

# Confirmation Year 1



2024-2025



# A message from the youth minister

Hello, and welcome to the first year of Confirmation Preparation at St. Edward the Confessor Catholic Church. I am so glad you are here with us! The journey toward the Sacrament of Confirmation is about many things: claiming this faith as our own, being fully initiated into the Catholic faith, continuing to grow and develop our relationship with God, and growing to accept the Holy Spirit's work in our lives so that the Holy Spirit is strengthened within us.

For a long time, Confirmation for many has had a “check the box” mentality. We want this journey to be so much more than a program that feels like just another obligation. Our goal is for this journey to be a formative experience where teens and their families have the opportunity to grow and to recognize God's presence in their lives, no matter where they are starting from. In order for that goal to be realized, we have put together a series of sessions and opportunities that we believe will create the environment for faith to bloom and for each teen to not only learn about God, but to personally encounter the God that loved them into existence. God loves each and every one of you, always. God will be present with you on this journey at every step, and our team of small group leaders is here to help you recognize this truth and to support you.

This packet outlines the expectations, opportunities, and dates of everything Confirmation related. Please take the time to read through it carefully, add dates to your calendar, and reflect on if the time is right for you to go through this journey.

Please reach out with any questions you may have, and know that I am praying for you all as you begin this journey of faith.

Sincerely,  
Mason Fredenberg

# An Overview of the Journey

## Gatherings:

1. Confirmation Sessions 3:30pm - 5:15pm
  - a. Location - Knight Hall
  - b. First Session on September 8th
  - c. Teens and Families are encouraged to attend 5:30 pm Mass together
  - d. More info on page 7
2. Youth Nights 6:30pm - 8:00pm
  - a. Location - Youth Room
  - b. Sunday and Wednesday Evenings
  - c. More info on page 8
3. Safe Environment Training Session
  - a. Diocesan Requirement to offer Safe Environment teaching to all students.
  - b. Two sessions offered
    - i. 3/2/25
    - ii. 3/23/25
  - c. More info to be sent out
4. Attendance Policy
  - a. 6 Confirmation sessions
  - b. 3 Youth Nights (Life Nights, Recharge, etc.)
  - c. Year 1 Day Retreat (More info on page 9)
  - d. More info on page 10

## Individual Growth:

1. Service Projects - one per year
  - a. Participate in one service project per year
  - b. Write a reflection on your project
  - c. More info on page 11

## Paperwork:

1. Baptismal Certificate and First Communion Certificate
  - a. We need copies of your teen's baptismal certificate and First Communion certificate (should be submitted with registration)
  - b. Must include seal from parish of baptism
  - c. Due in October
2. Sponsor Form
  - a. Teens must choose a sponsor
    - i. A sponsor is someone who is a model in the faith and can walk with the teen in this journey
  - b. Form is due in January
  - c. More info on page 12
3. Saint Reflection Form
  - a. Teens will select a Saint who they find to be a good model of the Christian life and with whom they relate
  - b. Teens will write a one page reflection on who the Saint is and why they chose that Saint
  - c. Saint Form and Reflection are due in February
  - d. More info on page 13

## Highly Encouraged:

1. Come to Youth Nights!
  - a. You are invited to come every week!
  - b. Dinner, games, prayer, and growing in faith together
  - c. It is a great space to find community, seek truth, and have fun!

This is a lot of info, but don't worry! We will guide you through the whole process with plenty of reminders and communication.

# Session Schedule

Session #	Date	Lesson # and Topic
1	9/8/24	Welcome!
2	9/22/24	Who is God to Me?
3	10/20/24	Why Should I Be Catholic?
4	11/10/24	Encountering Jesus
5	12/1/24	Why Does Faith Matter? What Comes After Life?
6	12/15/24	How Does Confirmation Help Me Live Life To The Fullest?
7	1/4/25	Year 1 Day Retreat (Saturday)
8	1/26/25	How Do I Pray?
9	2/23/25	Why is the Church Community Important? (Sponsors and Teens)
10	3/16/25	Relying on God
11	4/6/25	Training Wheels Off - Continuing in Faith Through Summer

Please take note of these session dates and put them in your calendar! Especially the Day Retreat on 1/4/25!

# Parent/Sponsor Meetings and Safe Environment Training Dates

Session #	Date	Lesson # and Topic
1st Parent Meeting	8/26/24	Meet the Youth Minister/Information about Year 1/Expectations
2nd Parent & Sponsor Meeting	3/25/25	Check in/Reminder of the Importance of Parents and Sponsors
1st Safe Environment Training Option	3/2/25	Importance of knowing your worth, how to identify red flags in relationships, resources for help
2nd Safe Environment Training Option	3/23/25	Importance of knowing your worth, how to identify red flags in relationships, resources for help

We recommend putting all of the dates listed above into your calendar ASAP. Growing our community of parents is extremely influential on how our teens view and participate in their faith!

Safe Environment Training provides our teens with vital information about how to identify red flags in relationships, how provides resources for support of those affected by abuse. It is a sensitive topic, but one that is so important to talk about so that we can stand together as a community against the evils of abuse.

# Confirmation Sessions and Mass

## What is Catechesis?

“Catechesis is an education in the faith of children, young people, and adults which includes especially the teaching of Christian doctrine imparted, generally speaking, in an organic and systematic way, with a view to initiating the hearers into the fullness of Christian life”

-Catechism of the Catholic Church 5

## Why have Confirmation Sessions?

These sessions are designed to allow teens to learn about the faith they are accepting as their own, in addition to growing in their personal relationship with God. Each session is geared toward a particular aspect of our faith and how to live faithfully. Teens are encouraged to engage with these sessions through participation in activities, prayer, and discussion. By discussing our faith and asking questions, we grow ever closer to the Lord. The goal here is not to study the faith like a subject, but rather to engage with our natural curiosity for the things beyond ourselves. By doing this, we can open ourselves up to the wonders God has for us.

## When are the Sessions?

These sessions will take place twice per month (with some exceptions).

They will be from 3:30pm – 5:15pm. It is highly recommended that the 5:30pm Mass is attended as a family, especially on days of Confirmation sessions. We ask that teens arrive no later than 3:30pm for these sessions. We begin right at 3:30pm, so please arrive on time.

## Where are the Sessions?

Sessions will take place in Knight Hall, the large meeting room in our Pastoral Center. Teens will find and sit with their small group. These groups will continue their journey together in faith throughout the Confirmation experience.

## Mass

Mass is at the very core of our faith. We believe that Mass is where heaven meets earth, where God enters into our messy world and offers us the gift of receiving Him into our hearts and our lives. With Mass and the Eucharist being the “source and summit” of our faith, we encourage each family to make a commitment to attend Mass every Sunday. We have arranged our Sunday sessions to be around the 5:30pm Mass to encourage everyone to come together for the heavenly banquet. Participating in Mass each week is a defining component of living the Catholic faith, and we want our teens to practice that in their lives leading up to their full initiation into the faith. We look forward to seeing you at Mass on Sundays!

# Youth Ministry Events

## What are Life Nights and Recharge?

An important part of our faith is that we gather and live in community. During the year we will have Life Nights where teens gather and grow in community through food, games, prayer, and fellowship. These nights are a great opportunity to find lasting friendships and a true home away from home here at the parish.

Recharge is, as the name implies, an opportunity to gather as a community and get recharged in the middle of our week. It grants an opportunity to re-center our lives on Christ in the midst of the craziness through fellowship and praying with Scripture!

## Why Come to Youth Events?

In Matthew's Gospel, we see Jesus tell us that "where two or three are gathered in my name, there am I in the midst of them" -Matthew 18:20.

It can be hard for us to recognize this when we don't know those we are gathered with. Building a sense of community and of trust is vital to being able to truly learn what it means to be a member of the Church.

## When and Where are Life Nights and Recharge?

Life Nights and Recharge will always begin in the Youth Room, located on the first floor of the Pastoral Center on the side bordering Calle la Primavera. Life Nights will be on Sunday evenings; 6:30pm - 8:00pm. Recharge will be on Wednesday evenings from 6:30pm-8pm. Occasionally, other Youth Night events will pop up on different days, and notifications about those dates will be sent to everyone via email/text.

## Support Youth Ministry

Youth Ministry thrives when adults of the parish commit their time, talents and treasures to supporting the Youth. Our teens are not just the future of the Church, they are the Church NOW! We are in constant need of support through meals for our gatherings, volunteers willing to spend their time and share their hearts, and those willing to support us in the background. For a list of ways to support youth ministry, contact Mason Fredenberg!

## Additional Events

In addition to these weekly gatherings, we will also have other opportunities arise throughout the year. These include things like nights of worship and adoration, special events with other parishes, service opportunities, hikes, and more! Check the weekly email updates and the bulletin throughout the year to see what else Youth Ministry will be up to!



# Year 1 Day Retreat

## What is the day retreat?

It is very important to take some time every now and then to disconnect from the busyness of life and take time to intentionally refocus our lives on God. These opportunities are called retreats. In year 2, teens will attend a weekend retreat where they have a full weekend of fun and opportunities to encounter the Lord through prayer. We want to provide a similar experience in year 1. This day of games, prayer and reflection will give our teens an opportunity to disconnect for a day and bring their focus to Christ present in their lives.

## When and where will the day retreat be?

Our Year 1 Day retreat will be Saturday, January 4th, from 9am - 6:30pm. The retreat will take place here at St. Ed's in Knight Hall.

## Details

This retreat will cost \$25 a person to help provide snacks, lunch, speakers, and praise and worship for our teens.

Check in will begin at 8:30am, and our first activity will start at 9am. This day will include a variety of fun activities, powerful testimonies, and opportunities for Adoration, Confession, and Mass.

Parents are invited and encouraged to join us for Mass at 5:30pm in the Church.

## What if I can't make it?

Although we ask that everyone be at this day retreat, we acknowledge that some people may not be able to make it due to important other obligations (preplanned travel, family commitments, etc.) If you cannot attend the retreat because of these obligations, we ask that you reach out to the Youth Minister so that we can find a way to provide a similar experience for your teen.

That being said, we ask that this option be reserved for extreme cases. This retreat is an important part of the journey toward Confirmation. Time and time again teens have pointed to retreats as the life-altering moment where they encountered Christ in their lives. We want to make sure this opportunity is provided to all of our teens, so that they can encounter God and dive deeper into their Confirmation journey.

# Attendance Policy

## What does the attendance policy look like?

We will have a total of 11 Confirmation sessions in year 1. In addition to these meetings, our Youth group meets every Sunday evening after Mass for Life Night, and on Wednesday evenings for Recharge. We ask that you commit to attending at least 6 Confirmation sessions, the Day Retreat, and 3 Youth Group gatherings, whether they are Life Nights, Recharge, or other events that will pop up. The reason we ask for attendance at sessions and youth nights is not just to fill a room, but rather to ensure everyone on their Confirmation journey has the opportunities to engage in the community and find Christ at the center of it.

## Why does the attendance policy look like this?

Teens are busy. There is no denying that simple fact. The last thing that we want is for being at church to feel like a burden or something that they are obligated to do. Church should be a place we are all excited to be at, and a place we feel and know we belong. Our hope is that by giving a bit more freedom of what teens are coming to, teens and their families can recognize the importance of being present in the community, and make the commitment to themselves and to God to grow in faith while still living their lives.

## Ok, so how exactly does this work?

Attendance will be taken at every Confirmation session, Life Night and Recharge. Those numbers will be reviewed throughout the year, and if our team notices a teen that has not attended anything, or has very low attendance, we will reach out to meet and talk about the reason for the low attendance, and how we can help. Again, the goal of this journey toward Confirmation is a continued growth in our relationship with God. One of the main ways we do that is by coming to Mass and being involved with our community of faith. It shouldn't be a chore, but rather something that sustains us in this life. Our hope is that by having a plethora of opportunities at different times, teens can find a spiritual home here, know that they are loved and belong, and over time are excited to be here and come to Confirmation sessions to be with and pray with their small groups, find community and fun in Life Nights, and hear God's voice through Scripture at Recharge.

If anyone has questions, please feel free to reach out to the Youth Minister. He is happy to discuss your teen's journey and how we can best help you support them in faith!

# Service Project

## What is the Service Project?

The service project is a total of 10 hours spent in service to others. This can be anything from serving in a soup kitchen or food bank, helping with a charity event, or spending time with people in nursing or retirement homes. The list goes on, and upon completion of a project, you will write a one page reflection about the experience describing what you did, why you chose this act of service, and how it impacted you. These will be turned in once a year with the form showing what service you participated in with a signature from someone in charge of the service program.

## Why do we do Service Projects?

We don't need to look very far in the Gospels to see that Jesus himself lived a life of ministry and service to others. He calls us to do the same in our lives as we try to imitate him. The Church teaches that we must always help those in need and always care for those who are pushed to the periphery by society. By engaging in these acts of service, our hope is to awaken and strengthen this sense of charity in each person.

## When are Service Projects?

That is up to you! We recommend that you complete your hours and submit the required work before you get busy with finals. I recommend having it all turned in around February or March! You can submit these via the submission portal on the website or bring a printed out copy to turn in to Mason at Confirmation sessions.

## Note:

For those who serve in liturgical ministries such as altar serving or reading, this can count as 5 hours of your service projects for the year, but not all. The reason for this is that while serving in a liturgical ministry is great and very important, we also want our teens to have experience in service to the local community outside of the Church.

We will send out a list of recommended places to volunteer, and throughout the year there may be opportunities available through Youth Ministry.

If you have a question about an organization that may count as service, please contact the Coordinator of Confirmation Preparation and Youth Ministry.

# Choosing a Sponsor

## What is a Confirmation Sponsor?

A Confirmation Sponsor is someone who is a practicing, fully initiated Catholic and is a mentor in the faith to the teen seeking Confirmation. The sponsor has the important role of accompanying the teen through his/her spiritual preparation for life as a fully initiated Catholic. Furthermore, the role of a sponsor does not end with the reception of Confirmation. The sponsor is a life-long model of faith and friend on the journey of life.

## Who can be a Sponsor?

The sponsor can be anyone who meets the following criteria:

- Is fully initiated (received Baptism, First Eucharist, and Confirmation) in the Catholic Church.
- An active member of the Church (attends Mass regularly, is registered at a parish, and receives Eucharist and Reconciliation).
- Is over the age of 16.
- Is not the parent of the teen.
- Lives in accordance with Catholic teaching.
- Is either married in the Catholic Church OR is single.

## Why do we have Sponsors?

The journey of faith is not one we can take alone. While we do have our personal relationship with God, we also experience God in community with one another. When we have someone in our life who is a model of faith and we trust, it can be easier to examine your own life for where God is working. By engaging in conversation and prayer with your sponsor, you can engage in and deepen your faith in your daily life, rather than just at Church.

## Sponsor Form Information:

The form is due by the end of January. This is so that in the second half of this first year, sponsors can become a part of the teen's prayer life, talk with them about how they are doing, what they are learning, and what they may be struggling with. The form will be available at sessions and youth nights, will be sent out via email, and is in the parish office.

# Choosing a Saint Name

## Who are the Saints?

The word “saint” is a title that the Church gives to a person who has died who lived their life for Christ in an exemplary way. The Church has practiced the veneration, or respect for, those who have gone before us in faith since the earliest days of the Church. We believe that when we pray and ask the saints for their prayers and intercession, it is similar to asking a friend or family member for their prayers or help.

## Why do we choose a Saint name?

We select a saint to be our patron during our preparation for Confirmation for a similar reason that we pick a sponsor; to have a mentor in the faith who has lived a human life and is now residing in heaven. Generally we choose a saint who lived a life that we can relate to, find inspirational, and aspire to learn from. Just as we learn from other people throughout history, we can learn from the saints about what being human and living life as a Christian looks like. As a sign that we have chosen a specific saint to mentor and guide us, when you are confirmed, the bishop will call you by your saint name rather than your own name.

## How do I choose a Saint name?

There are many different ways to go about selecting a patron saint. You can begin by looking at some of the more popular saints with a simple google search. For a more refined search, you can look based on what they are the patron of. For example, if you are interested in education and learning, you can look at some of the saints who are patrons of schools and students, such as St. Augustine or St. John Bosco. You can read through the stories of saints and find one who speaks to you.

## Saint Form and Paper Information:

After selecting a saint, teens must fill out the saint selection form, and write a one page reflection paper about the saint, their life, and why they selected this saint. Both the form and the paper are due by the end of February. The form and the reflection guide will be available at sessions and youth nights, sent over email, and will be in the front office.

# Resources to Help You

Here are a few resources for you to engage more deeply in your faith throughout this journey:

## Prayer Apps:

- Laudate – This app includes Daily Mass readings, Liturgy of the Hours, the New American Bible, interactive Rosary and Chaplet of Divine Mercy, Stations of the Cross, Daily Prayers, a Daily Bible Verse, and so much more.
- iBreviary – This app contains a multitude of prayers, liturgy of the hours, the missal for Mass, Readings and much more.
- Reimagining the Examen – a guide to the Jesuit form of prayer known as the Examen. The examen is a meditative form of prayer that guides you through a reflection on your day or a specific area of your life.

## Podcasts:

- Catholic Stuff You Should Know – A lighthearted explanation of various prominent and obscure Catholic topics.
- All Things Catholic – Well-known theologian Edward Sri delves into scripture, prayer, relationships, family and culture with reflections on all things Catholic.
- The Bible in a Year (with Fr. Mike Schmitz) – Walk through the entire Bible in 365 days with Fr. Mike Schmitz. Explanation of each section with renowned Biblical scholars in an accessible format. (20-25 minutes a day)
- The Catechism in a Year (with Fr. Mike Schmitz) – Walk through the entire Catechism of the Catholic Church in 365 days with Fr. Mike Schmitz. Explanation of each teaching of the Catholic Church in an accessible format. (20-25 minutes a day)
- Bishop Robert Barron's Sermons – Weekly homilies from Bishop Robert Barron, produced by Word on Fire.

## Faith Websites:

blessedishe.net | catholicgentleman.net | covenanteyes.com |  
crediblecatholic.com | faithandfamilycollective.com | fightthenewdrug.org |  
focus.org | Lifeteen.com | reasonfaithscience.com | thechastityproject.com |  
thelivingperson.com | theporneffect.com | thewildgooseisloose.com |  
thosecatholicmen.com | Vatican.va | wordonfire.org | mcgrathblog.nd.edu |  
usccb.org

# Communication is Vital!

## Please Check Your Email Regularly!

We will send many reminders and updates via email, so please be sure to be checking it regularly and let us know if you are not receiving emails. If you do not see messages from us, be sure to check spam and junk folders!

## Texting

Email inboxes can get cluttered, and it can be easy to miss something important. If you would like for your phone to receive messages from Flocknote, please update your notification preferences and contact information via Flocknote and make sure the email and phone number you give us are correct. Through this you will receive short text reminders about sessions and updates.

## Social Media:

Be sure to follow the parish social media accounts to stay up to date on important parish information! You can follow us @StEdwardChurch on Facebook and Instagram.

You can also follow our Youth Ministry Instagram page for information on themes and dates of youth nights! Follow us @stedward\_ym.

If you have any questions, comments, or concerns please feel free to contact:

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# Come Holy Spirit!