

Confirmation Program Policy

Confirmation preparation at Sacred Heart-St. Louis Parish consists of a two-year program involving classes, service, and active involvement in parish life. Youth may begin their freshman year of high school; seniors will be able to finish the program in one year. Certain requirements are expected to be met to be considered properly catechized and prepared for the sacrament of Confirmation and are explained in detail in the following paragraphs.

Year 1

High school students planning to receive the Sacrament of Confirmation are expected to be actively involved in the parish community (in addition to regular Mass attendance every Sunday) the year prior to receiving the sacrament; the following requirements need to be met the first year of Confirmation preparation:

1. **Attendance at all Confirmation classes:** There are 14 classes. If a class is missed the work must be made up. If the student is unable to attend a class, the parent must contact the Coordinator of Youth Ministry.
2. **Prayer memorization:** Our Father, the Apostle's Creed, Hail Mary, Act of Contrition, and the Ten Commandments. Time will be set aside to hear recitation of prayers.
3. **Service:** Service is a call of all the faithful as a duty of Christian baptism. Opportunities for service are scheduled throughout the year and focus on parish involvement and the Works of Mercy. Candidates are asked to participate in two as well as the Plant Sale in May.
4. **Choose a Sponsor:** The Church sets forth guidelines for choosing a suitable sponsor: A. Be designated by the one to be confirmed, his/her parents, or the pastor. This person is to have the qualifications and intention of performing this role. B. Must be at least 16 years of age. C. Be an active Catholic who has received the sacraments of First Communion and Confirmation. D. Not be bound by any canonical penalties. E. Not be the father or mother of the one to be Confirmed.
5. **Choose a Confirmation name:** One of the traditional practices in the Church is to choose the name of a saint that the candidate finds is someone they look up to as a role model or can pray to for assistance.

Year 2

The Year 2 students will be receiving the Sacrament of Confirmation after having completed one year of active involvement in the parish community; the following requirements need to be met the year they will be confirmed:

1. **Regular Mass attendance:** Confirmation initiates us into full membership with the universal and local church, insisting on a personal commitment to attend Mass every Sunday and on Holy Days of Obligation.
2. **Attend the Confirmation Retreat:** A retreat for candidates to attend with their sponsors will be scheduled, providing the opportunity for developing the relationship between candidate and sponsor and reflection on the meaning and depth of the sacrament.
3. **Prayer memorization:** Gifts and Fruits of the Holy Spirit, the Seven Sacraments.
4. **Service:** Service is a call of all Christians as a mark of our baptism. Opportunities for service are scheduled throughout the year and focus on parish involvement and the Works of Mercy. Candidates are asked to participate in two, as well as the Plant Sale in May.
5. **Interview with the Coordinator of Youth Ministry:** As part of the preparation for Confirmation, the program activities planned for the youth are designed to deepen and enrich the spiritual lives of the youth. In order to more fully understand the needs of our youth, the CYM will meet for individual interviews with all candidates.