

DIRECTOR GUIDE

Confirmed

in the Spirit



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Confirmed in the Spirit Program Components

Confirmed in the Spirit is a program of catechesis for young people in junior high or high school. It is a Confirmation preparation program which culminates in the reception of the sacrament. Young people are guided to appreciate the witness of others in the Church, especially the parish community, and to give witness themselves through living their faith and participating in loving service.

***Confirmed in the Spirit* Young People's Book [English and Bilingual]**

Confirmed in the Spirit invites young people to prepare for the Sacrament of Confirmation through instruction, reflection, discussion, personal and communal prayer, liturgy, journaling, and hands-on experiences. The program guides young people on a spiritual journey as they prepare to receive Confirmation. The experiences of theological background, Scripture, prayer, reflection, and service help provide the young people with tools they can use to continue along their faith journey after Confirmation and for the rest of their lives.



***Confirmed in the Spirit* Catechist Guide [English and Bilingual]**

One guide in either the English or Bilingual edition serves both parish and school programs with focused catechetical background, clear plans, and step-by-step support. The Chapter at a Glance page provides directions for either parish or school planning.



***Confirmed in the Spirit* Director Guide [English and Spanish]**

The Director Guide outlines the vision of the program. Plans are provided for introducing the program to catechists, parents, young people, and their sponsors. Everything you need to do before, during, and after Confirmation is outlined. Detailed plans are given for meetings, a Confirmation Retreat, and the Confirmation Liturgy. The guide ends with suggestions for young people as they continue their faith journey after receiving the sacrament. Blackline masters for each step are provided at point of use. BLMs that will go home are also available in Spanish. This entire Director Guide is available in Spanish online at www.loyolapress.com/confirmacion.



My Confirmation Journal **[English and Bilingual]**

Each section of the journal aligns with a chapter in the Young People's Book. Young people have an opportunity to answer reflection questions based on chapter themes and write notes of their own. The book also has a section to insert photos, certificates, and keepsakes from their faith journey during Confirmation preparation.



Sponsor and Candidate Magazine *Faith to Faith* **[English and Bilingual]**

Faith to Faith is a tool to help guide sponsors and their candidates on their faith journey to the Sacrament of Confirmation. The magazine provides opportunities for in-depth faith conversations between young people and their sponsors. It sparks dialogue about maturing in faith and highlights the steps and symbols involved in the Rite of Confirmation.



Online Resources **[English and Spanish]**

The Web site includes interactive and printable activities, assessments, and tips for directors, catechists, parents, and young people.

www.loyolapress.com/confirmation



Resource DVD ***Called and Confirmed*** **[English and Spanish]**

The DVD may be used for Optional Sessions A and B or in a variety of other ways during Confirmation preparation.



Using This Guide

Confirmed in the Spirit prepares young people for Confirmation and encourages a lifelong commitment to faith formation and service. This Director Guide provides you with the support and resources you will need to implement and coordinate the Confirmation program in your parish.

The guide is organized to help you prepare for meetings before the program begins; sessions, meetings, and retreats during the program; and gatherings after the Sacrament of Confirmation. The guide begins with introductory information about program components and the roles of those involved in Confirmation preparation. Then six simple steps are provided to assist you in presenting the program to catechists, young people, parents, and sponsors.

Please note that only the blackline masters with parental and sponsor involvement have been included in Spanish in this guide. A complete and fully-downloadable Director Guide is available in Spanish at www.loyolapress.com/confirmacion.

Step 1: Background

Step 1 explains the history and theology of the Sacrament of Confirmation.

Step 2: Plan Your Program

Step 2 provides you with four different implementation models for *Confirmed in the Spirit*. Each model is an effective, practical presentation of the program tailored to meet the varied needs of your parish community.

Step 3: Get Started

Step 3 gives you practical ideas to help you implement the program including tips for organizing supplies, researching service opportunities, registration and communication strategies, and a plan for a catechist training session.

Step 4: Meeting and Retreat Plans

Step 4 gives detailed plans for two meetings with parents, candidates, and sponsors. An introduction to the *Confirmed in the Spirit* chapters is provided. Plans for a Confirmation Retreat and a Spirit Day are also included.

Step 5: Plan the Confirmation Mass

Step 5 includes step-by-step plans to prepare for the Confirmation Mass along with task charts, planning sheets, invitations, and a last-minute checklist.

Step 6: After Confirmation: Continuing the Journey

Step 6 offers ideas for young people to continue their faith journey after receiving the sacrament. Plans for a reunion and ideas for service activities in the parish, at-home, and in the world are provided.

Your Role as Director

As director of your parish Confirmation program, you see that the Gospel is transmitted as the Church has received it, understands it, celebrates it, and lives it. You ensure that young people prepare and grow in their ability to express the understanding necessary to celebrate the sacrament and the commitment necessary to live out the grace of the sacrament. This guide offers you many possibilities. You can feel free to decide which components of *Confirmed in the Spirit* will best fit young people in your parish. Ask yourself the following questions:

- How will Christian service be part of Confirmation preparation?
- What part will assessment play in Confirmation preparation?
- If you choose to interview the candidates, what will be the focus of the interview with the pastor or his delegate?
- What will be the extent of the faith-sharing you expect to take place between the candidates, their sponsors, and their parents?
- Will there be a Confirmation retreat and/or Spirit Day, and how will they be structured?
- How and when will the parent meetings take place?

As the program director, it is your responsibility to see that candidates and sponsors are fully prepared to participate in the sacrament. Common aspects of a director's role include strong, positive leadership; good communication and organizational skills; and the ability to help sponsors and candidates meet, or show proof that they have met, Church and diocesan requirements for Confirmation.

[...]For "by the sacrament of Confirmation, [the baptized] are more perfectly bound to the Church and are enriched with a special strength of the Holy Spirit. Hence they are, as true witnesses of Christ, more strictly obliged to spread and defend the faith by word and deed."

CCC 1285

Sponsor and Candidate Requirements

The Church sets some requirements for Confirmation, but each diocese may have its own additional requirements.

The Church requires that to be confirmed one must

- be a baptized person who has not been confirmed.
- be instructed, properly disposed, and committed to renewing the Baptismal promises.
- present a certificate of Baptism, if the sacrament was received at another parish.
- choose a name that is traditionally Christian. Young people may keep their Christian Baptismal name instead of choosing another name.
- write a letter to the bishop or pastor indicating readiness and desire to receive the Sacrament of Confirmation.

To be a sponsor for a Confirmation candidate, one must

- be designated by the candidate, by the candidate's parents (or legal guardian), or, in their absence, by the pastor or minister, and must have the intention of being a sponsor.
- be the Baptismal sponsor, if possible.
- be at least 16 years of age.
- be a Catholic who has been confirmed and practices the faith.

A Catechist's Role

Confirmation preparation requires active participation of parents, young people, sponsors, and catechists. The role of the catechist is an essential part of this preparation. As director, it is your responsibility to affirm and support your catechists.

Catechists are responding to a call to share the gift of faith with young people. Catechists involved in Confirmation preparation have been called to be witnesses of the faith in a variety of ways. They should understand their role and the commitment they have made to pass on our faith to the candidates. You may wish to share the following characteristics and qualities of effective catechists with those involved in the program.

These fundamentals are necessary to nurture young people and teach them to experience their own faith:

- a basic understanding of Catholic teaching, Scripture, and Catholic Tradition
- honest and respectful relationships with young people
- effective teaching methods and techniques

Qualities of an Effective Catechist

Catechists share their personal faith and humanity. The ability to share authentically requires certain qualities that include

- A desire to grow in faith
- An awareness of God's grace and the desire to respond to that grace
- A commitment to the Church's liturgical and sacramental life and moral teachings
- A strength of character built on patience, responsibility, confidence, and creativity
- An understanding of the developmental level of the young people being catechized
- A generosity of spirit, a respect for diversity, and a habit of hospitality and inclusion

*Catechists must hand on the teachings of Christ to those being catechized; they must prepare them for the sacraments instituted by Christ; they must orient them toward **life** lived according to the moral teaching of Christ; and they must lead them to pray with Christ. Catechists must make the words of Christ their own: "My teaching is not my own but is from the one who sent me," and they confess with St. Paul, "I handed on to you . . . what I also received."*

National Directory for Catechesis

A Candidate's Role

Although it is the responsibility of the parish community to prepare young people for Confirmation, young people must know what their own role is in the process. They must know what is expected of them before, during, and after the Sacrament of Confirmation. They must be fully aware that they are making a commitment to live out their faith and share what they believe with others through their words and actions.

Naming Candidate Responsibilities

Be sure to discuss candidate responsibilities with your colleagues and parish leadership. Determine specific requirements and be sure to clearly explain them to candidates, parents, and sponsors. You may wish to have participants sign a form so that they are well aware of their individual responsibilities. Following are some sample requirements.

Confirmation Candidates should agree to

- attend all Confirmation meetings.
- attend Mass weekly.
- attend class sessions. (Be sure that candidates know your attendance rules.)
- participate in class discussions and complete assignments and projects.
- spend time in prayer each day to open their minds and hearts to the working of the Holy Spirit.
- anticipate in-service activities and complete service hour requirements.
- attend the Confirmation Retreat.
- interview with the pastor.
- write a letter to the bishop requesting the Sacrament of Confirmation.

Preparation for Confirmation should aim at leading the Christian toward a more intimate union with Christ and a more lively familiarity with the Holy Spirit—his actions, his gifts, and his biddings—in order to be more capable of assuming the apostolic responsibilities of Christian life. To this end catechesis for Confirmation should strive to awaken a sense of belonging to the Church of Jesus Christ, the universal Church, as well as the parish community. The latter bears special responsibility for the preparation of confirmands.

CCC 1309

A Sponsor's Role

During the time of preparation, sponsors are encouraged to take an active role in the Confirmation program and meet with their candidates on a regular basis for faith sharing. It is important that parents, candidates, and prospective sponsors consider carefully the qualifications and requirements before a commitment to the Confirmation program is made. At the first meeting, be clear about the role the sponsor plays in Confirmation preparation. The role of the sponsor is to support the candidate and responsibilities include:

- Attending sponsor/candidate meetings.
- Sharing faith stories and ideas about living as a disciple of Jesus Christ.
- Participating in rehearsal for the liturgy.
- Presenting the candidate to the bishop for the sacrament.

Faith to Faith: 6 Conversations for Confirmation Sponsors and Candidates

Faith to Faith Magazine is the must-have tool for encouraging sponsors to meaningfully interact and develop a strong relationship with their candidate. See pages 21–22 for helpful hints in using *Faith to Faith* Magazine in your parish.



A Parent's Role

The Church teaches that parents are the first and most important catechists for their children. Encourage parents to assume this responsibility. Invite parents to discuss the material catechists present in class and address any questions their son or daughter may have. Point out that Catholic parents are called to be living witnesses to our faith. Offer these suggestions to help parents be an integral part of the Confirmation preparation process:

- Attend and participate in parent meetings.
- Witness to their own faith in your words and actions.
- Pray as a family.
- Read carefully any communication provided from the program.
- Attend the parent/sponsor/candidate meetings.
- Use the parent/sponsor/candidate faith-sharing sheets.
- Guide their son's or daughter's choice of a Confirmation name and a faith-filled sponsor.
- Support their son or daughter in planning and performing Christian service.
- Participate in parish activities and adult faith formation.
- Have the family join their son or daughter in praying the Confirmation Novena (available for download at www.loyolapress.com/confirmation).

CONFIRMED IN THE SPIRIT

is a comprehensive sacramental preparation program that welcomes and nurtures young Catholics as they grow in faith and, by the power of the Holy Spirit, embrace their roles as mature disciples of Jesus Christ. Developed by experts in the field of catechesis and youth ministry, *Confirmed in the Spirit* was built with flexibility in mind. This program, available in both an English and a bilingual Spanish/English version, can be used in large groups, small groups, or one-on-one lessons. The result: unparalleled experiences and support for young Catholics and the adults who guide them.



Visit www.loyolapress.com/confirmation for additional Confirmation resources and activities.

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