

# Confirmation Process Overview Year 1

## Dear Families,

Welcome to the High School Confirmation Process at Holy Trinity! We are thrilled to embark on this journey with you and your teen. Our goal is for students to experience a transformative encounter with the Holy Spirit through the Sacrament of Confirmation. Before we dive in, let's explore why Confirmation is so important:

## Why does the Sacrament of Confirmation Matter?

The Catechism of the Catholic Church (CCC) tells us that Confirmation brings an increase and deepening of baptismal grace:

- its roots us more deeply in the divine filiation which makes us cry, "Abba! Father!"
- It unites us more firmly to Christ
- it increases the gifts of the Holy Spirit in us;
- it renders our bond with the Church more perfect; [and]
- it gives us a special strength of the Holy Spirit to spread and defend the faith by word and action as true witnesses of Christ, to confess the name of Christ boldly, and never to be ashamed of the Cross.

- Catechism of the Catholic Church, 1303

## Why Does this Matter?

**"I came so that they might have life and have it more abundantly"- John 10:10**

Confirmation unites us more firmly with Christ, and **that's what brings us a full life.** It is not just about what we need to know but why we should know it. Beyond teaching the only (or even mostly) what we need to know, we need to tell our teenagers that confirmation preparation is for learning the **next steps that will lead you to a better you.** That's it. Preparing for Confirmation is **learning how to be a disciple of Christ,** because we believe **that's the path to a fuller and more fulling life.**

The sacrament of Confirmation does just mean...

- I get to be an adult in the parish
- It makes me a better person
- I want to get my parents off of my back
- I need to do it to get married in the Church
- It's the last part of my religious education

## It is so much more...

The sharing in the divine nature given to men through the grace of Christ bears a certain likeness to the origin, development, and nourishing of natural life. The faithful are born anew by Baptism, strengthened by the sacrament of Confirmation, and receive the Eucharist the food of eternal life. By means of these sacraments of Christian initiation, **they thus receive in increasing measure the treasures of the divine life and advance toward the perfection of charity.**

-Catechism of the Catholic Church

In other words, preparing for Confirmation is preparing the next generation for a change in the way they approach life. Before Jesus commissioned his followers to go forth to make disciples, he said to them, **"But you will receive power when the Holy Spirit comes upon you,** and you will be my witnesses in Jerusalem, throughout Judea and Samaria, and to the ends of the earth" (Acts 1:8).

**"You do not have to do this"**  
**"You get to do this"**

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## What is our goal?

Our duty as a Confirmation team at Holy Trinity is to equip and prepare your teen to the best of our ability for the Sacrament of Confirmation. Our goal as a confirmation program is to **facilitate and create a space where teens can encounter Jesus Christ, through prayer, knowledge and fellowship (Acts 2:42)**. Therefore, our intent is to provide a full experience the aims at our goal.

## Components of our Confirmation Process

- **Faith Formation Sessions (Knowledge)**
  - Our curriculum, 'Purpose' by Life Teen, will guide us in growing closer to Jesus as a community.
- **Youth Ministry (Fellowship)**
  - Every Wednesday Bible Study at 7pm (optional but encouraged)
  - Fun Socials throughout the year
- **Retreat (Prayer/Encounter)**
  - Vital/Highlight of the Confirmation journey
  - Our Bishops have prioritized it as a requirement to receive the Sacrament of Confirmation
  - Retreat is a time to escape the business of life to make time to focus on our relationship with Jesus Christ.
  - Attendance at the retreat is mandatory. (Please email me if you have any questions)
- **Service (Community)**
  - Discipleship Service Project
  - Youth Mass

**In addition to our components we have part of the diocesan requirements, there are four projects to complete:**

1. **The Saint Report (Due on January 25th, 2025)**
2. **The Sponsor Affirmation Form**
3. **The Discipleship Mission YI**
4. **The Letter to the Bishop will be completed in Year 2 (Interview)**

Our protocols are not for our benefit, but for yours. Confirmation classes are important because they encourage community and provide experiences that adequately prepare students for the Sacrament.

At Confirmation Mass Fr. Michael must acknowledge before the Bishop, **“The candidates we present are well instructed, are prepared and ready to receive the fullness of Christian Initiation in the Sacrament of Confirmation.”**

**“To be well instructed”** refers to attending and participating in Confirmation classes in addition to Sunday Mass. Class attendance will be taken at each session and revisited throughout the journey to ensure that our Pastor Fr. Michael is able to confidently present the Candidates to the Bishop.

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**Mandatory Orientation Gathering options are on August 11th from 6:30-8:00pm or August 25th from 3:30-5:00pm**

## Absence Policy?

Please refer to our schedule for confirmation class dates corresponding to each confirmation year. We understand that emergencies and conflicts may arise, so you are allowed up to two excused absences. For non-emergency or non-illness related absences, please submit an approval request at least one week in advance for review by our Faith Formation Director, Jennifer Cahuantzi: [jcahuantzi@holytrinityladera.org](mailto:jcahuantzi@holytrinityladera.org) In case of emergencies or sickness, please notify us as soon as possible by emailing us at [evaldez@holytrinityladera.org](mailto:evaldez@holytrinityladera.org).

If you miss two sessions, attending a makeup session will be required; we will provide you with the schedule for these sessions. It's important to note that missing more than three classes may impact your eligibility to complete the Sacrament of Confirmation.

## Make up Policy

- **First Absence:** If you miss a class for the first time, you will receive an email with instructions on how to complete a take-home makeup session. This session will be sent to you after your absence.
- **Second Absence:** If you miss a class a second time, you will be required to attend a makeup session. Details about this session will be announced at the end of the first half of the semester.

**Year 1 sessions will meet on select Sunday evenings from 6:30-8:00 pm in the Parish Hall.**

All meeting dates are equally important in the preparation process. Please refer to our absence policy on the Confirmation Process Overview.

*\*see calendar for exact dates of class sessions*

The session time is purposefully designed to allow families and teens to attend mass together at our LifeTeen Youth Mass at 5:30 pm.

"On Sundays and other holy days of obligation, the faithful are bound to participate in the Mass."

*- Catechism of the Catholic Church 2180.*

We are excited to announce that the 5:30pm Mass is a Youth-dedicated mass. We encourage all students to get involved. Opportunities include serving as ushers, lectors, altar servers, and in our youth band. Please send an email to Emmanuel Pérez, Coordinator of Youth and Young Adult Discipleship at [eperez@holytrinityladera.org](mailto:eperez@holytrinityladera.org) if interested.

Our Core Team, Servant Leaders and Youth Ministry Team are excited to be journeying with you throughout the following Sunday experiences, bible studies, discipleship missions, retreats, and more.

Let's go find your purpose!

In Christ,

Beto Valdez  
Coordinator of Confirmation and Youth Ministries  
Holy Trinity Catholic Church

 [evaldez@holytrinityladera.org](mailto:evaldez@holytrinityladera.org)  [@holytrinityyouthministry](https://www.instagram.com/holytrinityyouthministry)

 949-218-3131 ext. 106  [@holytrinityyouthministry](https://www.facebook.com/holytrinityyouthministry)

 [www.holytrinityladera.org/sacraments/confirmation/](http://www.holytrinityladera.org/sacraments/confirmation/)

# SAINT REFLECTION

*Confirmation is a Sacrament in which those who have been baptized receive the fullness of the Holy Spirit, whom the Lord sent upon His apostles at Pentecost. In Confirmation, the Baptismal vows are renewed and the sealing of the Spirit serves as preparation for a mature Christian life. The Bishop dips his right thumb in the Chrism (oil) and makes the sign of the cross on the forehead of the one to be confirmed, as he says: \*NAME OF SAINT \*, be sealed with the gift of the Holy Spirit.*

Each candidate will be required to write a reflection on the Saint they have chosen for their Confirmation. Choosing a saint name is an essential part of Confirmation and it is an acknowledgment that the Holy Spirit will change you through the grace of this Sacrament.

We see in scripture that God changed the names of some of his own to signify their role had been changed and that they were becoming, in a sense, a new person. For example, Abram became Abraham (Genesis 17:5), Sarai became Sarah (Genesis 17:15), and Simon became Peter (Matthew 16:18). When choosing a saint, you should choose someone who exemplifies a quality that you will strive to reach in your faith walk. You may use your baptismal name which expresses the relationship between Baptism and Confirmation. However, if a new name is taken, it should be the name of a recognized Saint in the Catholic Church.

**INSTRUCTIONS: Each candidate is responsible to research the Saint they have chosen and write about one area in that Saint's life that touched them. How did that saint truly live a life of faith? Why do you think the Saint chose the way of God over the way of self? Can you see yourself choosing God over self by thinking about this Saint's life as an example?**

**Minimum of one typed page, double spaced with two pictures.**

This should be the name you eventually take as your confirmed name. Research it – a good online resource is [www.catholic.org/saints/](http://www.catholic.org/saints/)

**Year 1 Online Submission Due: January 26, 2025**

# DISCIPLESHIP MISSION

**Each candidate is invited to become involved in an area of Discipleship (Service) as part of their Confirmation journey.**

The idea of service begins with a call. The world tells us our gifts and talents are for personal gain - what do I get out of it? What will it do for me? God's call is different; it allows us to share our lives with others in response to knowing our gifts, talents and passions are from God. Young people are on a path of discovery; they are apprentices in an area of service to God. Trust that the Holy Spirit will guide you into an area of service.

What counts above all else is “faith working through love” (Gal 5:6). **Works of love directed to one’s neighbor are the most perfect external manifestation of the interior grace of the spirit:** “The foundation of the New Law is in the grace of the Holy Spirit, who is manifested in the faith which works through love.” - Pope Francis

-Evangelii Gaudium, 37

## Service/Discipleship Opportunities

### Ministry

Ministry is serving inside the church building. When you serve in a ministry you are creating an irresistible environment for people to let down their guard and grow as disciples.

### Missions

Mission work is serving outside the church building by spreading God’s love by action/word. Opportunity to go out of your comfort zone.

## Where and when should we serve?

**In our Year 2 of the Confirmation journey, we will facilitate group Discipleship Missions that align with our Catholic Social Teaching to celebrate the ways we are living their faith through service.** All of what is required is to attend one of the ministry and mission provided opportunities presented during orientation to complete your Discipleship Mission. *1 mission, 1 ministry or 1 School Service Project* is required.

## Ministry

**Call to Family, Community, And Participation** – Mass Liturgical and Music Ministries, involved with volunteering for Parish Ministries (Knights of Columbus, Women’s Ministry, Youth Ministry, Joy to the World, Children’s Faith Formation, CLOW, VBS, etc.)

**Life and Dignity of the Human Person** – Holy Trinity Walking with Mom’s ministry events – Diaper Drive, Baby Bottle Drive, Roses (Life Center of Santa Ana), Lenten Drive

**Option for the Poor and Vulnerable** – Holy Trinity Outreach Ministry (clothes/food drives, Lenten drive, Christmas drive, etc.)

**Mission: Opportunities will be announced throughout the year**

# Y1

# “How can I support and participate in the Youth Ministry of our church?”

\*SignUpGenius will be sent through email

Parent Name: \_\_\_\_\_ Email: \_\_\_\_\_

Son/Daughter Name: \_\_\_\_\_

Parent/Guardian Home # \_\_\_\_\_ Cell # \_\_\_\_\_

**HOSPITALITY:** Provide fruit, snacks, granola bars, chips, cookies, and drinks for classes. 9/8\_\_\_\_, 9/22\_\_\_\_, 10/6\_\_\_\_, 11/16\_\_\_\_, 12/8\_\_\_\_, 1/26\_\_\_\_, 2/9\_\_\_\_, 3/9\_\_\_\_, 4/13\_\_\_\_, 5/18\_\_\_\_\_

*What will you be bringing and for how many people?* \_\_\_\_\_

**COOKS/KITCHEN HELP:** Help with food preparation and cooking/grilling for classes, retreats, and events. 9/8\_\_\_\_, 9/22\_\_\_\_, 10/6\_\_\_\_, 11/16\_\_\_\_, 12/8\_\_\_\_, 1/26\_\_\_\_, 2/9\_\_\_\_, 3/9\_\_\_\_, 4/13\_\_\_\_, 5/18\_\_\_\_\_

**CHAPERONE:** I am willing to volunteer as a chaperone for YM events/retreats. 11/16\_\_\_\_,

**DRIVER:** I am willing to drive youth to and from events. If yes, my car capacity is \_\_\_\_\_ (do not include driver). 10/20\_\_\_\_, 11/4\_\_\_\_,

**PRAYER TEAM:** Committing intentional prayer together as a group when teens are on retreats.

**PARENT PARTNERSHIP:** Interested in being part of a team of parents who begin to implement activities for the high school youth.

**DONATIONS/GIFT CARDS:** Domino's, Starbucks, Panda Express, Subway, Amazon etc. These are great for youth nights and prizes.

## PURPOSE

Youth Mass: 5:30pm

Sundays in the Parish Hall

Confirmation Sessions: 6:30pm - 8:00pm

### BEGINNINGS: Introduction to the Confirmation Process

August 11th from 6:30pm - 8:00pm  
or August 25th from 3:30pm - 5:00pm

*Parent & Candidate Attendance Required*

### September 8th

SEEKING: WHAT IS OUR DESIRE?

### September 22nd

REVEAL: IS GOD REAL?

### October 6th

SAFE ENVIRONMENT SESSION:  
HAPPY, HEALTHY, HOLY

### October 27th

PARENT & CANDIDATE DINNER  
6:30PM-8:30PM, PARISH HALL

### November 16th

SATURDAY RETREAT AT HOLY TRINITY,  
9AM-5PM

### December 8th

REASONS: FAITH AND REASON

### January 26th \*SAINT REPORT DUE

BREATH: DOES A RELATIONSHIP  
WITH GOD MATTER?

### February 9th

BROKENHEARTED & FAULT: WHY IS THERE EVIL  
AND SUFFERING/OUR GOODNESS AND FALL

### March 9th

PRODIGAL & MORE: WHY BELIEVE IN JESUS -  
THE INCARNATION AND THE LIFE OF CHRIST

### April 13th

NEW: WHY BELIEVE IN JESUS:  
PASSION, DEATH, & RESURRECTION

### May 18th

TRANSFORMATION & FOUNDATION :  
ACTS OF THE APOSTLES & THE GOSPEL  
MESSAGE

 [evaldez@holytrinityladera.org](mailto:evaldez@holytrinityladera.org)  [@holytrinityyouthministry](https://www.instagram.com/holytrinityyouthministry)

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