



Holy Trinity Parish
Confirmation Formation Process
2018 - 2020

Introduction

Welcome to the formation process for the Sacrament of Confirmation to be celebrated in the fall of 2020. Our goal in this process is to assist candidates, with the help of their parents, sponsors and the whole community, in a journey leading to full initiation in the Catholic Church as disciples of Jesus Christ. In this Sacrament, the newly confirmed experience the fullness of the gifts of the Holy Spirit (already received in Baptism) to help them as they continue to grow in faith throughout their lives as disciples of Jesus. The process involves the following components:

- Catechesis
- Choice of a sponsor to act as a mentor for discipleship
- Choice of a saint to imitate
- Retreat
- Service

Each of these components will be explained in further detail in this booklet. Know that the parish and staff hold you in prayer as you undertake this important journey to full initiation in the Catholic Church.

Catechesis

The catechetical component of our formation process is twofold:

1. Life Nights
 - a. Our parish offers Life Nights about three times a month during the school year as the primary form of catechesis. Students will be required to participate in Life Nights during their freshman and sophomore year. Ongoing catechesis like our Life Nights is where we have the chance to learn more about one another and grow more deeply in our faith. A sound sacramental theology is to be rooted in the parish community. It is where we begin to understand what it means to stand united in faith. It is important that this journey that challenges us to grow deeper in our Catholic faith and in our relationship with Christ and His Church takes place with those who we call family! That is our Holy Trinity community. It's also important that our parents and sponsors play a significant role in this process. Please know that your personal formation will be focused on as a part of this journey.

2. Immediate Catechesis for Confirmation

Those preparing for the Sacrament of Confirmation need an understanding of the Sacrament and its symbols, as well as a desire to deepen their relationship with the Church. Preparation for the sacrament will span the course of the candidate's freshman and sophomore years. The schedule for all LifeTeen and Confirmation meetings can be found on page 6 of this booklet.

Choice of a Sponsor to Act as Mentor for Discipleship

Canon Law states that a sponsor for Confirmation must meet the following criteria:

- A confirmed, practicing Catholic
- At least 16 years of age
- NOT the parent of the candidate

Please keep in mind that these are *minimum* requirements. Choose someone who is an **excellent** example and mentor of active discipleship in the Catholic Church. Make sure this individual has the time to meet with the candidate several times over the two year formation process. These meetings may be facilitated by electronic communications (Skype, FaceTime, Texting, phone conversations, etc.) and need not all be in person meetings if the person lives far away.

Students are expected to choose their sponsor during the summer months and to come to the October Confirmation gathering with the name, address, phone number and email address of their sponsor. The parish will mail the sponsor a packet with information describing their role and a resource to facilitate conversation with their candidate. Please note that sponsors DO NOT have to come to weekly LifeTeen sessions with their candidate or to the rehearsal for Confirmation. We do ask that sponsors come to the Confirmation nights listed on the schedule. If a sponsor is unable to make a Confirmation night due scheduling conflict, illness or travel, a parent can attend in their place. Do your best to pick a Sponsor that can also be present for the celebration of the sacrament. If a sponsor cannot be present for the Confirmation liturgy, a proxy can stand in for them.

Choice of a Saint to Imitate

The Catholic Church has a long tradition of choosing a saint's name for Confirmation. The saints are the heroes and heroines of our Church, and their example of holiness in

the midst of everyday life inspires us on our journey. Each student is expected to choose a saint who inspires them and to try to follow that saint's example as they prepare for Confirmation and as they continue to grow in faith beyond Confirmation.

For information about the saints, there are many resources available on-line:

- Go to www.americancatholic.org where you will find a "Saints" tab where you will find saints listed by name, date and patronage
- Go to <http://saintsresource.com/> where you will find another listing of saints.

Our parish library (located in the Reconciliation Room of our church) has resources on the lives of the saints as well. Please see John Mertes, Director of Faith Formation or Christy Peletz, Director of High School Youth Ministry for additional resources.

Students are to choose their saint during the fall of 2018. They are to write a report on that saint with a minimum length of one full typed page and turn it in at the October Confirmation session. The report will include a separate sheet with a picture of the saint. All pages must be stapled together, and the student must include their first and last name at the top of the report. Saints reports can be turned in to either John Mertes or Christy Peletz.

Retreat

A retreat provides an opportunity to step away from the busy-ness and distractions of everyday life and spend some time with God, growing in one's faith. As such a retreat is a valuable component to the formation process for Confirmation. Candidates are asked to engage in a retreat some time during their formation for the Sacrament of Confirmation. Dowling Catholic High School offers a retreat for freshmen (Metanoia) and one for sophomores (Quest) that count toward this requirement. Go to <http://www.dowlingcatholic.org/dchs-retreats> for more information on these retreats

The Diocese of Des Moines offers retreat opportunities for all students. When the dates for these retreats become available, they will be provided to the Confirmation candidates and their parents. Holy Trinity is also in the process of developing our own Confirmation retreat. As more details become available will be sure to pass those along.

Once a Confirmation candidate has made a retreat, contact John Mertes or Christy Peletz with the name of the retreat and date(s).

Service

Living as disciples of Jesus in the Catholic tradition means living a life of service to others. We recognize that many of our young people already engage in service, so during this time of formation for Confirmation, we want to recognize the service they do and challenge them to try new things. Think of it as a kind of apprenticeship.

Students are required to complete 20 hours of service in both their freshman and sophomore year (40 hours total) over the course of their two years. These experiences include at least two in each of three categories:

- Extended Family/Close Friends/Neighbors
- Parish (with an emphasis on liturgical service)/School
- Wider Church and Civic Community

Students will be provided with a service record form to document these experiences over the course of their two years of formation. They are expected to complete AT LEAST half of the service requirement by the April 2019 Confirmation session and turn in the record form at that time. The form will be copied and returned to them so they may continue to document their service experiences.

Service performed for another purpose (Dowling Catholic High School theology class hours, Scouts, Silver Cord, etc.) can also be counted toward Confirmation service requirement. Candidates will fill out the appropriate paperwork for each institution and secure the appropriate signatures. Dowling Catholic High School students must adhere to Dowling's guidelines for service for it to count toward their 10 hour per semester requirement. In other words, a project that counts toward your Confirmation requirement may not count toward Dowling's requirement.

Go to <http://www.dowlingcatholic.org/service> to verify the Dowling requirements.

Ideas for Parish Service

Holy Trinity is a very active parish with many opportunities to get involved! Listed below are but a few ideas of ways you can serve. There are opportunities in the areas of liturgy, pastoral care, faith formation, facilities, and others. Big events and fundraisers such as our garage sale, gala auction, craft boutique and fall festival provide many different kinds of opportunities for service. Watch the parish website, bulletin and other communications for announcements of events year-round. We will also send email notifications of service opportunities along with having sign ups at large group gatherings.

CONFIRMATION MEETING DATES for the 2018-2019 Program Year

(All meet from 6:30 – 8:00 p.m. on WEDNESDAYS)

October 10, 2018

November 14, 2018

December 12, 2018

February 13, 2019

March 13, 2019

April 10, 2019

The LifeTeen calendar will be emailed to all Confirmation families when it is finalized. It will also be published on the parish website: www.holytrinitydm.org.