

# Confirmation Sessions

Session 1 October of the first year

## **TEEN Session: Introduction to Confirmation**

The goal of this session is to introduce the initiation sacrament of Confirmation by awakening in the life of the candidate the reality of God and encouraging the candidate to participate in the life of the parish community. Most of the session has icebreakers and other activities.

## **ADULT Session: Life-long Faith Formation.**

Strong Catholic Families - Strong Catholic Youth. The goal of this session is to motivate and engage parents to embrace their responsibility for the faith development of their children and grow the domestic church in the home. Also, to motivate and engage parishes/schools to accompany, support and equip parents and families in passing the faith to their children. We often have one of the Archdiocesan Youth Ministry team members present this session.

Session 2 November of the first year

## **TEEN Session: Discipleship**

The goal of the session is to introduce Service to the Candidates. Service is an integral component of the Confirmation Preparation Process. During the session, the candidates will gain an understanding that service is the way to live out the Gospel values. The candidates will hear from teens who have participated in service projects, and the candidates will be invited to consider how they are going to complete the service component of the Confirmation Process.

## **ADULT Session: Compassion**

The goal of this session is to introduce the Church's social teachings. Catholic Social Teaching is a precious treasure of wisdom about building a just society and living lives of holiness amidst the challenges of modern society. Modern Catholic social teaching has been articulated through a tradition of papal, conciliar, and episcopal documents. In these brief reflections, we highlight several of the key themes that are at the heart of our Catholic social tradition.

Session 3 January of the first year

## **Combined TEEN and ADULT Session: Eucharist Calling us into Community.**

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This session includes a special guest speaker usually a nationally known speaker who will address both teens and their parents on the Parish theme. This session is only offered on a Sunday from 3:45-5:15. In the past years, we have welcomed Jesse Manibusian and Michael Patin to this session.

Session 4 February of the first year

**TEEN Session: Brothers and Sisters in Christ**

The goal of this session is to inform teens about safety precautions from sexual and physical abuse and harassment, to remind teens of their self-worth, and to help them cherish and respect the bodies God gave each of us. If possible, we invite a survivor of abuse to share his or her story. If we cannot secure a speaker, we often use recorded testimonies.

**ADULT Session: Community Stakeholders**

The goal of this session is to introduce to our families to the risks and challenges of living in our world today. We will look at the reality of human trafficking. Our guest speaker is a person of faith who is working to end human trafficking. They share the risks and dangers for our teens, and the challenges we have as disciples of Jesus Christ to stop all forms of slavery and abuse.

Session 5 March of the first year

**TEEN Session: Parables and Teachings of Jesus**

The goal of this session is to introduce the parables and teachings of Jesus. Often, we have a guest scripture scholar who will break open the teachings and parables of Jesus. Then the candidates will be given a parable or teaching to examine and reinterpret in our modern settings. The groups of teens present their discoveries with the larger group.

**ADULT Session: Jesus 202**

The goal of this session is to examine how scripture can be used to make Catholic homemaking. Our guest speaker shares insights on living Gospel values in a teenage household.

Session 6 April of the first year

**Combined TEEN and ADULT Session: I am the Imago Dei**

The goal of this session is to inform teens and their parents about the world's view about men and women and how the church calls us to love and respect everyone because everyone is made in the image and likeness of God—the Imago Dei. The genders are separated, and female teens and their parents view part of the film, *Miss-Representation*, and the male teens and their parents see part of the film, *The Mask You Live In*. Following the film, the candidates and their parents will discuss the films. Both the candidates and their parents will examine what the church teaches about our bodies, and we look for solutions to a difficult situation in our culture.

Session 7 September of the second year

**TEEN Session: Jesus and Religion**

The goal of this session is to help our candidates to see the church with new eyes. After viewing a video *Why I Love Jesus but Hate Religion*, the teens will look at the many points brought up by Bethke and juxtapose it to their experience of the Catholic Church. We will conclude the session by making personal care bags. The candidates are invited to bring gently used clothes to share with the Catholic teen shelter, Angels Flight.

**ADULT Session: Spirituality and Religion**

The goal of the session is to prepare the parents for the ever-changing trends within their homes and how to encourage their teens to continue a Catholic way of life.

Session 8 October of the second year

**TEEN Session: Beloved Disciples**

Participants will look at the various disciples of Jesus and be introduced to the “person,” the beloved disciple. By the end of the session, our candidates explore discipleship and to come to see where they are along the spectrum of being a beloved disciple.

**ADULT Session: Compassion**

The goal of the session is to look at Compassion and Empathy. This session is based on the work Brené Brown. Brené Brown is a research professor at the University of Houston Graduate College of Social Work. She has spent the past ten years studying vulnerability, courage, authenticity, and shame. She spent the first five years of her decade-long study focusing on shame and empathy.

Session 9 November of the first year

**Combined TEEN and ADULT Session: The Creed**

This session divides the Creed into seven parts. Some teens and their parents prepare a ten-minute presentation on their section of the Creed. The presenters talk about what the Creed is saying, what it means to them and then they will ask the candidate and parent to talk about a question regarding their part of the creed.

Session 10 January of the second year

**Combined TEEN and ADULT Session: Eucharist Calling us into Community**

This session includes a special guest speaker usually a nationally known speaker who will address both teens and their parents on the theme of the Parish for any given year. This session is only offered on a Sunday from 6:30-8:30. This session includes a light dinner. In the past years, we have welcomed Jesse Manibusian and Michael Patin to this session.

Session 11 February of the second year

**TEEN Session: Reconciliation**

During this session, the teens will look at and share contemporary stories of missing the mark-- sin. After the candidates share stories, a guest speaker will share the gift of the sacrament of Reconciliation. This session ends with a combined prayer service with the parents and candidates.

**ADULT Session: Peace and Pardon in our communities**

During this session, the adults will look at the sacrament of Reconciliation. During this thoughtful session, our guest speaker will unpack the sacramental truths about this often-

misunderstood Sacrament. This session ends with a combined prayer service with the parents and candidates.

Session 12 March of the second year

**Combined TEEN and ADULT Session: Living my Vocation**

This session includes a special guest speaker usually the confirming Bishop, or if he is unavailable, another guest speaker will address Catholic Identity. During this session, candidates and their families will look at components of their lives that make them Catholic. Our guest speaker will share his/her story of coming to Catholic Discipleship. The session ends with a prayer service, and the candidates will share how they intend to live out their discipleship in the Catholic Church.