

HIGH SCHOOL YOUTH MINISTRY

SACRAMENT OF CONFIRMATION POLICY HANDBOOK 2019-2020



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Join our Remind Group to receive important text notifications regarding Youth Ministry:

For **1st Year Confirmation** class, text **@con2021** to the number **81010** using your mobile device

For **2nd Year Confirmation** class, text **@con2020** to the number **81010** using your mobile device

San Rafael Catholic Church

17252 Bernardo Center Drive, San Diego, CA 92128

Phone: 858-487-4314 Fax: 858-487-1498

www.sanrafaelparish.org

WHY CONFIRMATION?

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.

"You shall receive power when the Holy Spirit comes upon you, and you shall be My witnesses."

~Acts 1:8

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.

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.

EXPECTATIONS & REQUIREMENTS

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.

MASS ATTENDANCE

Mass is a vital part of our Catholic faith. Each Candidate will be expected to attend mass on all Sundays and Holy Days of obligation.

CLASS ATTENDANCE

We allow a maximum of **four** absences per year. If you plan to miss a class or youth night, parents or teens need to contact Lailani in advance via e-mail (youthministry@sanrafaelparish.org) and explain the reason for the absence.

Students who are late may be marked absent if they arrive after attendance is taken and are responsible for assuring they are marked present. We will continuously review attendance. Excessive absences will result in the candidate having to repeat the semester and result in their receiving Confirmation in a later year.

MAKE UP ASSIGNMENTS

Make up assignments will be provided to clear absences. Make up assignments will involve both candidates and their parents.

Make up assignment due dates:

1st Year Students: April 19, 2020

2nd Year Students: April 5, 2020

RETREAT

Retreats are wonderful opportunities to encounter God, free from the distractions of everyday life. There is a **mandatory retreat for both 1st and 2nd year Confirmation students**. If you are unable to attend this retreat you must make arrangements to attend another Catholic Youth Ministry 1st Year Confirmation Retreat (please contact Lailani for those dates).

Important Retreat Dates

1st Year Retreat: October 25-27, 2019

2nd Year Retreat: January 31–February 2, 2020

Fees for retreat are as listed below:

1st Year Retreat

<u>Register by:</u>	<u>Cost:</u>
October 6, 2019	\$220
October 13, 2019	\$235
October 20, 2019	\$250

2nd Year Retreat

<u>Register by:</u>	<u>Cost:</u>
January 12, 2020	\$220
January 19, 2020	\$235
January 26, 2020	\$250

CHRISTIAN SERVICE

“So faith by itself, if it has no works, is dead.” James 2:17.

The type of service that a student does should make use of their God-given gifts and skills, take them outside their comfort zone once in a while, and offer them an opportunity that allows for reflection on their experiences.

- Year 1 and 2 candidates must complete a minimum of 10 hours of service per YEAR.
- A minimum of 1 Parish Ministry-Based service is required per YEAR.
- Parent or Sponsor involvement is required for at least one service project.
- Hours completed over the summer may count towards either your previous or upcoming year.
- Forms to submit your service hours & reflection are available online: www.sanrafaelyouth.org

1st Year Service Due Date: September 20, 2020

2nd Year Service Hours Due Date: April 5, 2020

Any combination of direct and indirect service may count toward the total required hours.

DIRECT service is characterized by giving service person-to-person to someone who is poor, vulnerable, or marginalized in the eyes of society. Examples of direct service hours:

- Service to the hungry and homeless
- Companionship for the elderly at homes for the poor
- Working with people with special needs
- Coaching athletics for underprivileged children

INDIRECT service is work that assists in alleviating suffering in another without being done person-to-person.

Examples of support service hours:

- Packing food for the hungry
- Fundraisers for chronic and terminal diseases
- Working at local elementary or middle schools
- Working civic (municipality) events

Parish Ministry-Based Service Examples:

- Preschool & Elementary Faith Formation
- Middle School Faith Formation
- Sunday Mass Greeter
- Church Choir
- Over 80's Luncheons
- Parish Family Picnics
- Lenten Fish-Fry
- Soda can and bottle collection

YOUTH DAY

Youth Days are unique opportunities to encounter God and the young church community. Candidates are **required to attend at least one youth day** during their Confirmation Preparation Process.

Synergy Youth Day
Saturday, April 18, 2020

CONFIRMATION SPONSOR

What is the role of the Confirmation sponsor?

Sponsors should serve as role models and mentors, helping the candidates respond to God's call and live the Christian life in the faith community and in the world. Choosing a Confirmation Sponsor is a very important part of preparing for the sacrament, take some time in prayer and dialogue with your parents to discern who may be the best sponsor for you.

What are the qualifications of a sponsor?

- At least 16 years old and fully initiated in the Catholic faith (Baptism, Eucharist, and Confirmation).
- Leads a life in harmony with the faith and the role to be undertaken. They cannot be prohibited by Canon Law from exercising the role of sponsor; if your sponsored is married they must have been married in the Catholic Church, the same applies to those who have remarried.
- Each candidate is to have only one sponsor, who may be either male or female. It is desirable that the sponsor be the same as the baptismal godparent. **SPONSOR CANNOT BE ONE OF THE CANDIDATE'S PARENTS**
- Sponsors must have a form from their home parish indicating they are qualified.

Candidates must submit their sponsor selection by: December 8, 2019

ENTRANCE & COVENANT RITUALS

Sponsors are required to attend the following with their candidates (a parent my proxy in sponsors absence:

1st Year Candidates:

- Entrance Ritual at the 12PM mass on **Sunday, January 5, 2020**
- Covenant Ritual at the 12PM youth mass on **Sunday, September 27, 2020**
***1-hour class with sponsor will take place immediately after the ritual masses*

2nd Year Candidates:

- Covenant Ritual at the 12PM youth mass on **Sunday, September 22, 2019**
***1-hour class with sponsor will take place immediately after the ritual mass*
- Confirmation Rehearsal: **Sunday, April 5, 2020 @6pm in Church**
- Confirmation Mass: possible dates are Friday April 17, 24, or May 1 – *you will be notified immediately once we hear from the Bishop's office which date we get.*

FINAL INTERVIEWS

Towards the end of the second year of Confirmation preparation, Year 2 candidates must participate in an informal interview with a Youth Ministry staff member 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 normally conducted in March.

PARENTS

Parents, as the first and most important faith formers for their children, should themselves be practicing Catholics. This includes faithful attendance of Mass on Sundays and Holy Days and a life of prayer and virtue.

There **are 2 Mandatory Parent Only Nights** for BOTH 1st & 2nd Year Parents listed below (attendance will be taken):

1. Tuesday, October 29, 2019

Guest Speaker: Roy Petitfils

<https://roypetitfils.com/>

San Rafael Parish

7:00-8:30pm (doors open at 6:30)

2. Thursday, April 16, 2020

Guest Speaker: Fr. Agustino

Good Shepherd Parish

7:00-8:30pm (doors open at 6:30)

FAMILY EVENTS

1. Sunday, October 20, 2019

“The Surfing Priest” – Fr. Donald Calloway

Mary Our Mother in Faith: A Talk about Marian Spirituality

6:00-8:00PM in the Church

2. Sunday, April 26, 2020

End of Year Youth Ministry Family Potluck

San Rafael Shepherd Parish Hall

6:00-8:00pm

There is no better way to end the year than with a meal with our church family.

We will eat, greet, and play exciting family games!

Families must RSVP for this event. More details to come!

Behavioral Expectations for all students

Out of respect for oneself, and others, candidates are expected to:

- Behave appropriately and respectfully at all youth events and Confirmation sessions. Anything dangerous or illegal is of course prohibited.
- Use kind speech and no swearing/profanities.
- Arrive on time.
- Actively participate in Confirmation sessions and complete any weekly challenges.
- No cell phone or iPod use during Confirmation, Youth Events, and of course Mass.
- Dress modestly and appropriately: All undergarments must be covered, no skin-tight clothing, exposed midriffs, no low-cut tops, spaghetti strap tops, strapless or backless tops. No sagging, short shorts (must reach mid-thigh), or mini-skirts.
- Facilities must be used respectfully. If you move or borrow something please return it to its original place.

YOUTH EVENTS – *These are optional, but we'd love for you to join us!*

October Hangouts: Thursday nights 6-8PM in youth center **No hangout on Halloween*

November 2: Inspiration @ Magic Mountain **More info <https://lifeteen.com/events/inspiration-los-angeles/>*

December: Christmas Party

January: TBA

February 20: Los Angeles Youth Day *(All Day Event)*

March: TBA

April 18: San Diego Youth Day *(All Day Event)*

Summer Events: Youth Group Nights, Bonfires, Disneyland, Steubenville, and more!

All events will be posted on our youth website: www.sanrafaelyouth.org

SERVICE OPPORTUNITIES

Mass Greeters: Welcome parishioners prior to mass and pass out bulletins as they leave

Youth Choir: Sings at the 10:30 or 12:00 Mass (practice on Thursday evenings from 6:45-8:00 PM).

Preschool Religious Education: Begins October, during the 10:30 AM Mass

Children's Liturgy of the Word: Begins October, during the 10:30 AM Mass

Santa Sunday: December 1

Knight's of Columbus Fish Fry: Help with serving and cleanup, Fridays during Lent

Easter Egg Hunt: Saturday, April 11 (morning)

Over Eighties Luncheon: April or May (Date – TBA)

Parish Festival: May 31

Service opportunities will be posted on our youth website: www.sanrafaelyouth.org

DARE 2 SHARE

Youth Fact Sheet

Name: _____ Cell #: _____

Grade Level: _____ School: _____ Shirt Size: Sm M L xL xxL

E-mail Address: _____

List several friends (anywhere from 2-4) you would like to be with during small group time:

MORE ABOUT ME:

Extra-curricular activities I am involved in (sports, band, dance, choir, theater, clubs, ASB, etc):

Sports I like to play: _____

Music/Bands/Musicians I like: _____

Instruments I play: _____

Favorite Foods/Snacks: _____

Favorite Movies/Shows: _____

Favorite Books: _____

Favorite Games: _____

Favorite Quote: _____

ANNUAL MEDICAL RELEASE— Valid September 2019 – September 2020

Child's Name: _____

Parent Name: _____ **Parent Phone:** _____

I hereby warrant that to the best of my knowledge, my child is in good health, and I assume all responsibility for the health of my child. Of the following statements pertaining to medical matters, sign only those in accordance with your wishes:

In the event of an emergency, if you are unable to reach me at the provided numbers, please contact:

Name & Relationship: _____ Phone: _____

1. Emergency Medical Treatment:

In the event of an emergency, I hereby give permission to transport my child to a hospital for emergency medical or surgical treatment. I wish to be advised prior to may further treatment by the hospital or doctor.

Family Doctor: _____ Phone: _____

Family Health Plan Carrier: _____ Policy #: _____

1). Signature: _____ Date: _____

2. Other Medical Treatment:

Please notify me if it comes to the attention of the parish, its officers, directors and agents, and the Diocese of San Diego, chaperones or representatives associated with the activity that my child becomes ill with symptoms such as headache, vomiting, sore throat, fever, diarrhea.

2). Signature: _____ Date: _____

3. Current Medications:

My child is taking medication at present. My child will bring all such medications necessary, and such medications will be well labeled. Names of medications and concise directions for seeing that the child takes such medications, including dosage and frequency of dosage is as follows:

3). Signature: _____ Date: _____

4. Medications: Choose one of following options (A or B)

A. No medication of any type whether prescription or nonprescription, may be administered to my child unless the situation is life-threatening and emergency treatment is required.

B. I hereby grant permission for nonprescription medication (Such as aspirin, throat lozenges, cough syrup) to be given to my child, if deemed advisable.

Please select: **A** **B**

4). Signature: _____ Date: _____

5. Specific Medical Information: The parish will take reasonable care to see that the following information will be held in confidence.

Allergic reactions (medications, foods, plants, insects, etc.):	
Immunizations: Date of last tetanus/diphtheria immunization:	
Does child have a medically prescribed diet?	
Any physical limitations?	
Is child subject to chronic homesickness, emotional reactions to new situations, sleepwalking, bedwetting, fainting?	
Has child recently been exposed to contagious diseases or conditions, such as mumps, measles, chickenpox, etc.? If so, please provide date and disease or condition:	
You should be aware of these special medical conditions of my child:	

PHOTO/VIDEO RELEASE

I (parent/guardian) authorize the Office for Youth Ministry at San Rafael Parish, its representatives, or volunteers, to photograph or record on audio or video (tape or digital) of above named Participant ("my child") for purposes of furthering the mission of the Youth Ministry, in this specific case, the creation of publication materials for adults who participate in Youth Ministry at San Rafael Parish. Photos, audio, or video may be used in printed materials and any other visual display or media. I understand that such photos and/or video recordings will be used for OYM related purposes and will not be used for any commercial purpose whatsoever. I therefore hereby waive any kind and all rights I may have for remuneration of any kind that could otherwise accrue for the uses of such photos and/or audio or video recordings.

Signature: _____ Date: _____

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.

First the basics: 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, and 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 sponsored 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 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. If you do decide to choose someone who does not live locally, you will still have to choose another adult (preferably not a parent) who can meet with you regularly.

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:

Sponsors are required to attend the following with their candidates (a parent my proxy in sponsors absence:

1st Year Candidates:

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- Confirmation Mass: possible dates are Friday April 17, 24, or May 1 – *you will be notified immediately once we hear from the Bishop's office which date we get.*

Sponsor timeline: When you choose your sponsor have them complete the sponsor information sheet (attached), and return it to the youth ministry office. We need to have all sponsor sheets turned in **no later than December 8, 2019**. If you need help finding a sponsor, please let Lailani know right away so we can begin looking. Office: (858) 674-114.

SPONSOR INFORMATION SHEET

Please complete and return this form to the San Rafael Youth Ministry Office no later than **December 8, 2019.**

Mail or Fax to: San Rafael Catholic Church
Attn: Lailani Gachalian
17252 Bernardo Center Drive
San Diego, CA 92128
Fax #: 858-487-1498

Candidate's Name: _____

Sponsor's Name: _____

Street Address: _____

City/State: _____ Zip Code: _____

Phone #: _____ E-mail Address: _____

Church currently active in: _____

Name of church sponsor Baptized in: _____

City/State: _____

Name of church sponsor Confirmed in: _____

City/State: _____

Date of sponsor's Confirmation: _____

Any questions or concerns you have about being a sponsor: _____

***Required for sponsors who are not parishioners of San Rafael. Please have your pastor send a letter verifying that you meet the requirements to serve as a Confirmation sponsor:** 1. you are at least 16 years of age; 2. you are a current/active member in your parish; 3. you are a Confirmed Catholic who has received First Eucharist and are leading a life in harmony with our faith; 4. you are not a parent of the candidate; 5. you are not prohibited by Canon Law from exercising the role of sponsor.

Relational Ministry: What & Why

Excerpts from: Life Teen Core Training on Relational Ministry, pg 7-8.

At its simplest form, relational ministry is building Christ centered relationships with teenagers by going where they are: school, work and play. Relationships are at the heart of true conversion. In order to bring teens into a relationship with Christ, we must be willing to engage in relationship with them. Only then can they experience the love of Christ through adult Core Members who themselves are in love with Christ. Relational ministry is all about “outreach” and “inreach” to teens, both the church and un-church.

Life Teen didn't create the concept of relational ministry; God our Father created it. Genesis 2:18 says, “It is not good for the man to be alone. I will make a suitable partner for him.” What did God do? He gave Adam a companion, Eve. God desires us to be in relationship with one another and with Him.

Have you ever heard of a little mystery called the Incarnation? I thought you might have. To quote the creed: “For us and our salvation, He came down from heaven; by the power of the Holy Spirit, He was born of the Virgin Mary, and became man.” God wanted an intimate relationship with us, so intimate that He sent His only Son to us. He wanted to go where we were so we might know Him fully. He also sent us His Spirit to remain with us every moment of our lives here on earth.

At the end of every Mass we are reminded to do relational ministry when the deacon or priests sends us forth, “to go in peace to love and serve the Lord, and one another.” Thanks be to God we have this reminder every time we celebrate the Sacred Liturgy. We are all called to evangelize and love one another in Christ centered relationships.

...

Too often we make our ministry about programming, not relationships. Before Christ performed a single miracle, before He healed anyone, before He gave us his Body and Blood, He built relationships with His disciples and with those who loved Him and hated Him. He knew that if he performed grand signs and miracles without relationships, no one would truly understand his mission.

It holds true for us in our relationships with teens. Before we can share truth, trust must be established. Before they will be open and honest about where they are in their personal life and relationship with Christ, we need to build a healthy relationship with them that lets them know we care enough to listen. This can only happen through an ongoing relationship. This is why we do relational ministry.