

## How do you prepare?

We will begin by attending the 10:30 am Mass at Saint Frances Cabrini as a group. Class will be immediately following in Mother Cabrini Hall. We are very blessed to have our priests directly involved in our Catholic Formation program. At most sessions, one of our priests will give a talk.

On the weeks that they cannot be with us, we will be using the CHOSEN curriculum by Ascension Press. Instruction and foundational catechesis will be presented in a way that engages and challenges teens to follow Christ and understand their Catholic faith.

After the lesson, we will meet in small groups for discussion.

**Register online at**  
[saintfrancescabrini.com](http://saintfrancescabrini.com)

Saint Frances Cabrini Parish

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## Schedule for Confirmation

### Confirmation Sessions

All sessions begin with 10:30 am Mass

### Dates

September 26- Parents attend

October 17

November 14 – Sponsors attend

January 16

February 13

March 13

April 10

\*Interviews and service work TBD

### Confirmation rehearsal

April 22, 2022 at 6:30pm

### Sacrament of Confirmation

Friday, April 29, 2022 at 7 pm

### Retreat

December 11, 2021

at Saint Mary's

Immaculate Conception Parish

# Confirmation Preparation Program 2021-2022



*"... the Holy Spirit will come upon  
you and give you power."*

*Acts 1:8*

## Confirmation *What and Why?*

The Sacrament of Confirmation is one of the three Sacraments of Initiation into the Catholic Church; the other two being Baptism and Eucharist.

Confirmation completes your initiation into the Church and confirms your commitment to Christ with your “yes” and God’s grace.

Confirmation both increases and deepens the graces which we receive in Baptism.

- \* It deepens our relationship with God the Father
- \* It unites us more firmly with Christ
- \* It increases the gifts of the Holy Spirit
- \* It bonds us more fully to the Church community
- \* It strengthens us to defend the faith by word and action

As the word “initiation” implies, celebration of this Sacrament is just the beginning, the start of one’s own faith journey as a young adult.

### ***Who?***

If you are at least 16 years of age, have been involved in a Catholic Formation program for the previous two years, (or attend a Catholic high school) and you are interested in what it means to follow Christ as a Catholic Christian.

## Highlights of our Preparation

- Seven Sunday morning preparation sessions focused on bringing you closer to Christ, our Catholic faith and community.
- A retreat designed to help go deeper in your relationship with God in a time set apart from the busyness of daily life
- Service work
- An interview with one of the priests or Director of Catholic Formation to assist you in your decision to be confirmed
- Mentoring and walking along with your sponsor through the process
- Rehearsal of the Rite of Confirmation done with the candidate and sponsor to familiarize everyone with the basics of the rite in preparation for the day of Celebration of Confirmation
- Rite of Confirmation is the celebration where you are presented by your sponsor to a Bishop and the community to publicly confirm your Catholic faith, ask for new grace to follow Christ and seal you with the Holy Spirit

## What do I need to do?

**Confirmation must be approached with an open mind and a prayerful attitude.**

- Attend and participate in weekly Sunday Mass
- Give proof of Baptism
- Choose a sponsor that will be available and able to help you grow in your Catholic faith
- Complete the requirements in the Confirmation handbook
- Write a paper about your Confirmation Saint
- Participate in service activities
- Participate in meetings with your sponsor
- Attend all **seven** Sunday morning Confirmation sessions
- Attend the Confirmation retreat
- Participate in an interview with one of the priests or Director of Catholic Formation before the celebration of Confirmation
- Write a letter to the Bishop
- Attend rehearsal for the Rite of Confirmation with sponsor
- Attend Confirmation Ceremony prepared to receive from the Holy Spirit in body, mind and soul.

