



**Saint Anastasia**  
**CATHOLIC CHURCH**

CONFIRMATION

PREPARATION

PACKET

2019-2020

## Confirmation Preparation Program 2019-2020

**Focus:** Provide opportunities for our students (through study, the Mass, faith and service projects) to put their faith and knowledge of God into practice; while deepening their relationship and intimacy with the Holy Trinity and their local parish, here at St. Anastasia.

**Goal:** To awaken in each student a “heart on fire,” while falling in love with God, to serve as an active and engaged Missionary Disciple of Jesus Christ in His Divine Mission field.

**Commitment:** When receiving the Sacrament of Confirmation, the candidate will make a deeper commitment to follow Jesus Christ and His teachings, which have been handed down to us through the hands of the Apostles. The candidate will receive the gifts of the Holy Spirit to assist his or her work and effort, as we share in the Divine Mission of God here on earth.

### General Overview

By this point in their faith formation, the youth preparing to receive the Sacrament of Confirmation have studied a lot *about* the faith, especially those who have attended Catholic schools. For this reason, we do not want to provide a Confirmation program that simply teaches more about the faith, but also want to provide opportunities for our candidates to actually live out their faith more fully. To this end, our Confirmation program will consist of three dimensions: **Faith, Hope, and Charity.**

**FAITH:** Despite having already learned a lot about Christ and His Church, it is still necessary for our candidates to dive deeper into the mysteries which our Lord has revealed to us, and how these affect our everyday lives. The Confirmation candidates will meet every other Sunday, from 9:30 AM to 12:00 PM. These sessions will begin with participation in the 9:30 AM Mass at St. Anastasia Catholic Church, and they will transition to M211 at St. Anastasia Catholic School for the week’s lesson. These sessions will utilize the “Ascension Press: Chosen” Confirmation program and will be facilitated by Ms. Rachel Dallaire with the help of our Confirmation team of adults and teens, who will help facilitate small group discussions.

**HOPE:** Faith becomes grounded in our lived experience and leads us to have a deeper sense of hope in the meaning of life. This can only happen if we pray with the truths of our faith that are presented in the Confirmation lessons. For this, we will provide different opportunities for the candidates to pray and experience their faith in the midst of our parish community. The primary way that we want to invite the candidates to do this is by attending the High School Youth Group (SNL) on Sunday nights, from 6:00 PM to 8:00 PM, at least once a month. Other opportunities will also be provided for each month.

**CHARITY:** Faith and hope are deeply founded in the love of God. This love must also radiate to our brothers and sisters. To this end, it is expected that each candidate will commit to at least 36 hours of community service in three particular areas: Family, Parish, and Community. More information will be provided below, along with some ideas as to how these may be fulfilled. Moreover, we will provide monthly opportunities for the candidates to practice Christian charity here at our parish.

## General Rules:

- Be attentive to the attached schedule of events. For class sessions, candidates will meet in the church at 9:15 AM for 9:30 AM Mass and will be picked up from the school media center at 12:00 PM.
- Attendance at Mass: It is a requirement for the reception of the Sacrament of Confirmation that the candidates demonstrate they are practicing and living their faith. Therefore, they must be attending Mass weekly; hopefully your family will join them at the 9:30 AM Mass; the candidates will all sit together in the front pew section near the choir. **If a student is unable to make the 9:30 AM Mass, they must have a Priest sign a church bulletin and turn it into the Confirmation teacher at the next class.**
- Attendance at Classes: Because course topics build on previous topics, it is essential for student to be present at ALL classes. Only **TWO** excused absences (for grave reason, plus a note) will be permitted. Should a student miss an additional class, a scheduled meeting with Fr. George would be required for the student to continue. For any absence, the parent must cover the lesson material and the student must write a one-page reflection on the material. This needs to be turned in when the student returns to class. **This policy will be strictly enforced.**
- Class Behavior: Should a candidate be talkative and/or disruptive in class, the teacher will discuss this with him or her. If the inappropriate behavior persists, a parent conference will be necessary. If the student is still disruptive, a parent must attend class with their child.
- There is a bathroom and refreshments break of 10 minutes at the end of Mass before class begins. Parents are encouraged to provide a snack from time to time; it would be greatly appreciated!
- Please let us know if your student has any special needs to function in a class setting.
- A Google Doc will be created for each candidate to catalog their participation in their different **hope** and **charity** experience. A space will be provided for the candidate to describe what they did, and then insert a selfie of them carrying out this experience.

## CONFIRMATION PREPARATION ASSIGNMENTS

Up to this point in their faith formation and in the reception of the sacraments, our candidates have been led by the hand of their parents. It is our desire that this be an opportunity for our youth to personally choose Christ and His Church. The following assignments are aimed at just that. We do not want this to be just another hoop to jump through; we want the personal investment and commitment of each one of our candidates as they approach the Sacrament of Confirmation.

### Letter to the Pastor (Due: 10/20/19)

The candidate will submit a letter to the Fr. George expressing why he or she desires to be confirmed. The letter must be one page, double-spaced, font size 12, and typed or neatly handwritten.

#### Suggested questions to answer and explain in your letter:

- Who are you?
- Why do you want to be confirmed?
- Who is your sponsor? Why did you choose him or her?
- Which saint are you taking as your patron for your Confirmation?
- How will Confirmation change your life? How will you utilize the graces that you will receive?

## **Patron Saint Essay (Due: 12/15/19)**

The candidate will submit an essay about the Confirmation Patron Saint. The essay should be at least one page, double-spaced, font size 12, and typed or neatly handwritten.

Suggested topics to cover in your essay:

- Saint's Bio: full name (baptismal name and religious name, if applicable), the period of time he/she lived in, and what he/she did to make him/her a saintly person
- Why do you feel this would be the saint to mentor you and why do you want to take this name?
- What do you and the saint have in common or do you have any of the same qualities?
- How would you like to be like the saint you chose?

## **Reflections on Charity Experiences:**

**1<sup>st</sup> paper due 11/17/19**

**2<sup>nd</sup> paper due 1/26/20**

**3<sup>rd</sup> paper due 2/23/20**

*Choose ONE area for each paper (family, parish, and community) – the order does not matter.*

The candidate will submit three separate reports (family, parish, and community, respectively) wherein they reflect on their experiences. Each report should be at least one page, single-spaced, font size 12. The report should be written as an integrated paper that reflects how your faith and encounter with God was experienced, by volunteering in each of the three areas of service: family, parish and community.

Suggested questions to help you begin your papers:

### **In General:**

- Begin with the gratitude: How has the Lord blessed me through this opportunity?
- How were you impacted as a person of faith?
- How has this experience helped you take concrete steps to grow as an active and involved disciple of Christ? How specifically have I grown by these experiences?
- What is God specifically saying to me through this particular area of service?
- What scripture passage came to mind while volunteering in this particular area?

### **Family:**

- How your relationship with your family has been impacted through this experience?
- Were you able to strengthen, repair and or encourage any family relationships through your volunteer service to parents, siblings or relatives? If so, describe how God was present and what His Grace felt like to you personally.
- What were the changes or reactions you notice while serving your family? Be specific.

### **Parish:**

- What are the gifts and talents God is inviting you to share within your faith community? How could you see continuing to share these within the parish community after Confirmation? Any particular ministry?
- How do I prepare for and enter into the celebration of the Liturgy (the Mass)?
- What devotions or spiritual experiences captured your heart and imagination to want to give more of yourself to the Lord?
- Have you noticed a change in your life for a deeper commitment to being a Disciple of Christ?

## **Community:**

- How were you encouraged to grow in service to God and in holiness while volunteering in the wider community?
- Who assisted you or inspired you to grow in service to God and community?
- How were you impacted by the poor?
- Describe your experience of encountering the risen Lord, while serving in your community.

## **Expectation when providing Service Hours:**

When giving/sharing of your time, talent and treasure, remember:

- Service Projects are volunteer. You are not to be paid for your service.
- Be open to a variety of experiences so the majority of your hours do not reflect the same types of service. You may be asked to provide additional hours in another service.
- When providing your service, develop an interior attitude of selflessness, humility and a true desire *to will the good of the other for the sake of the other*. Do this with a smile and joyful spirit.
- Reflect on how your actions are helping you to take on the mind and heart of Christ, to be present (with hope, trust, encouragement) to the needs of others and to building up the mystical body of Christ; one person, one project at a time.
- Please be generous during this service project opportunity. You want to develop a desire and habit of service, long after Confirmation requirements have ended.

**Below are the three categories and possible suggestions to help you get started:**

### **Family (Min. of 12 hours): Some ideas below.**

- Chores around the house: help prepare meals, baby-sit siblings, etc.
- Organize a family outing or lead/initiate family prayer in your house by leading the Rosary, Divine Mercy Chaplet and prayers for the family meals.
- Visit or call relatives you haven't spoken with or seen in a while.
- Help your siblings with homework, projects, etc.

### **Your Parish (Min. of 12 hours):**

- Baby-sit for parish events, studies, etc.
- Get involved with your parish ministries (altar serving, usher, choir, children's liturgy, etc.).
- Help set-up and clean-up at parish events
- Help decorate and or clean church for different seasons.
- Visit elderly at nursing homes.

### **Community (Min. of 12 hours):**

- Assist elderly neighbors with chores and errands.
- Serve meals to the homeless and homebound
- Organize a clothing, food or toy drive in your neighborhood.
- Volunteer at a food pantry, soup kitchen or free meal program (e.g. Sarah's Kitchen, Treasure Coast Food bank, etc.).
- Start or help with a recycling program
- Write a letter to your government representative on a moral or social justice issue.
- Participate in Pro-life chain and other activities promoting the dignity of life at all stages of development.
- Prepare and arrange for delivery of care packages to overseas military personnel/missionaries/peace corps volunteers/children in hospitals/sick and homebound, etc.
- Volunteer with those who struggle with disabilities (i.e. through Special Olympics, at the hospital, etc.).

## **Important Dates for Reception of the Sacrament of Confirmation**

- 8/25/19** Parent & Student Orientation at 10:45am in the Parish Center
- 9/8/19** 1<sup>st</sup> Class\*
- 9/15/19** Sunday Night Live (SNL) 6pm in St. Anastasia Youth Room (Parish Center). This evening is specifically focused on confirmation students.
- 9/22/19** 2<sup>nd</sup> Class\*
- 10/6/19** 3<sup>rd</sup> Class\*
- 10/20/19** 4<sup>th</sup> Class\*
- 11/3/19** 5<sup>th</sup> Class\*
- 11/17/19** 6<sup>th</sup> Class\*
- 12/1/19** 7<sup>th</sup> Class\*
- 12/15/19** 8<sup>th</sup> Class\*
- 1/12/20** 9<sup>th</sup> Class\*
- 1/25/20** Confirmation Retreat
- 1/26/20** 10<sup>th</sup> Class\*
- 2/9/20** 11<sup>th</sup> Class\*
- 2/23/20** 12<sup>th</sup> Class\*
- 3/7/20** Mandatory Practice 9:30 AM – 11:30 AM in the church
- 3/8/20** Adoration for Confirmandi 10:00 AM in the Parish Center  
Confirmation at the 11:30 AM Mass

Please sign and return this page by September 8, 2019.

**I HAVE READ THE ABOVE AND WILL FULLY SUPPORT MY CHILD'S PARTICIPATION  
IN ALL CLASSES AND ACTIVITIES INVOLVED IN THE CONFIRMATION PROCESS.**

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Confirmand's Name

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Parent's/Guardian's Name

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Confirmand's Signature

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Parent's/Guardian's Signature

| <b>*Mandatory</b> | <b>FAITH *</b>   | <b>HOPE</b>   | <b>CHARITY</b>  |
|-------------------|--|---|---|
| <b>SEPTEMBER</b>  | Sept. 8 <sup>th</sup> and 22 <sup>nd</sup><br>Sunday 9:30 AM – 12:00 PM<br>St. Anastasia Catholic Church and School  | SNL: High School Youth Group *<br>Sunday, Sept. 15 6 – 8pm<br>NET Room                              | Fall Parish Study<br>Mondays 6 – 9 PM<br>Parish Center  |
| <b>OCTOBER</b>    | Oct. 6 <sup>th</sup> and 20 <sup>th</sup><br>Sunday 9:30 AM – 12:00 PM<br>St. Anastasia Catholic Church and School<br><br>Letter to Pastor Due: Oct. 20                    | SNL Sundays 6 – 8pm   | Fall Parish Study<br>Oct. 7 <sup>th</sup> or 14 <sup>th</sup> 6 – 9 PM<br>Parish Center       |
|                   |  | Rosary Coast to Coast<br>Oct. 13 <sup>th</sup> 4 – 5 PM<br>St. Anastasia Catholic Church            |   |
| <b>NOVEMBER</b>   | Nov. 3 <sup>rd</sup> and 17 <sup>th</sup><br>Sunday 9:30 AM – 12:00 PM<br>St. Anastasia Catholic Church and School<br><br>1 <sup>st</sup> Service Reflection Due: Nov. 17  | SNL Sundays 6 – 8pm   | Parish Feast Day<br>Nov. 9 <sup>th</sup> 5 – 9 PM<br>St. Anastasia School Pavilion            |
|                   |  | Thanksgiving Mass<br>November 28 <sup>th</sup> 8:15am<br>St. Anastasia Catholic Church              |   |
| <b>DECEMBER</b>   | Dec. 1 <sup>st</sup> and 15 <sup>th</sup><br>Sunday 9:30 AM – 12:00 PM<br>St. Anastasia Catholic Church and School<br><br>Patron Saint Reflection Due: Dec. 15             | SNL Sundays 6 – 8pm   | Nursing Home Visit<br>Dec. 7 <sup>th</sup> 9:30 AM – 1:00 PM<br>Abbiejean Russell Care Center |
|                   |  | Confessions, (Holy Hour/Vespers)<br>Fridays 3 – 7 PM (6 – 7 PM)<br>St. Anastasia Catholic Church    |   |
| <b>JANUARY</b>    | Jan. 12 <sup>th</sup> and 26 <sup>th</sup><br>Sunday 9:30 AM – 12:00 PM<br>St. Anastasia Catholic Church and School<br><br>2 <sup>nd</sup> Service Reflection Due: Jan. 26 | SNL Sundays 6 – 8pm   | Sarah's Kitchen<br>Fridays 4 – 6 PM<br>Notre Dame Catholic Mission                            |
|                   |  | Pro-Life Rosary (Abortion Clinic)<br>Jan. 24 <sup>th</sup> 5:00 PM<br>St. Anastasia Catholic Church |   |
|                   | <i>Confirmation Retreat *</i>  |   | <i>Saturday, Jan. 25<sup>th</sup> 8 AM – 8 PM</i>   |
| <b>FEBRUARY</b>   | Feb. 9 <sup>th</sup> and 23 <sup>rd</sup><br>Sunday 9:30 AM – 12:00 PM<br>St. Anastasia Catholic Church and School<br><br>3 <sup>rd</sup> Service Reflection Due: Feb. 23  | SNL Sundays 6 – 8pm   | Spring Parish Study<br>Mondays 6 – 9 PM<br>Parish Center                                      |
| <b>MARCH</b>      | <i>Confirmation Practice *</i>   | <i>Mar. 7, 9:30 AM – 11:30 AM</i>   | <i>Parish Center</i>  |
|                   | <i>Holy Hour and Sacrament of Confirmation*</i>  | <i>Mar. 8, 10:00 AM – 1:00 PM</i>   | <i>Parish Center and Church</i>   |