

CONFIRMATION PREPARATION PROGRAM

The Sacrament of Confirmation is one of the Sacraments of Initiation (Baptism, Confirmation, and Eucharist) in the Catholic faith, and thus signifies and strengthens the recipient's commitment to the Church, the Gospel, and to his/her parish community.

Our DEANERY 2 program is structured to allow young people to receive the Sacrament of Confirmation after approximately two years of preparation. This handbook will give an outline of the program's requirements and an explanation of each of the elements of the program.

PROGRAM REQUIREMENTS

To be eligible for Confirmation, a candidate must be baptized, and, in general, must have attained the "age of reason" (7 years old). The candidate should participate regularly and actively in the sacramental and liturgical life of his or her parish, and desire to gain a deeper relationship with Christ as His disciple. In the Diocese of Oakland, those being confirmed in youth Confirmation programs should receive the sacrament by the age of sixteen.

PROGRAM INFORMATION

- Program Requirements
- Parent & Family Participation
- Confirmation Curriculum
- Prayer & Worship
- Catechesis & Evangelization
- Liturgy & Sacraments
- Expectations of Participants
- Attendance & Participation

If these preliminary requirements have been met, the program requirements for the candidates in program held at Corpus Christi, St. Theresa, and Our Lady of Lourdes Parishes are as follows:

- **Attendance** at Confirmation meetings: These meetings, beginning in October, are aimed at helping the teens to grow and become active in their faith, including a thorough curriculum preparing the candidates for the sacrament.
- **Participation & Ministry at Sunday Mass:** The Mass is a central part of our faith, and our Confirmation program would not be complete without it.
- **Participation** in a **retreat:** Dates will be emailed and updated on the calendar.
- Completion of one **service** outreach engagement per year: Saturday of Service Opportunities are available at places like St. Anthony's Foundation in San Francisco, St. Mary's Center in Oakland, and at other locations. An optional service trip to Tijuana, Mexico is available to those who wish to participate.

Parent & Family Participation

Parents are essential to the course and depth of their child's faith formation, as they are the first preachers of the faith to their children by their word and example (cf. Lumen Gentium 11).

By asking questions of your son or daughter about what is happening in our Confirmation sessions, looking over any resources and materials they bring home, encouraging them to participate in parish events, and discussing the Confirmation topics regularly at home, our youth will experience that it is not only the Corpus Christi staff and ministry team that care about our Catholic faith, but also you, their role models.

Candidates and their families are expected to attend Mass together on a weekly basis, to continue formation of the faith community. While it is understandable that on rare occasions it may seem impossible to attend any one of the services offered (either Saturday Vigil Mass or any of the Sunday Masses), we expect that serious effort be made by families to fulfill this joyful weekly obligation.



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PRAYER & WORSHIP

The most important element of any relationship – whether divine or human – is communication, and the most common means of communication with the divine is prayer. Each activity, whether social or instructional, will be led and concluded by an appropriate prayer.

Different means of prayer will be explored, from communal to silent, adoration to contrition, so that the candidates will get a taste of the richly varied prayer traditions of our faith.

Deepening the relationship with God and enriching the prayer lives of our candidates are primary goals of the program.

CONFIRMATION CURRICULUM

The requirements of the Oakland Diocese state that candidates for Confirmation must complete a minimum of 72 hours of engagement. This breaks down to approximately 3.6 hours per month for a two year program. In order to fulfill these hours, candidates will meet for a set number of sessions (generally scheduled to avoid holiday weekends; please see calendar for more details) from October through May for one and a half hours of formal instruction per meeting; the rest of the hours are taken up in Masses, annual retreats and days of reflection, parish events, and service opportunities.

The curriculum is aimed at forming disciples of Christ who are in a relationship of “communion and intimacy” with Jesus. In order to complete the objectives of the Diocesan Standards for Confirmation, these meetings will incorporate distinct parts of a program in order to cater to different learning styles as well as foster a deeper understanding and love of the Catholic faith.

CATECHESIS AND EVANGELIZATION

We will be using various resources which have been designed specifically to engage young Catholics in a meaningful conversation about our faith in preparation for the Sacrament of Confirmation.

A key element of this process is the time of conversation and reflection with an adult mentor - a member of the Corpus Christi parish family - who will engage the candidate in reflecting on the material presented in the formation sessions. This program acknowledges the need for conversation and conversion of heart, mind, and soul, and the role of the parish and its members in the sharing of the faith with others.

ATTENDANCE

Attendance is expected of candidates at each of the scheduled meetings. Each formation session is offered twice - students are to sign up for which session they will attend. If, for any reason, the candidate is unable to attend one of the scheduled Confirmation formation sessions as outlined in the calendar (see the website's calendar for the most up-to-date calendar), or if there is grave reason to arrive tardy or to be picked up early, email confirmation@ccparish.org at least one day before the meeting. Please note that the candidate may not leave early unless their parent, guardian, or specified person comes to the door to get them.

For each Confirmation formation session or mandatory event missed, candidates are required to attend a makeup session by attending another formation event (to be agreed upon by candidate and Coordinator). Due to the number of required sessions, no more than two absences are allowed per program year for the Confirmation program. More than two absences of a candidate from the Confirmation formation sessions and other required events may result in a delay of the Sacrament, so please ensure that the Confirmation sessions and events are a high priority.

EXPECTATIONS AND CODE OF CONDUCT

In order to accomplish quality youth ministry for our young people, it is important to maintain an atmosphere in which the teens are comfortable praying, learning, and expressing themselves at all times. If a student is being disruptive in any manner, this halts the progress of the program and is not fair to the others. There will be consequences for disruptive or disrespectful behavior according to the severity of the action. If appropriate, a simple warning will suffice; more severe actions will result in the calling of a meeting between the Youth Ministry Coordinator, the youth, the parents, and, if necessary, the pastor, in order to determine a course of action.

Liturgy and the Sacraments

The Liturgy, especially the celebration of the Eucharist is the source and summit of our Christian life. An important component of our Confirmation curriculum is designed to encourage our youth to appreciate the richness of our age-old rituals and worship.

Candidates are expected to participate in the worship life of the parish. They are expected to sign up for certain liturgical ministries, ranging from being a Minister of the Word (lector), to greeting the parish community before weekend Masses, or serving as ushers. Candidates may sign up for a ministry they are comfortable with, and will receive the appropriate instruction for new ministries they are interested in.

PROGRAM DETAILS

YEAR I

- Consistent participation in Sunday Mass
- Active participation in parish life - volunteer for a ministry (lector, music/choir, altar server, tech, hospitality, etc.)
- Meet once a month on the 3rd **Saturdays for the Youth Mass** followed by a 1 hr. formation session **at Corpus Christi**. Pizza is served.
- One independent reading and reflection activity each month.
- Participate in a service activity either individually or with the parishes, or through school.
- Year I is for 9th grade candidates.

YEAR II

- Consistent participation in Sunday Mass
- Active participation in parish life - volunteer for a ministry (lector, music/choir, altar server, work with children, tech, hospitality, etc.)
- Meet once a month - there will be 2 opportunities to choose from each month - one weekday or a weekend evening (TBD). **The formation session will be held at St. Theresa** and will last 1.5 hrs. Sign up each month for which session you wish to attend.
- Participate in a service activity either individually or with the parishes, or through your school. Students can also sign up to participate in the *CORAZON* service project in Mexico if they wish.
- Participation in a 2-day retreat and the rehearsal/practice before the Confirmation Liturgy.
- Year II is for candidates 10th grade and above.

COMMUNICATIONS

Email will be the primary means of communication between the Confirmation coordinator, catechists, candidates, and families.

Please expect an update on the goings-on in the Confirmation program by email every month.

Otherwise, families are encouraged to communicate with the parish staff, and volunteer either in person, by email, or by phone.

PARENT PARTICIPATION & ENGAGEMENT

Parents are expected to share their time and talents by helping out with certain faith formation events. You will have the opportunity to sign up for events as varied as chaperoning service opportunities and cooking meals for retreats to leading small group sharing with other candidates. Opportunities for participation and engagement will be published and shared with parents as they become available.

The Oakland Diocese mandates that all those who come in contact with minors while volunteering for any church-sponsored activity (including Youth Ministry activities) must be fingerprinted by LiveScan for a background check and complete a safety course hosted by VIRTUS. This course may be completed either on their website, or at a live session offered at any parish in the Diocese. More information will be available in the parish bulletins and emails about any upcoming live sessions.

IF YOU HAVE ANY QUESTIONS, PLEASE EMAIL:

CONFIRMATION@CC-PARISH.ORG