someone who will be an inspiration and support for the candidate. There is to be ONLY one sponsor, male or female.
2. Sponsor must be at least 16 years of age.
3. He or she may not be the candidate’s mother or father. It is desirable, but not mandatory, that the baptismal sponsor (godparent) also be the sponsor at



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Confirmation to show the close connection of the two sacraments. In many cases this is not possible and another suitable person may be selected.

4. The sponsor should be a person who is prayerful, open, dependable, loving and is comfortable sharing his or her faith with young people.
5. The sponsor should be someone who is a witness to Christ and to the importance of a Catholic Christian lifestyle by their words and actions. A person who will be a support and example to the candidate as he/she moves through periods of crisis, questioning, and discernment.

Sponsors will need to complete the *Sponsor Commitment for the Sacrament of Confirmation* form (which can be found in the red folder). This form needs to be turned in by **November 7 for Year 2 (if not turned in the previous year) or December 12 for Year 1.**



Sponsor Conversations & Log

*Due no later than **March 7, 2022**

On the following pages you will find suggested sponsor questions and activities. These are just ideas to be used during the conversations but are no means the only items that can be discussed.

Our hope is that these conversations lead you to a deeper relationship with your sponsor and will provided you with insights into your faith that will allow you to grow closer to Christ. This fall you chose your sponsor because you felt they would be able to help guide you on your Faith journey towards Confirmation and beyond. I pray they will be the first of many conversations with your sponsor.

After your conversations please complete and return to your Confirmation catechist by **March 7, 2022**. (If your sponsor is out of town, your parents may sign for them)

Conversations (please list either the idea number that you discussed or the general topic):

1. We discussed:

Sponsor Signature _____ Date: _____

Candidate Signature _____ Date: _____

One insight you received in this conversation:

2. We discussed:

Sponsor Signature _____ Date: _____

Candidate Signature _____ Date: _____

One insight you received in this conversation:



Sponsor Conversation Ideas:

- **Conversation Idea 1:**
 - **Conversation Starter:** Invite your candidate/sponsor to complete the following statement: “When I gather with my parish community to celebrate the Mass, I feel....”
 - **Faith Sharing:** In your Bibles, read St. Paul’s observations about the ways in which the Christian community in Corinth was gathering to celebrate the Eucharist in 1 Corinthians 11:17-34. Think about the ways in which you and your parish community gather as you prepare to celebrate Mass. Share with one another what Saint Paul might observe about your community. What specific advice might St. Paul offer to the members of your parish to help you gather together as the people of God?
 - **Discussion Question:** What are two specific things you can do to better prepare your mind and heart to gather for worship with your parish community?

- **Conversation Idea 2:**
 - **Conversation Starter:** Share with your candidate/sponsor your favorite Scripture story from the Old or New Testament. Explain why the story has special meaning for you.
 - **Faith Sharing:** Discuss with your candidate/sponsor the importance of God’s Word in your life. Share an experience of how the Scriptures have influenced the way you live.
 - **Discussion Question:** How will listening more attentively to God’s Word at Mass help you to be a better witness for Christ?

- **Conversation Idea 3:**
 - **Conversation Starter:** Talk with your candidate/sponsor about a promise you have made at some point in your life. Discuss with one another what it meant to keep the promise you made.
 - **Faith Sharing:** In your Bibles, read John 3:1-5, 17-19, the story of Jesus’ conversation with Nicodemus that the candidates studied in Chapter 3. Think about your own baptism and the baptisms you have witnessed. Share with one another the questions you might ask of Jesus about what it means to be born of water and the Spirit. Imagine how Jesus might respond to your questions.
 - **Discussion Question:** Think about one specific decision you faced today. How did your decision show that you are a disciple of Jesus?

- **Conversation Idea 4:**
 - **Conversation Starter:** As candidate/sponsor, I feel that we are growing in our spiritual bond with one another because....
 - **Faith Sharing:** Think about the sevenfold gift of the Holy Spirit (wisdom, understanding, right judgment, courage, knowledge, reverence, wonder and awe) the bishop prays for as he lays hands on candidates during Confirmation. Share



with your candidate/sponsor the gift you most desire to grow in.
Explain the reason for your choice.

- **Discussion Question:** When are you most aware of the Holy Spirit's presence as a Helper and Guide in your life?

- **Conversation Idea 5:**

- **Conversation Starter:** What name has the candidate chosen for Confirmation? What is the sponsor's Confirmation name? Share with one another the reason these names were chosen.
- **Faith Sharing:** In your Bibles, read 1 Peter 2:9. Share with one another how this passage is lived out in your parish community.
- **Discussion Question:** What does it mean to you to be a Christian—someone who shares in Christ's mission?

- **Conversation Idea 6:**

- **Conversation Starter:** Do you find it easier to forgive or to ask for forgiveness? Explain your response.
- **Faith Sharing:** Read Luke 1:67-79, the prophesy of Zechariah about the coming of Jesus. Share with one another how Jesus guides your "feet into the path of peace" in your daily lives.
- **Discussion Question:** What specific things can you do to be a better sign of peace for others?

- **Conversation Idea 7:**

- **Conversation Starter:** The Eucharist is important in my life because...
- **Faith Sharing:** In your Bibles, read Luke 24:13-32, the story of Jesus' appearance on the road to Emmaus. Discuss how meeting Jesus in the Eucharist helps you to see him in other people in your life.
- **Discussion Question:** Describe an experience from your life when you have felt solidarity with the poor or powerless in the world. What action did you take? How did this experience make you feel?

- **Conversation Idea 8:**

- **Conversation Starter:** Name someone who is a witness of faith for you and explain why that person is an example for you in living the Catholic faith.
- **Faith Sharing:** Consider the first goal of Catholic evangelization discussed in the document Go and Make Disciples: "To bring about in all Catholics such an enthusiasm for their faith that, in living their faith in Jesus, they freely share it with others" (46). Share with one another what makes you enthusiastic about your faith and why you want to share that with others.
- **Discussion Question:** How can you publicly witness to your faith in Jesus Christ in your daily life?



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Discipleship Hours

(Living out your Faith in Action)

Youth have a tremendous capacity and energy to perform great works of charity (Love). Most do this with vitality and joy! What a blessing! Our youth are not the future of the Church they are a vital part of the Church TODAY. The Catholic Church needs the optimism, the perspective and the energy that our teens have in abundance. To this end, we invite all of our candidates to dig into their volunteer efforts with the same focus and enthusiasm as many of their other interests or hobbies. If not for your own sake (satisfaction of helping others, learning more about your faith/God, discovering an area of passion, etc.) then for the sake of a Church that needs your ideas, and energy. You are part of the Body of Christ, the Church, NOW!

To meet the Confirmation requirements, each Confirmation candidate must complete 2 individual service experiences each year of the program. You may use this list as a reference for service ideas, but you are welcome to find another opportunity that you are interested in pursuing. Please record your hours for this year on the Discipleship Log and hand in by **March 7, 2022**.

Opportunities at Incarnation:

- Help with Children's Liturgy of the Word on Sundays during the 9AM Mass
- Assist in teaching elementary and middle school Religious Education
- Assist with Liturgy
- There is so much more, check out the bulletin for upcoming events

Other Opportunities

- Food shelves
- Hospitals & Nursing Homes
- Helping neighbors with yardwork, rake, babysit....
- Prolife Clinics
- Create your own! If you have questions ask the Director of Religious Education for approval.



Frequently Asked Questions

Why only 17 sessions for each year?

We understand life gets crazy, especially for high schoolers. At Incarnation our primary goal for confirmation is to provide opportunities for a transformative encounter with Christ. We know the lives of High Schoolers are incredibly busy, so with our new confirmation program we are aiming to make every moment count; using the Dynamic Catholic and Youcat curriculum to teach to core values of our Catholic faith and facilitating close small groups who aim to build each other up.

Why do you have an attendance policy?

With fewer classes throughout the year, it is important that students miss a minimal amount (3) in order to be best prepared for the Rite of Confirmation and to grow in faith with their small group.

Why retreats?

We find retreats can be a transformative experience for many teens. However, it does take time to really step away and enter in, so a full day is necessary in order to have an impactful experience.

Why is this process 2 years?

The sacrament of Confirmation is not to be taken lightly, we believe by waiting for our teens to reach a more mature level and better decision making age, they are better able to take their faith into their own hands and start to create habits that they can carry with them throughout the rest of High School and into their adult years. Around High School is when most teens start to become more independent and are making important decisions that will affect the rest of their lives (which college to attend, a career path, relationships, getting drivers license, etc.). We believe faith is also one of these important decisions that should be left to each individual teen to take into their own hands. The Diocese of Venice also requires a two year program with Confirmation not happening before the 10th grade year.



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Why is there a service requirement?

Service is a great way to use our own God given gifts and talents to better others and to live out the mission of the Church. This is also why we refer to the service hours as Discipleship hours: Living out your Faith in action. We recognize that each person has different interests and skills, we hope by allowing students to pick their own service projects, they are better able to explore ways of serving that are of interest to them and better able to fit it into their busy schedules. If students do service work through school or other organizations, these hours can be counted towards their Confirmation requirements.

What is the Confirmation preparation interview?

It is a lot less scary than it sounds. Think of it more as a conversation than a test. Your small group leader and the staff at Incarnation want to hear about your experience of Confirmation preparation, your relationship with God, and how you plan to live as a disciple of Jesus Christ following Confirmation.

Other questions? Please contact Molly Schorr, Director of Religious Education at 941-924-9566 or by email at mschorr@incarnationchurch.org