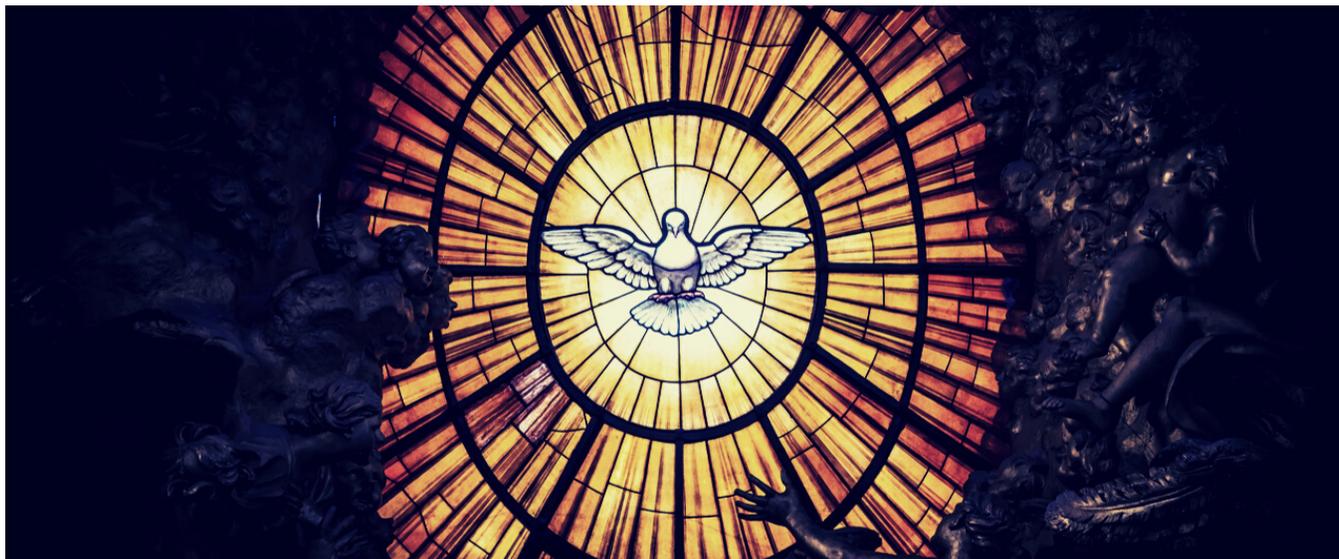


CONFIRMATION

San Rafael Youth Ministry



Welcome!

It is great to be back in person with our youth! While the previous year presented challenges, it also opened our eyes to new ways we can evangelize and form our young church. Both students & parents benefited through online lessons they completed together --- not only did each grow in faith, but lessons helped to foster a deeper relationship between parent & child. Due to the great feedback, this is one aspect of formation we cannot afford to change. We will continue online lessons with youth & parents, and youth will meet weekly in person for peer Discipleship Groups. Our team has spent a good part of the summer planning & preparing the best experience possible for you & your family. We are very excited and eager to dive into this year with you!

"But you will receive power when the Holy Spirit comes upon you, and you will be my witnesses in Jerusalem, throughout Judea and Samaria, and to the ends of the earth."

ACTS 1:8

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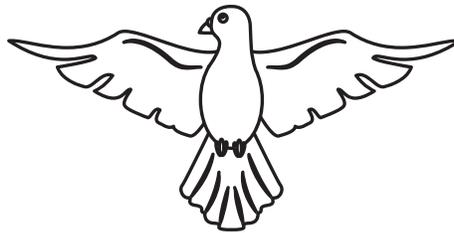
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What is Confirmation?

Within the Catholic faith, the Sacrament of Confirmation is not merely a rite of passage as some think it to be. As one of the seven sacraments, Confirmation is one of these seven ordinary means of grace established by God the Father through Jesus Christ. Confirmation deepens our baptismal life that calls us to be missionary witnesses of Jesus Christ in our families, neighborhoods, society, and the world. We receive the message of faith in a deeper and more intensive manner with great emphasis given to the person of Jesus Christ, who asked the Father to give the Holy Spirit to the Church for building up the community in loving service.

Confirmation, along with Baptism and the Eucharist, is a Sacrament of Initiation in the Catholic Church. It is usually received last, and completes one's initiation. The first Confirmation was at Pentecost, when the Holy Spirit descended on the Apostles and they were given the grace and strength to spread the Gospel throughout the world. When we receive the Sacrament of Confirmation, we receive that same outpouring of the Holy Spirit so we, too, may be able to share the Gospel and bring others to the love of Christ.



Preparation Process

Goals for Parish Youth Ministry

1. To foster the total personal and spiritual growth of each young person.
2. To draw young people to responsible participation in the life, mission and work of the faith community.
3. To empower young people to transform the world as disciples of Jesus Christ by living and working for justice and peace.

Confirmation preparation is a two-year process within the high school years. Teens typically begin in their freshman year of high school (although it is not unusual for teens to begin this process later as a sophomore or junior). This two-year formation process is based on the principles set forth in the National Conference of Catholic Bishops' document *Renewing the Vision: A Framework for Catholic Youth Ministry*. Our Confirmation process is not only preparation for the Sacrament of Confirmation, but also focuses on the importance of teens becoming active members of their Catholic Church Community.

Preparation Process (cont.)

DIOCESAN POLICY

Readiness Criteria (#311)

Readiness criteria are based on the diocesan policy. The basic guidelines are as follows:

1. Baptism
2. Duly Instructed and in the state of grace
3. At least 15 years old
4. Proper disposition
 - (a) A stated personal desire to receive the sacrament
 - (b) A willingness to more fully witness to Christ by word and action
 - (c) An acceptance of the responsibility to be an active member of the church, to continue to, mature in faith and spread and defend the faith according to one's ability.

Aside from these basic requirements, there are two areas upon which readiness is assessed:

1. Knowledge of applicable Catholic Doctrine
2. Experience of Christian Living

Doctrinal Requirements (#312)

Candidates for Confirmation are to evidence an understanding of the Catholic faith appropriate to their age. As a minimum, candidates are expected to show competence in the following four areas of Catholic Christian doctrine:

1. The Creed – The Faith Professed
2. The Church and the Sacraments – The Faith Celebrated
3. The Commandments and Beatitudes – The Faith Lived
4. The Lord's Prayer – The Faith Prayed

Experience of Christian Living (#311)

The potential candidate needs to be living out his or her faith as follows:

1. Attending Mass each Sunday and receiving the sacrament of Reconciliation on a regular basis
2. A commitment to ongoing human and spiritual growth and development
3. A commitment to ongoing development through good works
4. Involvement in parish community

All of the above areas include a broad spectrum of activities, program and processes found both at the parish and within community and school systems.

Discipleship Groups

BELONG. BE LOVED. GROW.

Do you want a solid group of friends to grow in your faith with from now until you graduate high school?

Discipleship Groups (D-Groups) consist of 5-7 guys or girls of the same age who meet weekly to discuss life, grow in their faith and seek support for the trials and joy of life together.

Led by an adult volunteer mentor, these fellowship and formation groups are the new foundation of our ministry and a huge advantage for youth who want to grow in their faith and make life-long friends in the process! The long term vision: D-Groups will become your good friends, and even a second family as you journey through middle school AND high school!

Discipleship Groups (D-Groups) help youth to grow in friendship, provide experiences to encounter Jesus Christ, offers ongoing training for new D-Group adult mentors, and offers resources and tools for parents.

Get ready for an awesome adventure!



"...I found my spiritual growth within my small group. I made lasting friendships with my classmates and leaders, and I ultimately grew to understand how important my faith was to me. I'd love to be able to guide young minds to grow in their faith as well." -Sophia D.





Expectations & Requirements

MASS ATTENDANCE: Mass and the Eucharist are the center of our Catholic faith. Each candidate will be expected to attend mass on all Sundays and Holy Days of Obligation.

ASSIGNMENTS: Weekly assignments will be posted in Google Classroom. Assignments are self-guided and to be completed with a parent; they include videos & reflection questions. Youth are expected to complete assignments prior to their weekly meeting with their Discipleship Group.

DISCIPLESHIP GROUPS: These small groups consist of 6-8 youth, that gather weekly to discuss life, grow in their faith and seek support for the trials and joys of life together. Led by an adult volunteer mentor & peer-leader, these fellowship and formation groups are the foundation of our ministry and a huge advantage for teens who want to grow in their faith and make life-long friends in the process!

CHRISTIAN SERVICE: Christ calls us to help those in need. Opportunities will be given through D-Groups and will be posted on our youth website. 10 hours to be completed each year. A one page reflection on each project due April 10, 2022.

FINAL INTERVIEW: Towards the end of their second year, candidates must participate in an informal interview to demonstrate readiness to receive the sacrament. Readiness is determined by the candidate's desire to receive the sacrament and satisfactory participation in the Confirmation preparation program. Final Interviews are conducted in March.

COVENANT RITUAL: The purpose of this ritual provides an opportunity for the candidates to publicly express their desire for Confirmation by signing the "Book of Disciples". It will be held on **February 27, 12PM mass**. Class with sponsor to follow.

Confirmation welcomes us, deepens our friendship with God and strengthens us as disciples of Jesus Christ. It is with these goals in mind that you make a commitment to prepare fully for the Sacrament of Confirmation. Ultimately it is your decision whether or not you are ready to be Confirmed. Your parents, sponsor or members of the parish community cannot make that decision for you, but they can serve as a resource for you. San Rafael's two-year process is designed to give you the knowledge and tools to make this informed decision.



RETREATS

- **Family Triduum Retreat (1st Year Candidates): *required***
The family is known as the Domestic Church, as parents are the first teachers of faith. This self-guided at home retreat will enrich your faith experience as a family.
- **Confirmation Retreat (2nd Year Candidates): *required***
February 4-6, 2022. Will be at Whispering Winds.
- **Youth Ministry Fall Retreat (9th-12th grades): *optional***
This retreat is open to all high school youth.
October 29-31, 2021. Will be at Whispering Winds.

Choosing A Confirmation Sponsor

Choosing a Confirmation Sponsor is a very important part of preparing for the sacrament, and one we get many questions and concerns about. Read over the following guidelines, and then take some time in prayer and dialogue with your parents to discern who may be the best sponsor for you.

Sponsors must meet the following criteria:

- 1) at least 16 years of age,
- 2) a confirmed Catholic who has received First Eucharist and is leading a life in harmony with the faith,
- 3) not be one of the candidate's parents,
- 4) they are not prohibited by Canon Law from exercising the role of sponsor; if your sponsor is married they must have been married in the Catholic Church, the same applies to those who have remarried.



Further considerations: Sponsors should be someone whom you admire for the way they live their faith daily. They should be someone whom you consider to be a good role model, and someone you would feel comfortable meeting with and asking questions regarding your faith. Preferably choose someone who lives locally since you will be meeting with them and they will be involved in the process with you. Choosing a godparent is ideal but not always an option.

A few suggestions: If you are struggling with whom to ask, you are not alone. Here are some suggestions candidates have found helpful in the past. Consider asking: older confirmed siblings, cousins, aunts, uncles (you get the idea), a friend's parent, a past or current Religious Ed teacher or a youth ministry volunteer. Keep your eyes open at Mass and other parish gatherings and consider who fits the above qualities. Call Lailani. She knows many wonderful adults in our parish who would be honored to serve as your sponsor.

Sponsor requirements:

What does a sponsor do? When asking them you will need to let them know specifically what will be required of them. Be sure to give them the following events and dates: Covenant Ritual, Confirmation Rehearsal, and Confirmation Mass. Please refer to your year schedule for dates.

SPONSOR INFORMATION SHEET DUE DATE: DECEMBER 1, 2021 [Form on youth website]

1ST YEAR SCHEDULE

DISCIPLESHIP GROUP MEETINGS & ASSIGNMENT DUE DATES

Assignments will be posted every Monday in Google Classroom and due on Sundays. Please complete assignments and reflection **PRIOR** to your D-Group gathering on Sunday evenings. *Parents are to participate in the online lessons & discuss the reflection questions with their teen.*

Discipleship Groups meet on Sundays, 6:30-7:45PM. Gather in church unless otherwise noted.

Discipleship Group	Google Classroom Assignments
sept 19 Parent & Student Orientation	**No assignment due
sept 26 D-Group (Parish Hall)	1- The Invitation: The Kind of People He Invites
oct 3 D-Group (Church)	2- The Invitation: The Invitation
oct 10 D-Group (Church)	3- The Invitation: The Cost
oct 17 D-Group (Church)	4- The Invitation: You Are Not Alone
oct 21 Parent Night @Good Shepherd Parish	n/a
oct 24 D-Group (**Location TBD**)	**No Assignment Due
oct 29-31 Youth Ministry Fall Retreat	**Optional retreat is open to all high school youth
oct 31 NO CLASS	**No Assignment Due
nov 7 D-Group (Church)	5- Altaration: More Than Meets The Eye
nov 14 D-Group (Church)	6- Altaration: Our Father's Plan
nov 21 NO CLASS	**No assignment due
nov 28 NO CLASS	**No assignment due
dec 5 D-Group (Church)	7- Altaration: The Mystery Revealed
dec 12 D-Group (Church)	8- Altaration: What is Our Response?
dec 19 D-Group (**Location TBD**)	**No assignment due
dec 26 NO CLASS - Merry Christmas	**No assignment due
jan 2 NO CLASS - Happy New Year	**No assignment due
jan tbd Parent Night @Good Shepherd Parish	n/a
jan 9 D-Group (Church)	9- Known: Encountering God
jan 16 D-Group (Church)	10- Known: Letting God Speak
jan 23 D-Group (Church)	11- Known: Needing God
jan 30 D-Group (Church)	12- Known: The Struggle
feb 6 NO CLASS	**No assignment due
feb 13 D-Group (**Location TBD**)	**No assignment due
feb 20 NO CLASS	**No assignment due
feb 27 NO CLASS	**No assignment due
mar 6 D-Group (Church)	13- Know Your Momma
mar 13 D-Group (Church)	14- The Church: Out of Focus
mar 20 D-Group (Church)	15- The Church: Keys to the Kingdom
mar 27 D-Group (Church)	16- The Church: The Community
apr 3 D-Group (Church)	17- The Church: Be Church
apr 10 NO CLASS - Palm Sunday	**TRIDUUM FAMILY RETREAT**
apr 17 NO CLASS - Easter Sunday	**No assignment due
apr 24 D-Group (Church)	**No assignment due

2ND YEAR SCHEDULE

DISCIPLESHIP GROUP MEETINGS & ASSIGNMENT DUE DATES

Assignments will be posted every Monday in Google Classroom and due on Sundays. Please complete assignments and reflection **PRIOR** to your D-Group gathering on Sunday evenings. *Parents are to participate in the online lessons & discuss the reflection questions with their teen.*

Discipleship Groups meet on Sundays, 6:30-7:45PM. Gather in church unless otherwise noted.

Discipleship Group

sept 19	Parent & Student Orientation
sept 26	D-Group (Parish Hall)
oct 3	D-Group (Church)
oct 10	D-Group (Church)
oct 17	D-Group (Church)
oct 21	Parent Night @Good Shepherd Parish
oct 24	D-Group (**Location TBD**)
oct 29-31	Youth Ministry Fall Retreat
oct 31	NO CLASS
nov 7	D-Group (Church)
nov 14	D-Group (Church)
nov 21	NO CLASS
nov 28	NO CLASS
dec 5	D-Group (Church)
dec 12	D-Group (Church)
dec 19	D-Group (**Location TBD**)
dec 26	NO CLASS - Merry Christmas
jan 2	NO CLASS - Happy New Year
jan tbd	Parent Night @Good Shepherd Parish
jan 9	D-Group (Church)
jan 16	D-Group (Church)
jan 23	D-Group (Church)
jan 30	D-Group (Church)
feb 4-6	CONFIRMATION RETREAT
feb 13	D-Group (**Location TBD**)
feb 20	NO CLASS
feb 27	Covenant Ritual @12PM mass Class w/Sponsor @1PM
mar 6	D-Group (Church)
mar 13	D-Group (Church)
mar 20	D-Group (Church)
mar 27	D-Group (Church)
apr 3	D-Group (Church)
apr 10, 24, or May 1	Confirmation Rehearsal via Zoom
apr 10	NO CLASS - Palm Sunday
apr 17	NO CLASS - Easter Sunday
apr 24	D-Group (Church)

Google Classroom Assignments

**No assignment due
1- Never Alone: Belonging
2- Never Alone: Guided
3- Never Alone: Empowered
4- Never Alone: Alive
n/a
**No Assignment Due
**Optional retreat is open to all high school youth
**No Assignment Due
5- Grace Infusion: The Sacraments
6- Being Eucharist: The Sacraments of Initiation
**No assignment due
**No assignment due
7- Be Made Well: Sacraments of Healing
8- Totally Given: Sacraments at the Service of Communion
**No assignment due
**No assignment due
**No assignment due
n/a
9- Truth Be Told: Moral Decision Making
10- Connected: God's Creation & Stewardship
11- Connected: The Dignity of Human Life
12- Connected: Solidarity, Race, & Responsibility
**No assignment due
13- Connected: Poverty & the Dignity of Work
14- Connected: Family: The Foundation of Society
15- Big Brother, Big Sister
16- The Sacrament of Confirmation
17- Discipleship: Where Do I Go From Here?
n/a
**No assignment due
**No assignment due
**No assignment due

*"Be who God meant you to be
and you will set the world on fire."*

ST. CATHERINE OF SIENA

CONTACT US

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Schedule a meeting directly: <https://calendly.com/sanrafaelym>

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