



# Confirmation Preparation in the Roman Catholic Diocese of Rochester NY

## A Guide for Parents

### Candidates

Preparation for Confirmation in the Diocese of Rochester is a two-year catechetical process (proximate preparation) that begins in the eighth grade.

Candidates who have special needs should have catechesis (teaching of the faith) appropriate to their capacity, and then celebrate Confirmation with the support of their family and faith community.

Prior to the actual selection of a sponsor, both candidates and parents will be instructed on the role and responsibility of a sponsor.

Near the end of the two year process there will be opportunities for an interview between the candidate and pastoral leader to reflect on the candidates' self-understanding of their faith, their desire to seek Confirmation, and their commitment to a life-long journey of discipleship; and sessions for immediate preparation for the sacrament.

### Parents/Guardians of Candidates

- “The single most important influence on the religious and spiritual lives of adolescents is their parents.”  
(*Soul Searching*, Christian Smith)
- Parent Meetings will be held at the beginning of each year.
- Parents, guardians and candidates will together learn about the role and responsibility of a sponsor.
- Families are encouraged to join the candidates each weekend at Holy Mass, participate in opportunities for service in the community, and spend time together in prayer and reflection.

### Sponsors of Candidates\*

#### **Pre-requisites:**

- Must be at least 16 years old.
- Be a fully initiated Catholic: having received Baptism, Confirmation and Eucharist
- Must lead a life of faith that is in accord with their commitment as a sponsor.
- Is not the father or mother of the one to be confirmed.

*\*It is desirable that the sponsor (godparent) at Baptism be chosen as sponsor for Confirmation, if he/she still meets the pre-requisites.*

### **Topics to be Covered in the Two-Year Process**

Revelation: Scripture/Tradition

The Gospels

Trinity

Incarnation

Paschal Mystery

Church History I

Nicene Creed

Mary: Mother of God

Church's Hierarchy

Baptism

Confirmation

Eucharist – Real Presence

Prayer

Chastity

Catholic Social Teaching

Moral Decision Making

Structure of Mass/Liturgical Year

Church History II

Grace

Sin & Reconciliation

Sacraments of Service

Justice & Solidarity

Medical Ethics

Sexuality

Living as Disciples: Trinity & Community

Moral Theology

Natural Law/Magisterium

Hebrew Scriptures

Conscience Formation

10 Commandments & Beatitudes

Social Sin

Immediately before Confirmation, the following topics are to be covered in conversation with the sponsor

- Gifts & Fruits of the Holy Spirit
- Christian Lifestyle & Vocations
- Saints & Martyrs

Throughout both years candidates are expected to:

- Attend Mass
- Reflect on Sunday Scriptures
- Seek opportunities for Sacramental Reconciliation
- Learn how to use the Bible and Catechism for reflection and learning
- Attend an annual retreat
- Participate in parish service opportunities

### **Confirmation Preparation:**

- Confirmation Zoom Sessions, Sundays at 7pm
  - October 18
  - December 6
  - February 7
  - April 18

*(a makeup video and reflection questions will be provided for those who are unable to attend a Zoom gatherings)*

- 4 Short videos that both the student and the sponsor (or other adult) watch and discuss. One video will be provided in each of the following months: November, January, March and April
- 8 short videos (one per month) and reflection questions to be completed by the student on their own.
- Prayer journal for kids to use to process the information. Will not be turned in.

### **Additional sessions for Confirmation**

- Day retreat on Saturday, April 24, 2021. 11am-6pm at St. Patrick's, Aurora.
- Two additional immediate preparation sessions for 2<sup>nd</sup> year students.
- Opportunities for prayer and service

*Preparation for Confirmation helps young people embrace their life of Discipleship  
which began at Baptism.*

***Being a disciple of Jesus Christ involves every part of our being:  
our head (intellect), our heart (love), and our hands (service).***

### ***Candidates will have:***

- Opportunities to grow in knowledge and understanding of the Gospel message through systematic catechesis. (Head)
- Opportunities to spark a passionate, heartfelt relationship with Jesus Christ through retreats, attendance at weekly Mass, and Scripture. (Heart)
- Opportunities to outwardly express faith through concrete actions in service to the community, and in exercising the Christian apostolate. (Hands)