



DIOCESE OF OAKLAND CONFIRMATION STANDARDS

PREPARING YOUTH FOR THE SACRAMENT OF CONFIRMATION

Summer 2010



*I have baptized you with
water; He will baptize you with
the Holy Spirit.
Mark 1:8*

DEPARTMENT FOR EVANGELIZATION AND CATECHESIS

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Abbreviations:	
CCC --	<i>Catechism of the Catholic Church</i>
CCL --	<i>Code of Canon Law</i>
NDC --	<i>National Directory for Catechesis</i>
GDC --	<i>General Directory for Catechesis</i>
RTV --	<i>Renewing the Vision: A Framework for Catholic Youth Ministry</i>
ATA --	<i>From Age to Age: The Challenge of Worship with Adolescents</i>
NAB --	<i>New American Bible</i>
CF --	<i>Curriculum Framework</i>
CCE --	<i>Congregation for Catholic Education</i>

PLEASE NOTE:

Throughout these guidelines, the term *parish* is intended to represent diverse local situations, including linked and clustered parishes and other parish groupings.

PREFACE

The primary goal of the *Standards for Preparing Youth for the Sacrament of Confirmation* is to assist in the implementation of a consistent program of catechesis for the sacrament of Confirmation in the Diocese of Oakland. Preparation for Confirmation should lead the Christian toward a more intimate union with Christ and a deepened familiarity with the Holy Spirit in order to be more capable of assuming the apostolic responsibilities of Christian life. Therefore, 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. Confirmation is a sacrament of maturity not in the chronological sense but in the sense of spiritual fullness, since Confirmation seals the person with the gift of the Holy Spirit.

These Confirmation preparation standards have been created in response to a great demand from parents, pastors, Confirmation directors and other parish leaders in need of a resource that would assist them with their programs.

Although this document does not provide everything one might need for Confirmation preparation, the members of the Department for Evangelization and Catechesis believe that it addresses many important concerns, answers key questions, and provides parishes with useful resources for organizing a well-balanced and effective program to prepare adolescents for the Sacrament of Confirmation.

*"Let no one look down on you because of your youth,
But be a continuing example of love, faith and purity to believers."
- 1 Timothy 4:12 (NAB)*

I. UNDERSTANDING THE SACRAMENT OF CONFIRMATION: AN OVERVIEW OF ITS HISTORY

The New Testament shows how the Holy Spirit was with Christ to bring the Messiah's mission to fulfillment. On receiving the baptism of John, Jesus saw the Spirit descend on him (see Mk 1:10), and remain with him. He was led by the Spirit to undertake his public ministry as the Messiah, relying on the Spirit's presence and assistance. He later promised his disciples that the Holy Spirit would help them to bear fearless witness to their faith, even before persecutors (see Lk 4:17-21).

The day before he suffered, he assured his apostles that he would send them the Spirit of truth from his Father (see Jn 15:26) to stay with them "forever" (Jn 14:16) and help them to be his witnesses (see Jn 15:26). On the feast of Pentecost, the Holy Spirit did indeed come down in an extraordinary way on the apostles as they were gathered together with Mary the mother of Jesus and the group of disciples. They were so "filled with" the Holy Spirit (Acts 2:4) that by divine inspiration they began to proclaim "the mighty works of God."

From that time on, the apostles, in fulfillment of Christ's wish, imparted to the newly baptized by the laying on of hands, the gift of the Spirit that completes the grace of baptism. This laying on of hands is rightly recognized by reason of Catholic tradition as the beginning of the sacrament of Confirmation, which in a certain way perpetuates the grace of Pentecost in the Church.

Through the sacrament of Confirmation, those who have been born anew in baptism receive the inexpressible Gift, the Holy Spirit himself, by whom "they are endowed...with special strength" (LG 11). Moreover, having been signed with the character of this sacrament, they are "more closely bound to the Church" (*ibid*) and they are more strictly obliged to spread and defend the faith, both by word and by deed, as true witness of Christ" (*ibid*).

From ancient times, the conferring of the gift of the Holy Spirit has been carried out in the Church through various rites. These rites have undergone many changes in the East and the West, but always keeping as their meaning the conferring of the Holy Spirit. The Western Church retained the practice of reserving the celebration of the Sacrament of Confirmation to the Bishop. This led to extended delay in administering the Sacrament to the candidate well into childhood and adolescence. Thus, Confirmation became pastorally separated from Baptism and the Eucharist.

In 1971, Pope Paul VI implemented the revision of the Confirmation Rite that was requested by the bishops at Vatican II. With this revision, he desired that "the intimate connection of the sacrament with the whole of Christian initiation may stand out more clearly."

Since that time, the Latin Church uses the following formula to confer the sacrament of Confirmation: "*The sacrament of Confirmation is conferred through the anointing with chrism on the forehead, which is done by the laying on of the hand, and through the words: Be sealed with the Gift of the Holy Spirit.*"*

*Taken from the Rite of Confirmation, Apostolic Constitution on the Sacrament of Confirmation. Paul VI, 1971.

II. OBJECTIVES AND STANDARDS FOR THE CONFIRMATION PREPARATION OF YOUTH

A. Objectives

A good preparation for Confirmation should facilitate a continual process of conversion and enable full and active participation in the life of the Church with ever-growing depth. Therefore, the Confirmation Guidelines for the Diocese of Oakland were developed to:

- Help youth recognize their dignity as sons and daughters of God, and develop a personal relationship with Jesus Christ by meeting Christ in the Scriptures, in the life and teachings of the Catholic Church, in the Sacraments, and in their own prayer lives.
- Assist young people in hearing God's call to holiness, and to guide them toward a generous response to that call.
- Assist and challenge young people to become living saints as they strive to become more like Christ.
- Nurture in young people a desire for active and habitual participation in the sacramental life of the Church.
- Enable young people to embrace the theological and moral virtues and exercise them in their daily lives and personal decision-making.
- Empower youth to respond courageously to the challenges of life by relying on the gifts and guidance of the Holy Spirit.
- Help young people develop a life of Christian service modeled on the life of Jesus and the saints.
- Encourage young people to embrace the richness of diversity among their brothers and sisters thereby inspiring them to seek and find Christ in all things and in all persons.
- Equip youth to discern their gifts and talents and use them for the greater glory of God and the good of God's Church throughout the world.
- Provide moments of silence and prayer where young people can listen to the voice of God as he invites them to a particular state of life or vocation.
- Help young people begin the lifelong task of developing well-formed consciences to equip them to address moral challenges and choices throughout their lives.
- Help young people become familiar with and appreciate the gift of Sacred Scripture, the divinely inspired Word of God, where God speaks to man in a human way.

"Dear young people, many and enticing are the voices that call out to you from all sides: many of these voices speak to you of a joy that can be had with money, with success, with power. Mostly they propose a joy that comes with the superficial and fleeting pleasure of the senses.... People are made for happiness. Rightly, then, you thirst for happiness. Christ has the answer to this desire of yours. But he asks you to trust him... It is by walking with Christ that we can achieve joy, true joy!"

Pope John Paul II, July 25, 2002 Welcome Address, World Youth Day

B. Standards

The following standards are integral to the process of preparation for Confirmation in the Diocese of Oakland. Therefore, they should be carefully included in all programs, understood and embraced by all members of the team of catechists working to prepare youth for the Sacrament. Please refer to the appropriate references for more specific information.

- **Knowledge of Christ.** The candidate should recognize the importance of Jesus Christ in his/her life.
- **Interview.** The readiness of the Confirmation candidate should be discerned through an interview with either a priest or his delegate prior to reception of the sacrament. APPENDIX A
- **Confirmation Age.** Those being confirmed in youth Confirmation programs in the Diocese of Oakland should receive the sacrament by the age of sixteen (16). (NDC p.122) *
- **Knowledge of Faith.** The candidate should demonstrate an understanding of the principal elements of the Catholic Faith according to his/her age and ability and be committed to ongoing learning and growth in faith. (See APPENDICES A, B, C)
- **Retreat.** The candidate should attend at least one retreat.
 - The format of the retreat should be distinct from that of regular classroom catechesis, and should deepen the prayer life of the young people through the use of creative programs to help them personally encounter Christ in the Sacraments. It is important that the Sacrament of Penance and the celebration of the Holy Eucharist be offered during the retreat.
 - It is strongly recommended that the retreat take place off parish premises at a retreat site where the young people can truly "retreat" from life's daily routine and reflect upon their relationship with God.
- **Sacramental Life.** The candidate should participate in the sacramental and liturgical life of the parish by:
 - actively participating in Mass every Sunday.
 - receiving the Sacrament of Penance frequently.
 - intending to live a sacramental life until death.
- **Service Hours.** While service hours are not a diocesan requirement, parishes are strongly encouraged to incorporate a Christian service component into their Confirmation preparation programs. (See Section V)
- **Confirmation Name.** The candidate may choose a Confirmation name. The baptismal name is always an appropriate name for Confirmation in order to show the relationship between the Sacraments of Baptism and Confirmation. However, a special name may be chosen if desired, in which case it should be that of a recognized saint. If the baptismal name is not that of a recognized saint, a new name (that of a recognized saint) may be chosen for the celebration of Confirmation.
- **Confession before Confirmation.** "To receive Confirmation one must be in a state of grace." (CCC 1310) The sacrament of Penance must be made available to the candidates (within the month prior to the Confirmation Rite) in order to be cleansed for the gift of the Holy Spirit.

* If a young person desires and is deemed ready to be confirmed, but is younger than the normal age of preparation encouraged by a given parish community, together parents and a catechist or other suitable parish representative should discern the possibility of an earlier celebration of the sacrament. Canon no. 885

- **Involvement of Parents/Guardians and Sponsors.** The Confirmation process should provide for sufficient parent/guardian and sponsor involvement. (See Sections V, VI)
- **Program Duration.** There is sufficient material in the curriculum to warrant a minimum of 72 hours of engagement (excluding the retreat and service opportunities). This constitutes 7.2 hours per month for a 10 month (1 year) program or 3.6 hours per month for a 20 month (2 year) program). Pastors and Confirmation Directors can determine scheduling for their parish.

III. CONFIRMATION CURRICULUM

A. Confirmation Catechesis: Meeting Jesus - the Way, the Truth, and the Life

The National Directory for Catechesis tells us that the fundamental task of catechesis is the formation of *disciples of Jesus Christ*. To help the Confirmation candidates enter into this relationship of discipleship, catechists are called to put the confirmandi in “communion and intimacy” with Christ (CT 5). Christ, our model catechist, gives us his divine pedagogy and shows us how to accomplish this task. Jesus instructed his disciples, he prayed with them, he showed them how to live, and he gave them his mission (NDC p. 59).

Christ’s method of formation was accomplished by diverse yet interrelated tasks. Faith must be known, celebrated, lived and expressed in prayer. The NDC breaks these tasks down into six tasks, which have become the framework for the curriculum portion of these guidelines (NDC p. 60).

- **The Confirmation Curriculum**, found in APPENDIX A, contains the diocesan standards that explain the aspects of the faith that are to be taught in preparation of the sacrament.
- **Catechesis on the Liturgy**. The curriculum includes a section which explains the Rite of Confirmation. A proper understanding of the rite allows for a full appropriation of the grace of the sacrament, and prepares the young person to be fully present to the deep meaning of the signs, symbols, words and actions that make up the rite. APPENDIX A.
- **Approved Textbooks**. Only textbooks which have been approved by the United States Conference of Catholic Bishops are to be used in Confirmation preparation programs in the Diocese of Oakland. This Conformity Listing may be found on the following website, <http://www.usccb.org/catechism/document/Currentlist.pdf>, and is updated every three months. The most current list of these texts is included in APPENDIX G.
- **Multicultural Resources**. Please note that there are textbooks approved in various languages to represent the multicultural needs of the diocese. See APPENDIX G.

We have provided a suggested assessment tool (See APPENDIX B) to guide the catechists as they instruct the candidates in the faith. Surveying the candidates at the beginning of the program and again at the end will provide a measure for success in imparting knowledge of the faith to the candidates.

IV. PRAYER AND WORSHIP: FOSTERING SPIRITUAL GROWTH

The ministry of prayer and worship celebrates and deepens young people’s relationship with Jesus Christ through the bestowal of grace. (Renewing the Vision A Framework for Catholic Youth Ministry, USCCB, 1997).

- **Need for Regular Prayer**. Participation in prayer during class time, as well as in church, is needed by teens. Confirmation programs should seek to offer opportunities that allow reflection on the faith they explore week after week through the many forms of prayer. These times of prayer should be constructed in a manner that promotes the development of a lasting relationship with God, who is personal. See APPENDIX C.

- **Reverence and Respect.** Because the world they live in is one that offers a quickened pace of life, adolescents need opportunities to be able to slow down and experience Christ's presence in their lives. Prayer can teach reverence and respect that other educational experiences cannot.
- **Cultivation of Silence.** Adolescents live in a society where there is little quiet. It is this lack of quiet in their lives that leads many to think of prayer and reflection as difficult. At the same time, it is only within moments of quiet prayer that they have an opportunity to reflect on their relationship with God, their Church and themselves. Confirmation preparation is a perfect time for these opportunities to be introduced and cultivated.
- **Dimensions of Prayer and Worship.** Prayer and worship with adolescents have several distinct dimensions that provide direction to a comprehensive Confirmation preparation program. Specifically, the areas of prayer and worship should consider and address the following: (RTV, pp. 44-47)
 - Promote the authentic participation of youth in liturgy.
 - Promote frequent reception of Holy Communion and the Sacrament of Penance.
 - Attend to the diversity of cultures and ages in the assembly.
 - Provide opportunities for exposure to the prayer life of the Church (rosary, scripture, ritual prayer, etc.) with adolescents in peer, family and intergenerational settings.
 - Allow music and song to express the vitality of young people.
 - Prepare the symbols and ritual actions with particular care for their visual dimensions.
 - Develop the interpersonal and communal dimensions of the liturgy.
 - Provide adolescents with effective and intentional catechesis for liturgy, worship and sacraments.
 - Mentor adolescents in liturgical ministries.
 - Model spontaneous prayer and provide opportunities for spontaneous prayer.

V. JUSTICE AND SERVICE

A. Introduction

"Our faith calls us to work for justice; to serve those in need; to pursue peace; and to defend the life, dignity, and rights of all our sisters and brothers. This is the call of Jesus, the urging of his Spirit, the challenge of the prophets, and the living Tradition of the Church." (*Renewing the Vision: A framework for Catholic Ministry, USCC, 1997p. 37*)

- **Service as a way of life.** The Confirmation candidates should understand that full initiation into the Catholic faith challenges them to service as a way of life.
- **Our faith is also profoundly social.** "The central message is simple: our faith is profoundly social. We cannot truly be called "Catholic" unless we hear and heed the church's call to serve those in need and work for justice and peace. We cannot call ourselves followers of Jesus unless we take up his mission of bringing "good news to the poor, liberty to captives and new sight to the blind" (*Communities of Salt and Light, U.S. Bishops, 1993*).

B. Service Component in Confirmation Preparation

- **Service Hours.** While service hours are not a diocesan requirement, parishes are strongly recommended to incorporate a Christian service component into their Confirmation preparation programs. Parishes may encourage Christian service of up to 24 hours for each young person in the program. This would allow the youth to symbolically give one "day" a year back to the Lord as an expression of thanksgiving. It is ideal when a significant portion of the service component is performed within the parish and parish ministries.

- **Proper Disposition.** Care should be taken in approaching service hours or projects with the proper disposition. The requirement to fulfill a set number of hours could be presented in a manner which contradicts the meaning of the service component, which is to highlight service as a way of life. This could then give candidates false impressions that, by performing service they are “earning” the sacrament.
- **Spiritual Reflection.** Confirmation candidates should be given the chance to evaluate and reflect upon their service experiences.
 - Helping the candidates understand their feelings, providing direction, and encouraging them in their successes and failures is necessary for the service component to be effective. They will then be empowered to live as disciples of Jesus Christ in the world today.
 - Helping candidates recognize how God speaks to their hearts during these experiences may reveal a priestly or religious calling.
- **Types of Service.** Most service opportunities fall into four basic areas:
 - Parish Life: serving at Mass, in parish ministries and assisting in parish catechesis
 - Community-Based Service: hospital, nursing home, shelters, soup kitchens
 - Immersion Experiences: Catholic Worker sites, Missionaries of Charity, etc.
 - A Group Project: planned and executed by the group under an agreed ‘contract’, format and supervision, (e.g.: ongoing clothing drive, project for parish preschoolers, fund-raisers for worthy causes, San Francisco’s Walk for Life, etc.)

C. School and Parish Relationship

The school/parish partnership requires mutual respect and understanding as well as a willingness to accommodate the service requirements of youth, especially in moments when these requirements overlap.

- Both parishes and schools should be informed of the community service requirements for which the candidate is responsible. The candidate and parents/guardians share in the responsibility for communicating these requirements.
- Both parishes and schools should be flexible if the candidates have fulfilled service hours at their respective schools/parishes, provided that appropriate documentation is presented.

VI. ROLE OF THE PARENTS AS PRIMARY EDUCATORS

Education in the faith by the parents should begin in the child’s earliest years. This already happens when family members help one another to grow in faith by witness of a Christian life in keeping with the Gospel. Family catechesis precedes, accompanies, and enriches other forms of instruction in the faith. (CCC 2226)

A. Introduction

Confirmation preparation is a teachable moment not only for the Confirmation candidate, but also for their parents/guardians. Parent sessions should be held both to inform parents of the practical aspects of the Confirmation process and to also encourage them to deepen their adult understanding of the Faith and the role of the sacraments in their own lives. By nurturing the faith of the parents/guardians, the faith of the whole family is strengthened.

B. Parents/Guardians and the Parish

Parents, as primary educators of their children (CCC 2221), are encouraged to be actively involved in a young person's preparation for Confirmation. Parents are expected to lead by example in sacramental participation including attendance at Sunday Mass each week and participation in the Sacrament of Penance. The parish can assist parents by:

- Inviting parents to attend an orientation session with their children.
- Providing preparation information regarding diocesan and parish requirements.
- Presenting parents with an understanding of the sacrament, its history, the rite and its meaning for Christian living.
- Encouraging parents to engage in family prayer, especially in regular family prayer with the Sacred Scriptures and the rosary.
- Providing prayer experiences during meetings.
- Inviting parents to a deeper conversion to Christ which is necessary for living out their vocation as mothers and fathers.

C. The Responsibilities of Parents/Guardians include:

- Living out the commitment they made at the child's Baptism, when they accepted the "responsibility of training them in the practice of the faith." (*Rite of Baptism for Children*)
- Being open to continued growth in their own faith through participation in the sacramental life of the Church, especially in regular Sunday celebration of the Eucharist, daily prayer, and reading of Scripture.
- Giving prayerful support and encouragement to the candidate in matters pertaining to the practice of the Catholic faith.
- Supporting the candidate through Confirmation preparation and continuing that support after Confirmation by modeling and encouraging lifelong faith development.

VII. SPONSOR ROLES, RESPONSIBILITIES AND SELECTION

A. The sponsor is an invaluable assistant to parents in transmitting the faith and must be able to fulfill several requirements:

- **Requirement Summary:** The Diocese of Oakland requires that the sponsor be an active, practicing Catholic; is at least 16 years of age, has already received the sacrament of Confirmation; is not a parent of the candidate, and, if married, is married in the Catholic Church. The Church recognizes that a person cannot transmit what the person does not have. Candidates are to choose only one sponsor.
- **Baptismal Sponsor.** "*It is desirable that the one who undertook the role of sponsor at baptism be sponsor for Confirmation*" (CCL 893.2). However, another qualified sponsor may be chosen.
- **Relationship.** The sponsor should be a person who already has a trusting relationship of some sort with the candidate, an older friend or relative (not a parent) in whom the candidate can

confide. The sponsor is expected to maintain an ongoing relationship with the candidate in order to support the candidate's lifelong spiritual growth.

- **Maturity.** It is important that the sponsor be more mature, more informed, and more experienced in the ways of our faith and culture than the candidate is. It is recommended that the sponsor be an older person who has some experience with his or her own faith, hence a clearer perspective from which to speak.
- **General Characteristics.** The sponsor needs to be an open, honest, caring, committed and encouraging person who will help the candidate grow in his or her understanding of the faith as the young person comes to a deeper appreciation of God in his or her life.
- **Knowledge of Readiness.** The sponsor should have good knowledge of the candidate's readiness for reception of the Sacrament so as to testify on the candidate's behalf.

B. Sponsors and the Parish:

Sponsors are called to be involved in the catechetical preparation of the candidates for Confirmation (NDC p. 123). Some possible ways the parish can help them do this is by:

- Inviting sponsors to participate in the formation opportunities provided for the parents.
- Inviting sponsors to participate in Christian service activities.
- Providing days/evenings of prayer and reflection specifically for sponsors.
- Asking sponsors to write a letter stating a willingness to assume their role, including a renewed commitment to live an exemplary Christian life.

To see a recommended "Sponsor Information Form," please see [APPENDIX D](#)

To see a list of suggested activities in which a sponsor may participate with their candidate, please see [APPENDIX E](#)

VIII. THE ROLE OF THE PASTORS AND PARISH PRIESTS

A. Introduction

Confirmation marks an opportune moment for the parish priests to assist in the catechesis of the young people. In fact, Canon Law tells us that they share a joint responsibility for the youth's instruction, stating that "...their parents and shepherds of souls, especially pastors, are to see to it that the faithful are properly instructed to receive it and approach the sacrament at the appropriate time." (CCL 890)

B. Pastors and parish priests are to take care in a special way to insure that:

- Suitable catechesis is imparted for the celebration of the sacraments (NDC p 220).
- Catechists are well formed and trained for this task (NDC 221).

C. Pastors and parish priests should be personally involved with those who are preparing to receive the sacrament of Confirmation by:

- Visiting the Confirmation classes on a regular basis to provide the candidates with encouragement and support.
- Making themselves available for reconciliation and Mass during the Confirmation retreat.
- Assisting in the catechesis of the young people especially during days of parent and sponsor meetings.
- Engaging in the Confirmation interview process. See APPENDIX F

SUMMARY OF PREPARATION

The *Standards for Preparing Youth for the Sacrament of Confirmation* for the Diocese of Oakland celebrate and acknowledge that the Spirit of Jesus Christ, given in Baptism, is truly alive and at work in the members of the Church. In the Sacrament of Confirmation, the Church affirms that growth in the Spirit is a continual, life-long journey celebrating and deepening the ongoing initiation into a new life with Christ which began at Baptism. Since continuing conversion is a lifelong process, Confirmation denotes the beginning of a full embrace of the Christian mission lived out through the vocation that the Spirit makes known (Mk 3:35).

APPENDIX A - CONFIRMATION CURRICULUM

Knowledge of the Faith

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| ▫ The Church's creeds are expressions of faith with their foundation in the belief of the early Church, developed in the early centuries in response to new doctrinal questions. | CCC 187, 192; GDC 83, 108, 114-117;
NDC 20, 23, 24, 25.G.1 |
| ▫ There are three persons in the Blessed Trinity: Father, Son, and Holy Spirit. | CCC 238-267; GDC 99, 100;
NDC 28.1.1,2,3 |
| ▫ Nothing exists that does not owe its existence to God. The Father made himself known in creation and in his eternal Word, Jesus Christ . | CCC 293, 338; NDC 28.A.1 |
| ▫ All of creation is the result of God's unconditional love. | CCC 295-301; NDC 16 |

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| □ Happiness depends upon understanding who God created us to be. | CCC 283; NDC 16 |
| □ Jesus is the Son of God, our brother, teacher, and redeemer. He was sent by God, the Father, to save us and to show us how the Father wants us to live. | CCC 436-451; GDC 98; 102; NDC 28.A.2 |
| □ Jesus Christ possesses two natures, one divine and the other human, not confused, but united in one Person of God's Son. | CCC 481; GDC 98-100; NDC 28.A.2, 25.H |
| □ Jesus' ministry had three aspects: priest, prophet and king | CCC 436. 440, 680; GDC 101-102; NDC 53 |
| □ Jesus died and rose from the dead. Through His death and resurrection, he conquered both sin and death and redeemed the world. | CCC 601-603, 635-636; GDC 102-103; NDC 28.A.2 |
| □ The Holy Spirit, third person of the Blessed Trinity, was sent by the Father and the Son to live within us and unite us. | CCC 686; NDC 1, 28.A.3 |
| □ The Holy Spirit, whom Christ the head pours out on his members, builds, animates and sanctifies the Church. The moral life of Christians is sustained by the gifts of the Holy Spirit. The theological virtues (faith, hope and charity) dispose Christians to live in relationship with the Holy Trinity. | CCC 747, 1812-1813, 1830, 1840-1844; 2 Thes. 2:13; 1 Cor. 13:13 |
| □ The Holy Spirit enlightens our choices so that we come to recognize the will of God in our lives. | CCC 1742, 1788; GDC 42-45; NDC 28.A.3 |
| □ The marks of the Church are one, holy, catholic, and apostolic. | CCC 750; NDC 16.B, 51.A |
| □ God is the author of Sacred Scripture. | CCC 105 |
| □ There are three criteria for interpreting Scripture in accordance with the Spirit who inspired it; <ul style="list-style-type: none"> -Be attentive "to the content and unity of the whole Scripture. -Read Scripture within the "living Tradition of the whole Church." -Be attentive to the analogy of the faith. | CCC 111-114 |

Liturgy and the Sacraments

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| □ Liturgy is a celebration of the community whose life and faith are nurtured by the Word, the Eucharist, and the presence of each individual. | CCC 752; Acts 2:42; 1 Cor. 11:23-24 |
| □ Sacraments are sacred rites giving expression to initiation, healing, and service. | GDC 80, 83, 85, 231; NDC 35.A, B |

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| □ Baptism, Confirmation, and Eucharist are the Sacraments of Initiation; Penance and Anointing of the Sick are the Sacraments of Healing; Matrimony and Holy Orders are the Sacraments of Commitment and Service. | GDC 65, 224, 227,231; NDC 36.A.1-3; 36.B.1,3 |
| □ Baptism is immersion into the life of Christ. | CCC 537, 1214; GDC 82; NDC 36, 36.A.1 |
| □ In the Eucharist, we receive the real presence of Christ: Body, Blood, Soul, and Divinity. | CCC 1374; GDC 85; NDC 36, 36.A.1 |
| □ The reception of the Sacrament of Confirmation is necessary for the completion of baptismal grace. | CCC 1285; NDC 36.A.2 |
| □ In the Sacrament of Confirmation, the confirmed are given 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. | CCC 1303; NDC 36.A.2 |

Moral Formation

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| □ God created humanity “In His Image”. The dignity of the human person is rooted in this reality. | CCC 356-361; Gen. 1:1, 27; Mt. 19:4-5 |
| □ God desires that we participate in the glory of the life of the Trinity for all eternity. | CCC 260, 1024; 1 Cor. 2:9; Rom. 8:22-23 |
| □ The hope for heaven and eternal happiness inspire us to live a moral life. | CCC 1817-1821, 1965-1974; GDC 23; NDC 42.A, 42.C, 44 |
| □ In sin human beings prefer themselves to God and fall short of the perfection they are called to, which is the glory of God. | CCC 398, 1487, 309-310; Rom. 3:23 |
| □ Our ability to choose good is empowered by the Holy Spirit. | CCC 1788, 1811; NDC 36.B.1, 42.D |
| □ The Beatitudes are a guide to the values of God’s Kingdom | CCC 1716-1717; GDC 115; NDC 25.H, 44, 45.1 |
| □ The dignity of the human person requires uprightness of moral conscience. Conscience enables one to assume responsibility for acts performed. In formation of conscience, the Word of God is a light for our path. | CCC 1780, 1785 |
| □ Human sexuality is a gift from God to establish an intimate and life-giving family bond, within a lifelong marriage between a man and a woman. This excludes masturbation, fornication, cohabitation, homosexual acts, and adultery. | CCC 2331-2333, 2350-2353, 2360, 2380-2381, 2390-2391, 2396, 2400 |

- | | |
|--|--------------------------------------|
| <ul style="list-style-type: none"> □ Pornography and prostitution do grave injury to the dignity of participants. Rape is always an intrinsically evil act. | CCC 2354-2356, 2382-2385, 2396, 2400 |
| <ul style="list-style-type: none"> □ Chastity is successful integration of sexuality within the person and thus inner unity of man in his bodily and spiritual being. | CCC 2337, 2395 |
| <ul style="list-style-type: none"> □ God designed marriage for the unity of the couple and the begetting and raising of children. Every act of married love must respect this design, and be open to the possibility of new life. Contraception is inherently opposed to God's design, while methods such as natural family planning (NFP) respect the dignity of the couple and the plan of the Creator. | CCC 2366, 2369, 2370, 2398-239 |
| <ul style="list-style-type: none"> □ Purity requires modesty, which recognizes and protects the dignity of the person. | CCC 2521-2522, 2533 |
| <ul style="list-style-type: none"> □ Sexual acts outside of marriage are grave offenses against the dignity of marriage. | CCC 2380, 2400 |

Prayer: GDC 85; NDC 20, 34

The Candidate should:

- Know that prayer is listening and talking with God and be knowledgeable of the four purposes of prayer; (ACTS) Adoration (praising God for Who He is), Contrition (acknowledging sin, repenting and asking God for forgiveness), Thanksgiving (thanking God for what He has done), Supplication or petition (interceding for self and others).
- Show reverence for the Bible.
- Participate in prayer at every gathering.
- Show reverence during all forms of prayer.
- Develop a habit of daily prayer to seek guidance and discern one's vocation.
- Experience God's presence through song, listening, reflections, and silence.
- Participate with all other Catholics in Sunday Mass where we hear God's Word and share the Body and Blood of Jesus.
- Participate in the liturgies and activities of the liturgical seasons e.g., the lighting of the Advent wreath, Stations of the Cross or participation in the Easter Triduum.

Community Life: GDC 86, 106; NDC 20

The Candidate should:

- Be aware of God's creation, recognizing individuals as unique and special parts of creation,

with the desire to be with God eternally.

- Understand ways that God has shown us love.
- Appreciate the different groups to which we belong: Church, parish, community, family, school.
- Value our own family and extended family and show love and respect to each member and God.
- Know that through Baptism, the Church is a family of faith called to holiness, to offer support, guidance, and care for all.
- Know that Godparents and sponsors represent the Christian community and are models of faith.
- Identify traditional Catholic saints whose lives were dedicated to service.

Missionary Spirit: CCC 897, 1822-1829

- The Holy Spirit enables us to continue the mission of Christ by becoming His living presence in the world. CCC 521, 737, 768; Acts 1:8; 1 Cor. 3:16-17; Rom. 5:5
- The Spirit empowers us to proclaim Jesus, the person and message to all people. CCC 739; GDC 42-45; NDC 28, A.3
- The seven gifts of the Holy Spirit are graces that are poured out in special abundance with the Sacrament of Confirmation and throughout the years of one's life as a fully initiated follower of Christ. These graces empower us to apply our faith to the daily challenges and opportunities of life. The gifts of the Holy Spirit are: wisdom, understanding, counsel, fortitude, knowledge, piety and fear of the Lord. CCC 1285; Isaiah 11:1-3
- The fruits of the Holy Spirit are virtues that result from our cooperation with His work in us. CCC 736, 1832; Rom. 8:13-14; Gal. 5:22-23
- A vocation is God's call to a specific way of life: single, married, ordained, or professed in a religious community. NDC 48.D
- Through the Corporal and Spiritual Works of Mercy, a person comes to the aid of his/her neighbor in his/her spiritual and bodily necessities. CCC 1447; NDC 45.G

Rite of Confirmation: NDC 36.A.2

Renewal of Baptismal Promises

- The renewal of baptismal promises affirms the connection between the Sacraments of Initiation. CCC 1298

- The Christian life is one of continual conversion from sin to a life of grace. CCC 1426

Extending hands over candidates

- Since the time of the apostles, this gesture has signified the gift of the Spirit. CCC 1288, 1298
- Each confirmed person is empowered by the gifts of the Holy Spirit which gives him/her a special strength 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. CCC 1303

Anointing with Oil

- The anointing with oil with the laying on of hands, signify and imprint an indelible spiritual seal and a sign of consecration, on each candidate. CCC 1293, 1294
- Through Confirmation, each person who is anointed, shares more completely in the mission of Christ and the fullness of the Holy Spirit. CCC 1294

Response of Candidate

- The Amen is the candidate's personal affirmation of their desire to be a spiritual witness of Christ in the world. CCC 1062, 1064

Students should be familiar with the following terms

(Most terms should have been introduced at an earlier grade level.)

Altar	Font	Paraclete, Advocate
Apostle	Free will	Paschal Mystery
Beatitudes	Godparent	Sacramental
Bishop /Cardinal / Pope	Grace	Saint
Blessed Trinity	Holiness	Sanctifying grace
Catechism	Holy Spirit	Social justice
Cathedral	Litany	Sponsor
Chalice/ Paten	Martyr	Transubstantiation
Covenant	Mass/Liturgy	Vatican
Diocese	Ministry	Vatican II
Easter, Advent, Triduum	Missionary	Rosary
Font	Miter, Crosier	Tabernacle
Sacraments	Theological virtues	Cardinal (Moral) Virtues
Corporal Works of Mercy	Spiritual Works of Mercy	Gifts of the Spirit
Fruits of the Spirit	Marks of the Church	Gospels
Precepts of the Church	Ten Commandments	Monstrance
Holy Day	Old & New Testaments	Sunday obligation
Mortal Sin	Venial Sin	Liturgy of the Word
Liturgy of the Eucharist	Great Commandment	

APPENDIX B - KNOWLEDGE OF THE FAITH SURVEY

The following survey is a tool to help Confirmation Directors assess the Candidates' basic knowledge of the faith and identify areas that should be covered / reviewed. Offering this survey at the beginning of the Confirmation program and repeating it at the end of the program will provide valuable feedback regarding the candidates' growth in the basic knowledge of the Catholic faith and Church teachings.

Name the three persons of the Blessed Trinity and the specific role of each.

Jesus Christ has two natures: What are they?

What are the four marks of the Church?

Name the seven sacraments and describe the gifts received at each one.

Why did God create us?

What is the Paschal Mystery and why is it necessary?

List the Ten Commandments.

What are mortal sin and venial sin and give three examples of each.

Why is sin harmful?

What are three things we can do to help us resist the temptations of sin?

What is prayer and why is it important to pray regularly?

Describe three types of prayer.

Why do we participate in Sunday Mass and how do we benefit?

Name the two main parts of the Mass and what occurs during each part

What is transubstantiation?

Name the two books that are keys to understanding the basis and teachings of our Catholic faith.

What is the proper disposition for the reception of Holy Communion?

What are the seven gifts of the Holy Spirit that one receives at Confirmation?

What are three types of vocations?

What are three things Catholics are required to do?

What is chastity and what does the Church stress regarding human sexuality?

What is the Communion of Saints?

Who is Mary and what makes her unique?

What are the words to all the prayers of the rosary?

APPENDIX C - CATHOLIC PRAYERS

Sign of the Cross

In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

Apostle's Creed

I believe in God, the Father almighty, Creator of Heaven and Earth. I believe in Jesus Christ, His only Son, our Lord. He was conceived by the power of the Holy Spirit and born of the Virgin Mary. He suffered under Pontius Pilate, was crucified, died and was buried. He descended to the dead. On the third day, He arose again. He ascended into Heaven, and is seated at the right hand of the Father. He will come again to judge the living and the dead. I believe in the Holy Spirit, the holy Catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and life everlasting. Amen

Lord's Prayer

Our Father who art in Heaven, hallowed be Thy name; Thy kingdom come; Thy will be done on Earth as it is in Heaven. Give us this day our daily bread and forgive us our trespasses as we forgive those who trespass against us; and lead us not into temptation but deliver us from evil. Amen

Hail Mary

Hail Mary full of grace! The Lord is with thee; blessed art thou among women and blessed is the fruit of thy womb, Jesus. Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death. Amen

Glory Be

Glory be to the Father and to the Son, and to the Holy Spirit as it was in the beginning, is now, and ever shall be. Amen

Act of Contrition

Oh my God, I am heartily sorry for having offended You and I detest all my sins, because I dread the loss of Heaven and pains of Hell, but most of all because I have offended You, my God, who are good and deserving of all my love. I firmly resolve, with the help of Your grace, to confess my sins, to do penance and to amend my life. Amen

Hail Holy Queen

Hail, holy Queen, Mother of Mercy, our life, our sweetness and our hope! To thee do we cry poor banished children of Eve; to thee do we cry mourning and weeping in this valley of tears. Turn then, O most gracious advocate, thine eyes of mercy toward us, and after this our exile, show unto us the Blessed Fruit of thy womb, Jesus. O clement, O loving, O sweet Virgin Mary. Pray for us, O holy Mother of God, that we may be made worthy of the promises of Christ.

Angel of God

Angel of god, my guardian dear, to whom God's love has put me here, ever this day, be at my side to light and guard, to rule and guide.

APPENDIX D - SPONSOR INFORMATION FORM

Date: _____ Candidate: _____
Name: _____
Address: _____ City: _____ Zip: _____
Phone (Home): _____ (Work): _____
(Cell) _____ Email: _____
Date of Birth: _____ Place of Birth: _____
Sponsor's Parish: _____

If you are not a registered member of _____ (Candidate's Parish) a letter from the pastor or your parish attesting your ability to be a sponsor for the sacrament of Confirmation is **required**. This letter must arrive in our church office 60 days prior to Confirmation which is scheduled on _____.

To be a sponsor, I realize that I must:

1. Be an active, practicing Catholic
2. Not be one of the candidate's parents
3. Be at least 16 years of age
4. Have received the sacrament of Confirmation
5. Be receiving the sacraments of Penance and Eucharist frequently.
6. Be married in the Catholic Church, if married.
7. Plan to maintain an ongoing relationship with the candidate in order to promote the candidate's lifelong spiritual growth.

Relationship to Candidate:_____

I declare that I am living such a life and that I will be a long term spiritual guide and mentor for my candidate.

Sponsor's signature

Date

APPENDIX E - SPONSOR ACTIVITY SUGGESTIONS

The following is a list of suggested activities you may participate in to support the candidate.

1. Get to know your candidate and his or her family in the here and now.
2. Pray for the candidate.
3. Invite your candidate to pray with you.
4. Share your own spiritual journey with your candidate.
5. Take the candidate out...to a movie, the beach, etc.
6. Find out which service projects the candidate is involved in and offer suggestions. Offer to participate. Attend Mass together.
7. Read Scripture together and find out his or her favorite readings; share yours.

8. If you are involved in a ministry, invite your candidate to join you.
9. Encourage your candidate to keep a journal about his or her spiritual experiences, and share yours. If you do not have one, work with the candidate on getting started.
10. Pray for the creativity of the Holy Spirit to guide you in ways to build a ***lifelong*** relationship of trust, love and faith with your candidate.

APPENDIX F -SUGGESTED INTERVIEW QUESTIONS

How have your relationships with God, your family and your friends changed during this time?

How has your prayer life changed? How do you pray?

What has been your experience during this process? What affected you the most?
What did you enjoy the most? What challenged you the most?

What tools, skills and knowledge have you gained to help you in making life decisions and choices?

Do you feel that you have a good grasp of the teachings of the Catholic church? Do you have any questions about any of them? What areas do you wish to learn more about?

Do you have greater comfort with the link between scripture, tradition and catechism?

Has your participation at Sunday mass changed as a result of this? If so, how?

How do you understand the call to holiness? What does it mean to you that a Catholic is called to live a life of charity?

Why do you wish to be confirmed?

How do you plan to stay connected to the parish in the future?

How do you plan to continue to grow in faith going forward?

How has this process helped you discern your vocation?

How has this process impacted your view of chastity? Marriage?

How has your view of the dignity of the human person changed?

How did your service experience impact you?

How do you plan to put the gifts of the Holy Spirit to use?

APPENDIX G - RESOURCES IN CONFORMITY WITH THE CATECHISM OF THE CATHOLIC CHURCH

As of May 3, 2010, the following lists of publications are approved textbooks to be used in Confirmation preparation programs in the Diocese of Oakland. These texts are included on the Conformity Listing of Catechetical Texts Approved by the USCCB.

Go to the USCCB website for a current list of additional resources:
<http://www.usccb.org/catechism/document/Currentlist.pdf>

English

Call to Celebrate: Confirmation (Older Adolescents)	Harcourt Religion Publishers	S/P&TM/CM ©2008
Call to Celebrate: Confirmation (Younger Adolescents)	Harcourt Religion Publishers	S/P&TM/CM ©2008
Celebrating Our Faith: Confirmation	Harcourt Religion Publishers	S/P&TM ©2000
Christ Our Life: Confirmed in the Spirit	Loyola Press	S/P&TM ©1997
Confirmation	RCL - Resources for Christian Living	S/P&TM/CM ©2007
Confirmation: Gifted with the Spirit (7-8)	Pflaum Publishing Group	S&TM ©2010
Confirmation: Receiving the Gift of the Spirit (9-12)	Pflaum Publishing Group	S&TM ©2010
Confirmed in the Spirit (7-9)	Loyola Press	S/P&TM ©2007
Confirmed in a Faithful Community:	Saint Mary's Press	S/P ©2006
Candidate's Handbook		
Confirmed in a Faithful Community	Saint Mary's Press	S/P ©2006
Candidates Handbook -Immediate Preparation		
Faith Fusion	Our Sunday Visitor	OSV ©2010
Image of God (Mass Books and Confirmation)	Ignatius Press	S/P&TM ©1986-93
Jesus Brings Us Life	Pauline Books and Media	S/P&TM ©1996
The Sacrament of Confirmation	New Hope Publications	S/P © 2009
Send Out Your Spirit: A Confirmation Candidate's	Ave Maria Press	S/P&TM ©2003, 2010
Handbook for Faith		
The Spirit Sets Us Free: Confirmation Prep for Youth	William H. Sadlier, Inc.	S/P&TM ©2000-
Programs with no text book		
Chosen	Ascension Press	Copyright 2014
Decision Point	Dynamic Catholic Institute	Copyright 2104
Life Teen One Eight	Life Teen	Copyright 2012
<u>Spanish</u>		
Confirmados en el Espiritu (7-9)	Loyola Press	S/P&TM/CM ©2007
El Espiritu Santo nos Libera:	William H. Sadlier, Inc.	S/P&TM/CM ©2000
Preparando a los jóvenes para la Confirmación		
Un llamado a celebrar: la Confirmación	Harcourt Religion Publishers	S/P&TM/CM ©2008
Un llamado a le Fe (Level A- F)	Harcourt Religion Publishers	S/P&TM/CM ©2008
	(E,F)	
<u>Vietnamese</u>		
The Spirit Sets Us Free: Confirmation Prep for Youth Vietnamese Catechetical Community U.S.A.		S/P ©2001

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