Confirmation Program

A. **Class Sessions:**
   1. Classes will be once a month, generally on the first Sunday of the month during the first year and second Sunday of the month during the second year.
   2. Sessions will be scheduled for 2 ½ hours, beginning promptly at 11:20 a.m. (or as soon as Mass concludes) and lasting until 2 p.m.
   3. Classes are held in the Church basement.
   4. Sessions will consist of both large and small group components and students will be expected to interact and engage during this time.

B. **Attendance and Make-Up Sessions:**
   1. A parent must email us as soon as you know there is a conflict with any of the class sessions.
   Make-up session for missed classes will be the Wednesday following class. The class will be held at the Church from 6pm-8pm. Students are to meet in the Atrium.
   2. If your student has to leave early or will not be attending class on Sunday, please notify Antonio Guzman at antonio@ckokc.org at least two days in advance so he can plan accordingly. If you know that your student is going to miss more than 20 minutes of class, it is essential that they attend the following Wednesday class rather than leave early. We know that there are many events going on Sundays but Confirmation class is only once a month and it is required that students stay for the full time.
   3. The first time a student misses class and we have not been informed in advance we will send an email reminder to set up the make-up session. The second time it happens we will request a meeting with the DRE, Youth Director, Fr. Rick, parents and students to discuss attendance and set a plan of action.
   3. Class attendance is required for the sacrament of Confirmation and missed class can result in extending a student's Confirmation preparation program.

C. **Parent Sponsored Lunches for Confirmation**
   1. Parents are asked to sponsor one lunch for the students per Confirmation year.
   2. A SignUpGenius will be created and emailed out to the parents so a date can be chosen to help sponsor a meal. Parents can sign up in groups of three and split the cost of the meal.
   3. It is appreciated if lunch could be delivered at around 12pm to the Church basement where class is held. Any eating utensils like plates, napkins, and forks will be provided by the Church.
   4. In the past parents have purchased: Pizza, Raisin Canes Chicken, and Sam's Sandwiches. (Most places require a one day notice before a large order can be fulfilled.) Some parents have also included chips and cookies from Sam's. Bottled water or any drink with a screw on cap is preferred since the rooms where the students are taught are carpeted and it keeps our facilities pristine.

D. **Assignments:**

Students will have one short reading assignment each month, lasting no longer than 1 hour on average. The assignment will generally be sent out by email to the parents and the students.

We are privileged to offer Confirmation preparation only once a month rather than every week like other parishes in this Archdiocese. Although our classes are only once a month we are still held to the same standard as parishes that have weekly Confirmation preparation, meaning we must fulfill all required
hours of class time. Since we only meet for two and a half hours, leaving about thirty minutes for lunch, we fall shy of the total amount of class time needed. We reconcile that time by assigning homework rather than increasing time in class. Most of the questions in the homework assignment are covered in class and in their small groups. Also, some of the homework questions are objective, so it's basically asking students what they think on a certain topic. Those answers are not considered right or wrong, they just help the teachers and the small group leaders come to know where the students are in their faith. Anything that the students didn't get a firm grasp on will be presented again the following class session to strengthen their understanding.

One of the things sought in the homework assignments is substance, indicating that students are putting time and effort into the homework. The homework is meant to equate one class hour but may not take them an hour to do it. The students are given three weeks to work on it and it is due the Sunday before they come to class. This gives the following week's teacher adequate time to review it and see if anything has to be reviewed with the students.

Failure to turn in homework on time will result in the student having to stay after Confirmation class on Sunday until it is finished and reviewed.

E. **Mass Attendance:**

1. Students should be attending Sunday Mass weekly and turning a Mass attendance card in the collection basket. Mass attendance cards can be found at the entrance of the Church.
2. School or Weekday Masses don't count as having observed their Sunday Obligation. Please see parish website for a list of Masses.
3. Students should not be leaving Mass early or be sitting in the Atrium on their phones during Mass.
4. In the case that the student cannot attend Mass at Christ the King due to a scheduled event please have him/her turn in a bulletin with their name from the parish where he/she attended Mass.

F. **Behavior:**

Misbehavior during class/retreats/activities will not be tolerated. Any misbehavior will be shared directly with the parents and the parents will be asked to attend the next session with their student.

1. Volunteers help the Confirmation program run smoothly and it is very important that all students comport themselves well and respect all the teachers and volunteers.
G. **Retreats:**
1. There are two Confirmation retreats for the Confirmation students. First year Confirmation students will have their retreat in the spring and second year Confirmation students will have their retreat in the fall.
2. The first year retreat is meant to introduce the students to what it means to be on retreat and to begin to encounter God without distractions. Also, within this retreat the students will cover more in depth some of the topics concerning the sacrament of Confirmation.
3. The second year's goal is to go deeper into the students' prayer lives and prepare them to take on the responsibilities of becoming an adult in the Church.
4. The retreats are meant to be spiritual but also fun and enjoyable. They are meant to break away from the classroom setting and enter into a more relaxed atmosphere where the students get to enjoy fun activities, learn, be with their peers and come together as a community of faithful.

To go on retreat is an experience that helps the students detach from the outside world and prepare to listen to God's voice through prayer, the retreat master's talks, Adoration of the Blessed Sacrament, the sacrament of reconciliation, Mass and interactive activities.

Throughout the retreat the students will be asked to not use their cell phones. Sometimes the retreat master asks for the students to surrender their cell phones so they are not tempted to use them. Some retreat masters allow the students to have breaks where they are allowed to check their phones.

Throughout the retreat the high school leaders and adult leaders will be assisting as small group leaders and chaperones. The attire for the retreat is casual. It is recommended that students bring some good tennis shoes for some of the activities.

H. **Service Hours:**

All students are required to complete a total of 20 hours of service by their second year of Confirmation preparation. Students will complete a one page form (service hour form can be found on parish website) with a reflection for each of their service activities.

The parish offers a number of opportunities so students don't have to strain themselves looking for service projects. Some of the service opportunities offered in the past include bringing trunk-or-treat candy, helping with trunk-or-treat, CK Auction clean up, Christmas toy drive, dodgeball tournament, Knights in Service, Vacation Bible School and helping with various youth events. Students can also fulfill their service hours at the Regional Food Bank of Oklahoma, helping with the Peru Shed, Center of Family Love, City Rescue Mission, Feeding the Homeless, Infant Crisis Center, and Birth Choice.

Deadlines are as follows:
   a. **May of first Confirmation Year** - 10 Service hours due
   b. **December of Second Confirmation Year** - remaining 10 Service hours due

I. **Sponsor:**

1. Confirmation candidates should have individual sponsor(s) selected by December of their first Confirmation year
2. **Requirements to be a Sponsor:**
   (a) Should be a practicing Catholic that has been Baptized, has received the sacrament of Reconciliation, 1st Communion, and Confirmation.
(b) Should be above the age of 18
(c) If he or she is married, the marriage should have taken place in the Catholic Church.
(d) The person must have the intention, the ability, and adequate time to be a Sponsor.
(e) The Sponsor should live according to the Catholic Faith: attend Mass every weekend and receive the sacraments of the Church regularly, especially Reconciliation and the Eucharist. (A Catholic is required to receive Reconciliation and Eucharist once each year.)
(f) The Sponsor should practice the Faith within a Catholic parish community, and live a moral life.
(g) Students are recommended they “meet”, either in person or by phone, or if necessary by other means such as email to discuss their spiritual growth. A sponsor plays an important role in the confirmation lives they are meant to be a role model of what a good Catholic is and aspire to be like such person.

(h) A parent of the student seeking to be Confirmed cannot be the sponsor to his/her own student

3. **Suggested Ways that a Sponsor can Support a Confirmation Candidate**

   a) **Help the Candidate become aware of his or her reasons for receiving the sacrament of Confirmation. Help the Candidate understand and appreciate the sacrament of Confirmation, and have the right intention for receiving it.**

   b) **Help the Candidate prepare for Confirmation by encouraging him or her to pray, to participate in the sacraments, especially the Eucharist and Reconciliation, and to become actively involved in the life of their parish.**

   c) **Support the Candidate and their family, and be a good example of Catholic Christian living.**

   d) **Meet with the Candidate on a regular basis for Mass, prayer, faith-sharing, reading Scripture, and discussions about the Christian life. (If it’s not possible to meet then talk over the phone or via email about spiritual growth at least once a month)**

   e) **Help the Candidate understand what it means to be a true disciple of Jesus Christ.**

   f) **Present the Candidate to the bishop for Confirmation. (This will be done at the Confirmation Mass)**

   g) **Ensure that the confirmed person behaves as a true witness of Christ and faithfully fulfills the obligations inherent in this sacrament.**

   a) **Continue to encourage the confirmed person to live a Catholic Christian life through: - prayer and the celebration of the sacraments - living the Gospel of Jesus Christ - turning to other Catholics for support and guidance - studying the Catholic Faith**
Confirmation Process

I. Goals of Confirmation Process:
   A. To invite youth to enter into a loyal and trusting relationship with God through personal and communal experiences.
   B. To connect youth with other youth and adults in the parish who will mentor and guide them through the Confirmation process, helping the students to understand and dissect their faith in a way that will encourage ongoing reflection and commitment to their faith.
   C. To provide youth with factual knowledge of scripture and doctrinal statements of the Catholic faith and the opportunity to articulate their understanding of these beliefs as well as reflect on how the Catholic faith and teachings guide their thoughts and actions.
   D. To challenge youth to participate in the Church’s mission to work for peace and justice through service projects.
   E. To bring youth to an awareness that their Christian formation is ongoing and needs to be celebrated at significant moments in their lives.

The goals of the Confirmation process (as outlined above) will be accomplished through large and small group interaction, service projects, conversations with sponsors, and through the assignments completed during the Confirmation process. Students will have on-going interaction with their team leaders, teen leaders, as well as their sponsors and members of the Christ the King community who will present activities, discussions and participate on panels during the Confirmation sessions.

II. Mentorship program:

In order to fully achieve our goals for this program, we designed two different mentorship opportunities. “Team Leader” is a position open to adults, from our parish, living their faith and interested in working with the youth of the parish. We recruit outstanding Catholics who are on fire for their beliefs and the Catholic Church. “Teen Leader” is a position open to those students who just completed Confirmation, are primarily juniors, and can spend the next two years working with the Confirmation program and learn valuable leadership skills while earning service hours too. Our newly Confirmed sophomores are invited to apply for this position and we look for 6-8 students each year.

By incorporating a mentorship concept, our goal is to layer in the support for our students during these important years, witness to them a faith-filled life, and encourage them to continue to live their faith through the rest of high school, college, and beyond.
III. Confirmation Curriculum Topics
A. Baptism, Your Initiation into God's Family
B. The Power and Purpose the Sacraments
C. The Last Four Things
D. The Healing Power of Confession
E. Anointing of the Sick and Redemptive Suffering
F. Meeting the Third Person of the Trinity
G. Gifts for the Journey
H. Sealed and Sent in Confirmation
I. Marriage and the Covenant
J. Salvation History
K. Holy Orders and Vocations
L. The Person of Jesus
M. Gifts of the Holy Spirit
N. Fruits of the Holy Spirit
O. The importance of Mass and the Eucharist
P. God's Existence
Q. Mary and the Apostles
R. The role of the Priest
S. The importance of Adoration and Prayer