

St. Elizabeth Ann Seton Catholic Church

Confirmation Prep

Student Handbook – Year 1



*“Come Holy Spirit fill the hearts of Your faithful and
kindle in them the fire of Your love.”*

Welcome to Confirmation Prep!

It is such a blessing to have all of you here to prepare for the sacrament of Confirmation. I am looking forward to getting to know all of you better and helping to guide you in your preparation for this sacrament.

What is Confirmation? The word Confirmation comes from the Latin *confirmatio* which means “strengthening or consolidation.” In the sacrament of Confirmation we receive graces from the Holy Spirit which will strengthen and guide us to be better witnesses of Christ and His Gospel.

A gift this great deserves our preparation. If this sacrament is meant to make us better defenders of the faith, we not only need to understand it, but we need to fall in love with it. **“The true soldier fights not because he hates what is in front of him, but because he loves what is behind him” (G.K. Chesterton).** In order to do this, Confirmation prep is not just about learning or, in some cases, re-learning a bunch of facts. It is about coming to know Jesus Christ as a person. It is about forming a deeper relationship with Him. What we learn are not just facts. They are knowledge which helps us to know Christ better. You cannot fall in love with someone if you do not know them.

Beyond just learning about the Catholic Faith, you will learn how to discuss and share your beliefs. You will discover how to apply your Catholic faith to your everyday life. Through choosing a ministry role in the parish, you will come to understand what it means to be part of the Body of Christ. And finally, you will be guided in how to nourish your Spiritual Life through prayer and other spiritual exercises.

It sounds like a lot, I know! However, our Faith is meant to be at the very center of our lives. Rather than making our Faith an afterthought or a mere obligation, make it a priority. Make your Faith the foundation of your life, the source of all that you do.

In Christ,

Mariah

**WE BECOME WHAT WE LOVE.
+
WHO WE LOVE SHAPES WHAT WE BECOME.**

-St. Clare of Assisi

2017-2018 Confirmation Year 1 Schedule

Sundays 4:00 PM – 6:00 PM

September 17th – Orientation (7PM – 8PM)

September 24th

October 1st – Due: Statement of Intent and Ministry Selection

October 7th – Mothers Retreat (1PM – 4PM)

October 8th

October 15th

October 22nd: No Class - MEA

October 29th

November 5th

November 11th – Fathers Retreat (1PM – 4PM)

November 12th

November 19th

November 26th: No Class - Happy Thanksgiving!

November 26th: Confirmation Retreat Option #1 (11AM – 5PM)

December 3rd

December 10th

December 17th

December 24th: No Class - Merry Christmas!

December 31st: No Class - Happy New Year!

January 7th – Due: Sponsor Form

January 14th

January 21st

January 28th

February 4th: No Class – Super Bowl Sunday

February 11th

February 18th

February 25th – Guest Speaker: Pat Millae (7PM)

March 2nd: Confirmation Retreat Option #2 (3PM – 9PM)

March 4th – Due: Saint Report

March 11th: No Class - Spring Break

March 18th: No Class - Spring Break

March 25th – Interview must be completed or scheduled.

April 1st: No Class - Happy Easter!

April 8th

April 15th

April 22nd

April 29th

May 13th: No Class - Happy Mother's Day!

May 20th: Final Class

***May 21st: Confirmation Ceremony at 7 p.m. at the
Cathedral of St. Paul***

Requirements

Attendance

Students are expected to be present for all classes. If a conflict arises, please inform Mariah (msmith@seasparish.org). Make-up work will be required for each absence. Guidelines for make-up work are listed in the next section. If more than 3 absences occur, the student must schedule a meeting with Mariah or one of the priests to go over missed curriculum. Meetings can be scheduled through Mariah (msmith@seasparish.org).

If a student has three absences without reason, Mariah will schedule a meeting with you in order to discuss whether you are ready to receive the sacrament or participate in another year of prep.

Make-Up Policy

For each absence, make-up work must be submitted. Make-up work should be submitted no more than two weeks after absence. The instructions for make-up work are as follows:

- Pick one of the following podcast channels and select an episode to listen to:
 - **Father Mike Schmitz** (<https://itunes.apple.com/us/podcast/um-d-newman-catholic-campus-ministry/id273537688?mt=2>)
 - **Catholic Answers Live** (<https://itunes.apple.com/us/podcast/catholic-answers-live/id129684370?mt=2>)
 - **Do Something Beautiful** (<https://itunes.apple.com/us/podcast/do-something-beautiful/id1159764896?mt=2>)
 - **Bishop Robert Barron** (<https://itunes.apple.com/us/podcast/bishop-robert-barrons-sermons/id75551187?mt=2>)
 - **Catholic Stuff You Should Know** (<https://itunes.apple.com/us/podcast/catholic-stuff-you-should-know/id412678859?mt=2>)
 - **The SaintCast – Catholic Saints on Call** (<https://itunes.apple.com/us/podcast/the-saintcast-catholic-saints-on-call/id129577744?mt=2>)
- Listen to selected episode and then type a 150 word summary/reflection on it.
- Summaries/reflections can be submitted via email to Mariah (msmith@seasparish.org).

Spiritual Component

It is important to learn about our faith and understand the teachings of the Catholic Church. However, in addition to that, we must also come to know the actual person of Christ. How do we do this? Prayer. Through prayer, we are able to draw closer to Christ and better understand His love and will for us.

Once a month, you may pick from one of the following opportunities in order to fulfill the Spiritual Component of your Confirmation prep requirements. One must be completed each month from October – April. If you attend Dominus Est, Adoration, or Daily Mass, you must submit a slip (provided in your folder) signed and dated by one of your parents or one of the priests.

Parents and sponsors, if possible, are encouraged to participate in the Spiritual Component with their candidate.

Dominus Est

Come spend an hour with the Lord!

Benediction, Eucharistic Adoration, Praise and Worship, Confession

Time: 7:30-8:30 PM

Where: St. Elizabeth Ann Seton Catholic Church

Dates:

Oct 24th

Nov 28th

Dec 18th

Jan 30th

Feb 27th

March 20th

April 24th

May 29th

Adoration

Here at SEAS, we are blessed with Perpetual Adoration. What is Perpetual Adoration? Perpetual Adoration is a Eucharistic devotion whereby members of a given parish unite in taking hours of adoration before the Most Blessed Sacrament, both during the day and throughout the night, seven days a week. This allows anyone to come in and pray anytime they want.

Time: Visit must be 1 hour

Lifeline (permission form required)

Join NET Ministries and over 1,000 young people on the first Saturday of every month for Lifeline Mass. With contemporary music, energetic crowds, and powerful presentations, Lifeline is focused on giving 8-12th graders in the Minnesota area the chance to experience the beauty of Mass with their peers.

When: First Saturday – Bus leaves from SEAS at 4:30 p.m. and returns at 10 p.m.

Where: NET Center

Dates:

Oct 7th

~~Nov 4th SOLD OUT~~

Dec 2nd

Jan 6th

Feb 3rd

March 3rd

April 7th

May 5th

High School Youth Group

Join us once a month for discussion, prayer, and a chance to grow in Christ-centered friendships. This year, we will be working through the “YOU” series by Augustine Institute.

When: Wednesdays, 6:30-8 PM

Where: JP II Youth Room

Dates:

Oct 18th

Nov 29th

Dec 13th

Jan 31st

Feb 21st

March 28th

April 18th

May 2nd

Daily Mass*

Did you know that Mass is offered every day of the week? Here at SEAS, Mass is offered every Monday – Saturday at 8 AM and on Tuesdays at 5:15 PM.

***Daily Mass does not fulfill your Sunday Mass obligation.**

Ministry Component

Being Catholic is so much more than just attending Sunday Mass and going to confession every now and then. Being Catholic means that you are part of the Body of Christ, His Church. Just as we are meant to spend time with our families and contribute to them, so too are we meant to do this in our parish family. There are so many ministries within our parish which are in need of your time and talent.

Each Confirmation student is required to select a ministry within our parish and remain involved in it for the entirety of their Confirmation prep.

You can select your ministry from the options listed below:

Liturgical Ministries

Contact: Kellen O'Grady – Director of Liturgy and Music

Email: kogrady@seasparish.org

Altar Server

Vest and assist at Sunday Mass.

- Undergo training
- Participation at least once per month
- Participation in at least one major liturgy per semester (*[Semester 1: Solemnity of All Saints; Commemoration of All Souls; Solemnity of the Immaculate Conception; Christmas; Epiphany]* *[Semester 2: Ash Wednesday; Palm Sunday; Sacred Paschal Triduum (Holy Thursday, Good Friday, Easter Vigil); Easter Sunday; Pentecost]*)
- Mentor one younger altar server as they learn for themselves

Lector

Proclaim the word of God through one of the readings at Mass.

- Undergo training
- Participation at least once per month
- Spend at least 30 minutes in contemplative prayer with the whole set of readings before the Blessed Sacrament in the week before you lector. (Readings may be found at www.usccb.org/readings)
- Participation in at least 1 major liturgy per semester (*[Semester 1: Solemnity of All Saints; Commemoration of All Souls; Solemnity of the Immaculate Conception; Christmas; Epiphany]* *[Semester 2: Ash Wednesday; Palm Sunday; Sacred Paschal Triduum (Holy Thursday, Good Friday, Easter Vigil); Easter Sunday; Pentecost]*)

Cantor or Instrumentalist

Lead the assembly in song at Mass. (Placements dependent upon audition)

- Undergo an audition and training
- Participation at least once per month
- Rehearse with Kellen the week prior to the Mass you cantor or play
- Spend at least 15 minutes before the Blessed Sacrament contemplating the psalm you will proclaim

Ensemble

Sing in one of the choirs or ring hand bells. (Placement dependent upon audition)

- Undergo an audition
- Participate at least once per month on Sunday
- Attend at least two rehearsals per month

Liturgical Assistant

Help with office work, music filing, photocopying, and liturgical environment

- Set office hours with Kellen at least 3 hours scheduled per month
- Make a Holy hour once per month in prayer for particular intentions of the parish

Catechetical Ministries

Contact: Mariah Smith

Email: msmith@seasparish.org

EDGE Small Group Co-Leader

1-2 Wednesdays per month, lead a small group of middle school kids attending EDGE. You will help lead discussion, activities, and prayer in your small group.

- Be available for all EDGE nights unless you get an approved absence from Mariah.
- Be present for catechist meetings 30 minutes before each EDGE night starts.
- Actively participate in the night and be a positive role model for all middle school participants.
- Pray for all the kids in your small group.

Dates:

Sept 20 th	Feb 28 th
Oct 11 th	March 21 st
Nov 15 th	April 4 th
Dec 20 th	April 25 th
Jan 3 rd	May 16 th
Jan 24 th	

Over the EDGE Core Team

1 day each month come and help lead a fun activity or service project for middle school participants. As this only takes place once a month, you must be present for all dates.

- Attend all dates plus two Core Team meetings.
 - Sunday, Oct 8th(12:30 p.m.) and Sunday, Feb 11th(1:30 p.m.)
- Be a witness of God's love to all middle school participants.
- Pray for all the kids involved with Over the EDGE.

Over the EDGE Dates:

Fri, Sept 29th Over the EDGE Kickoff Night 6-8 PM

Thurs, Oct 19th Movie Night at SEAS 6-8:30 PM

Wed, Nov 22nd Feed My Starving Children 8:30AM – 12PM

Fri-Sat, Dec 15th-16th Winterblast 6PM-7AM

Fri, Jan 28th Snow Tubing 2-5:30PM

Fri, Feb 16th Feed My Starving Children 1:30-5PM

Wed, March 14th Evening of Lenten Reflection 7-8:30PM

Fri, April 13th Sandwich Project 5-6:30PM

Fri, May 4th MORP 5:30-8PM

Clubs

Contact: Mariah Smith

Email: msmith@seasparish.org

Catholic Movie Critics Club

Meet once a month to watch a pre-selected film together followed by discussion.

- Attend every meeting.
- Actively participate in discussion.
- You must have a signed permission form for this club from your parents as some of the films may be rated R.

Time: 6 – 9 PM

Where: JP II Youth Room

Dates:

Tues, Oct 17th – Secondhand Lions (PG)
Wed, Nov 22nd – The Blind Side (PG-13)
Thurs, Dec 28th – Les Misérables (PG-13)
Thurs, Jan 25th – There Be Dragons (PG-13)

Thurs, Feb 15th – Belle (PG)
Tues, March 13th – The Passion (R)
Fri, April 27th – The Help (PG-13)
Fri, May 18th – The Avengers (PG-13)

Pro-Life Club

Meet once a month for discussion, prayer, and service centered on the pro-life movement. We are the Pro-Life Generation!

- Attend every meeting.
- Actively participate in discussion.
- Take steps to support the pro-life movement beyond monthly meetings through prayer, service, conversation, or pro-life rallies

When: Mondays, 6 – 7:30 PM

Where: JP11 Youth Room

Dates:

Oct 30th
Nov 27th
Dec 18th
Jan 29th
Feb 26th
March 26th
April 30th
May 28th

Parish Ministries

Eucharistic Adorer

Contact: Mary Ann Bambenek

Phone: 651-437-4546

Here at SEAS, we are blessed with Perpetual Adoration. We could not have this if it were not for people who commit to an hour of Adoration every week. There are a few empty spots on the schedule as well as some hours that are in need of a second adorer.

- Be on time and present for your weekly hour of Adoration
- If you are in need of a sub, it is your responsibility to find one.
- Fulfill all duties of an Adorer.

Be Our Guest

Contact: Sheila Jones: 651-437-6282

Jesse Starkson: 507-837-9928

Once a month help serve a meal for those in need.

- Be present and on time for each dinner.
- Serve dinner guests with love and joy.
- Pray for all dinner guests.

When: Second Thursday of each month from 6-7 PM

Where: SEAS – Mother Seton Hall

Dishwasher

Contact: Faith Siebenaler

Email: fsiebenaler@seasparish.org

Be trained to run the dishwasher in SEAS kitchen. Once you are trained, you will be added to the phone list. You will then be called and asked to help with Doughnut Sundays, weekend funerals, and other parish events. You must help with at least one event each month.

- Attend dishwasher training.
- Work diligently.
- Respond promptly to any dishwasher requests from parish contact.

Kitchen Staff for EDGE

Contact: Sarah Sprinthall

Email: ssprinthall@seasparish.org

For all EDGE nights, come and help our parent volunteers set up and serve dinner.

- Be present for all EDGE nights
- Be respectful and listen to parent volunteer instructions.

When: Wednesdays, 5:30 – 7:00 PM

Where: SEAS

Dates:

Sept 20 th	Dec 20 th	Feb 28 th	April 25 th
Oct 11 th	Jan 3 rd	March 21 st	May 16 th
Nov 15 th	Jan 24 th	April 4 th	

Families of Faith Station Leader

Contact: Jennifer Schneider

Email: jschneider@seasparish.org

Choose to volunteer on either one Monday or Wednesday a month as a station or small group leader for Families of Faith. As a station leader, you would lead whatever activity or discussion has been assigned to you. As a small group leader, you will be in charge of leading a small group of kids to each station. Sessions are held on the first Monday and Wednesday of each month unless there is a holiday then it will be the following week. You must decide to participate in all Monday sessions or all Wednesday sessions.

When: Mondays 6:00 – 7:30 p.m. or Wednesdays 6:30 – 8:00 p.m.

Where: SEAS

Families of Faith Kitchen Help

Contact: Jennifer Schneider

Email: jschneider@seasparish.org

On one Sunday each month help cook, serve, and clean up the meal for Families of Faith participants.

When: Sundays, 9:30 a.m. – 12:30 p.m.

Where: SEAS

Saint Report

As part of your preparation for the sacrament of Confirmation, you will select a saint whose name you will take for your Confirmation name. When deciding on a Confirmation name, the goal is to pick the name of a saint you admire, can relate to, or aspire to be like. This saint will be bonded to you spiritually and will be your model in life and can be the one you turn to for guidance and protection. Throughout the Bible, there are many examples of people taking on new names, dating back to the Old Testament. God changed the names of many to reflect the special roles they'd play throughout the history of the Church. For example, God changed Abram's name to Abraham meaning, "father to a host of nations." This name change signified that God was making a covenant with Abraham that would make him the first of God's people on earth. Simon's name was changed to Peter, meaning "rock" and refers to Peter becoming the first pope: "And upon this rock I will build my church" (Matthew 16:17-18).

So, how do you do it? Well, there are many different ways to go about picking a Confirmation saint. Perhaps, you could just pick up a book of saints and start reading. One may stand out to you. You could find out who the patron saint is of your favorite hobby or interest. Are there certain virtues or characteristics that you admire? Find a saint who has them! You could also simply pray about it. God may have the perfect saint in mind for you, and all you need to do is ask Him who it is. Lastly, maybe you already have a saint name. Many of you were named after saints already, and you would like to choose that same saint to be your Confirmation saint.

Once you have selected your Confirmation saint, you need to type a report on your saint. Try not to see this as a school assignment, but rather as a chance to share what you find interesting about your saint and how you came to pick them.

Use the following guidelines in order to type your report:

- Facts: Name of your saint and short summary of their life
- Describe the virtues of your saint and some of the key moments in their life.
- State your reasons for picking this saint and what you are hoping to learn from this saint.
- 12 point Times New Roman font, 1 inch margins, 250 words

Sponsor

In addition to selecting a saint, Confirmation candidates must allow select a sponsor. A sponsor is meant to be your guide in your faith. They are someone you look to for guidance in your faith, as well as someone you can rely on to pray for you and be there for you when you are in need.

The requirements for a sponsor are as follows:

- They cannot be one of your parents.
- They must be at least 16 years old and have already received the sacraments of Baptism, Holy Communion, and Confirmation in the Catholic Church.
- They must be practicing Catholics who attend Mass on all Sundays and Holy Days of Obligation.
- They must be an active parishioner at their Catholic parish.
- If married, they must be married in the church, or their marriage must be recognized as valid.

As long as they meet these requirements, you can pick practically anyone as your sponsor. Perhaps you choose one of your older siblings or another family member. Maybe you choose one a family friend that you have always looked up to. You could choose someone at church whom you have always admired. There are so many options, but be sure that you take time to pray about it. This person is meant to always be a part of your life and may end up having an extraordinary impact on your life. Allow God to guide you in this decision.

Retreats

Before receiving the sacrament of Confirmation, each student is required to attend a Confirmation retreat. SEAS will be hosting two NET retreats at the parish on November 26th and March 2nd (permission slip in folder). You may attend one of these or pick one of the weekend Confirmation retreats at the NET Center (registration form in folder). If you are unable to make one of these options work with your schedule, please let Mariah know as soon as possible. You may have to attend a Confirmation retreat at another parish if neither of the SEAS retreats works for you.

Interview

Given that you have fulfilled all of your other requirements, your final requirement will be to complete an interview with either Mariah Smith, Jill Skaife (Director of Faith Formation), Fr. Michael Barsness, or Fr. Dave Hennen. The interview is meant to see what all you have gained from your Confirmation preparation, discuss how you plan to move forward in your faith, and ultimately discover whether or not you are fully prepared to receive the sacrament of Confirmation.

The following are guidelines to help you prepare for your interview:

- Why do you want to be confirmed?
- Who is your Confirmation saint and why did you pick them?
- Who is your sponsor and why did you pick them?
- In what ways have you grown in your faith this past year?
- What are some of the struggles you have had with your faith?
- How do you plan to continue growing in your faith and building up the Kingdom of God?
- Recite the Apostles Creed. (Found on a handout in your folder)
- List and explain the 7 Gifts of the Holy Spirit. (Found on a handout in your folder)

Please be assured that these interviews are not meant to be intimidating or stressful. They are simply an opportunity for us to talk with you and help you be as ready as possible to receive the sacrament of Confirmation.

A sign-up sheet for interviews will be released sometime in March. Interviews will most likely begin the week of spring break. We do our best to have as many available times as possible.