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## ***Questions?***

Ashley Cermak, the Confirmation Coordinator can be reached through the following ways:

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2. (763) 233-0251

“Then Jesus said to the Jews who believed in him, ‘if you continue in my word, you are truly my disciples; and you will know the truth, and the truth will make you free.’”

(John 8:31)



## ***To The Parents: Intro to Confirmation***

When you brought your child to the Church for Baptism, you accepted the sacred responsibility and privilege of “training them in the practice of the faith.” (Rite of Baptism, 30). You were reminded that you are the first and best teachers of your child and you were entrusted with keeping the light of faith burning brightly in their life. Parents instruct their children, both by what they say and what they do. It is now time for that next step. Confirmation is a celebration of the ongoing power of the already-present Holy Spirit in our lives, the Spirit first received in Baptism. Through this sacrament, the gifts of the Holy Spirit are deepened and intensified.

### **Following are some suggestions on ways to assist your young person in their preparation:**

1. Pray for and with your young person everyday.
2. Initiate conversation about the Sacrament of Confirmation, share your memories of receiving the sacrament, and encourage them to share their ideas of how receiving this sacrament will change their faith life.
3. Help with the selection of a sponsor and saint’s name for Confirmation.
4. Make sure all documents are completed and returned in a timely manner.

### **Guidelines for reception of the Sacrament of Confirmation:**

1. Regular participation in Sunday (or Saturday evening) Mass and Holy Days of Obligation.
2. An appropriate understanding of the Catholic Christian life. The candidate should understand and reflect the life of Christ in their lifestyle.
3. A firm determination to live the Christian life to the best of their ability. The candidate must be a good steward, giving in Christian proportion of their time, talent, and treasure.
4. The candidate must understand the importance of personal and communal worship in the life of the Church.
5. Faithful participation in the Confirmation preparation program, scheduled classes, retreats, etc.
6. Commitment to further religious education by the candidate and parents or guardian. Reception of this sacrament is a beginning – not an end. It is one step in our life-long journey to holiness. The candidate must be willing to be actively involved in parish life after Confirmation.



**Holy Name of Jesus Faith Community will assist in the faith formation of the Confirmation candidates by:**

1. Scheduling class sessions during which the candidates will delve deeper into understanding their faith, the scriptures, and the Sacrament of Confirmation. Sessions will be held on the campus of Holy Name of Jesus.
2. Inviting speakers from the local faith community, greater Twin Cities' area to share their insights with the candidates. The small groups will be led by volunteers from HNOJ under the direction of the Senior High Youth Minister. It is important that the candidates attend all sessions so as not to miss the information shared at these sessions.
3. Priests will attend and/or participate in some of the sessions with the candidates.

## ***Expectations***

### **Regular participation in the Sunday liturgy:**

Sunday Mass is not optional for Catholics. Celebration of the Eucharist is our highest form of worship and candidates are expected to be active participants. This is the faith they will affirm.

### **Participations in Sessions**

1. Candidate should be Respectful and attentive to speakers, fellow small group members and others in attendance.
2. Candidate should Invest in each session in order to get as much out of it as possible, and complete any assignments including meeting with their sponsor, saint's report, service requirements, interviews with small group leaders, and retreats.
3. Candidate should actively Participate in small group discussions and take part in the scheduled retreats.

### **Phone Policy During Sessions**

Students are allowed to bring their phones to all sessions, but the expectation is they will be on silent or turned off and not used until session is complete. Those who fail to uphold this policy are subject to leaders taking their phones until the end of the night.



## *Schedule*

### **Track A: Regular**

#### **Small Group**

*\*Please see dates below for the small group meeting time selected on your registration.*

#### **Sundays from 3:30-5 p.m.**

on these dates: Oct. 13, Oct. 20, Oct. 27, Nov. 3, Nov. 17, Nov. 24

#### **Wednesdays from 7:30-9 p.m.**

on these dates: Oct. 9, Oct. 23, Oct. 30, Nov. 6, Nov. 13, Nov. 20

#### **First Sunday Dates**

- 7:00- 9:00 p.m. on Sunday, October 6<sup>th</sup>
- 7:00- 9:00 p.m. on Sunday, December 8<sup>th</sup>
- 7:00- 9:00 p.m. on Sunday, January 5<sup>th</sup>
- 7:00- 9:00 p.m. on Sunday, February 9<sup>th</sup>
- 7:00- 9:00 p.m. on Sunday, March 1<sup>st</sup>
- 7:00- 9:00 p.m. on Sunday, April 5<sup>th</sup>
- 7:00- 9:00 p.m. on Sunday May 3<sup>rd</sup>

#### **Encounter Sundays** *(Optional for Track A, please see dates listed below under track B)*

Encounter Sundays are opportunities for all high schoolers to gather for a talk that dives a little deeper into our faith than the content in our First Sunday talks. This is a perfect option for those who are unable to commit to Teen Core Team but want to come to more than First Sundays.

#### **Teen Holy Hour** *(Optional for Track A)*

5:00-6:00 p.m. on Wednesday Starting September 25<sup>th</sup> in the Adoration Chapel. Open to all those in grades 6-12. Throughout the hour there will be praise and worship music, guided prayer, and silence. Show up for the whole hour or stop in for a few minutes. *\*Feel free to stay after for fine Dining until 7:30 p.m.*



## *Schedule*

### **Track B: Teen Core Team**

#### **First Sunday Dates *(Required for Track B)***

- 7:00- 9:00 p.m. on Sunday, October 6<sup>th</sup>
- 7:00- 9:00 p.m. on Sunday, December 8<sup>th</sup>
- 7:00- 9:00 p.m. on Sunday, January 5<sup>th</sup>
- 7:00- 9:00 p.m. on Sunday, February 9<sup>th</sup>
- 7:00- 9:00 p.m. on Sunday, March 1<sup>st</sup>
- 7:00- 9:00 p.m. on Sunday, April 5<sup>th</sup>
- 7:00- 9:00 p.m. on Sunday May 3<sup>rd</sup>

#### **Encounter Sundays *(Required for Track B)***

- 7:00-8:30 p.m. on Sunday, October 20<sup>th</sup>
- 7:00-8:30 p.m. on Sunday, November 24<sup>th</sup>
- 7:00-8:30 p.m. on Sunday, December 22<sup>nd</sup> (Christmas Party)
- 7:00-8:30 p.m. on Sunday, January 19<sup>th</sup>
- 7:00-8:30 p.m. on Sunday, February 16<sup>th</sup>
- 7:00-8:30 p.m. on Sunday, March 22<sup>nd</sup>
- 7:00-8:30 p.m. on Sunday, May 17<sup>th</sup>

#### **Teen Core Team Meetings *(Required for Track B)***

- 7:00-8:30 p.m. on Sunday, October 13<sup>th</sup>
- 7:00-8:30 p.m. on Sunday, November 17<sup>th</sup>
- 7:00-8:30 p.m. on Sunday, December 15<sup>th</sup>
- 7:00-8:30 p.m. on Sunday, January 12<sup>th</sup>
- 7:00-8:30 p.m. on Sunday, January 26<sup>th</sup>
- 7:00-8:30 p.m. on Sunday, February 2<sup>nd</sup> *(Optional: Big-Football-Game Party)*
- 7:00-8:30 p.m. on Sunday, February 23<sup>rd</sup>
- 7:00-8:30 p.m. on Sunday, March 15<sup>th</sup>
- 7:00-8:30 p.m. on Sunday, April 26<sup>th</sup>
- 7:00-8:30 p.m. on Sunday, May 10<sup>th</sup>
- 7:00-8:30 p.m. on Sunday, May 24<sup>th</sup>



## Track B: Teen Core Team Schedule Continued

### Middle School Event *(Track B required to attend at least 3).*

**Friday Night Alive 5:30-8:30 p.m.**

November 22<sup>nd</sup>, January 10<sup>th</sup>, March 20<sup>th</sup>, April 24<sup>th</sup>, and May 15<sup>th</sup>.

**Winterblast Lock-in**

December 13<sup>th</sup>-14<sup>th</sup>

**Psalm 78 Retreat**

October 25<sup>th</sup>-27<sup>th</sup>

**Luke 18 Retreat**

February 21<sup>st</sup>-22<sup>nd</sup>

**Extreme Faith Camp**

June 27<sup>th</sup>-July 3<sup>rd</sup>

### Teen Holy Hour *(Optional)*

5:00-6:00 p.m. on Wednesday Starting September 25<sup>th</sup> in the Adoration Chapel. Open to all those in grades 6-12. Throughout the hour there will be praise and worship music, guided prayer, and silence. Show up for the whole hour or stop in for a few minutes. *\*Feel free to stay after for fine Dining until 7:30 p.m.*



## Retreats

Retreats are wonderful opportunities to step away from life's busyness and spend time reflecting more deeply on one's relationship with God. They are meant to draw youth into a closer relationship with God and into a closer relationship with other persons from our parish community. One of our primary goals is to connect the youth to their local faith community, Holy Name of Jesus, and provide awesome retreat experiences.

Each Confirmation Candidate is required to experience at least two parish based retreats or a Confirmation specific retreat during the two year preparation for Confirmation. *\*If none of the retreat experiences below work for your son or daughter, please contact Ashley Cermak as soon as possible.*

### 2019-2020 Retreats:

**Passion Play (9th Grade Only):** Practices January-March 2020; performance on March 13<sup>th</sup>, 2020. Auditions will take place 10/2 7:30-9:00 p.m., 10/9 7:30-9:00 p.m., 10/12 10:00-12:00 a.m. To signup for an audition time please visit: <https://www.hnoj.org/passion-play> . Please contact the Junior High Youth Minister, Elliut Fonseca with questions at: [efonseca@hnoj.org](mailto:efonseca@hnoj.org)

**Fall Retreat:** November 8-10, 2019

**Core Team Retreat (Track B/Teen Core Team only):** January 3-5, 2020

**Spring Retreat:** April 17-19, 2020

**Steubenville Conference:** July 10-12, 2020

**Christpower Mission Trip:** July 2020 (dates TBD)

**NPH Mission Trip:** First week of August 2020.

*\*\*While teen core team members are expected to attend the teen core team retreat each year they are on core team, this retreat counts for 1 out of 2 required retreats for Confirmation. Teen core team members must participate in one other retreat experience over the course of years 1 & 2 confirmation preparation.*



## Retreat Phone Policy

Yes, in the past we have not consistently enforced the rule of no cell phones.

**This year we absolutely will. If adult leaders see or hear that you are on your cellphones while on retreat, we will take them away for the remainder of the retreat.** This includes bus rides, free time, and bed time. Why? To help teens be fully present to each other and the way God is working in their heart. We know it's hard to disconnect, but have seen the how the retreat experience is much more powerful without the distraction of phones. We know sometimes teens and parents like to stay in contact while away on retreat, we are asking teens and parents alike to please resist this temptation in order for you to be fully open to what God wants to do. Parents, please feel free to contact Ashley Cermak if you must get a hold of your teen. Teens, be assured that if there be any kind of emergency, you will be able to use a leaders phone. Be at peace. Leave the phone at home. It will be hard, but you absolutely will not regret it.





## ***Checklist for Confirmation***

### **Track A: Regular**

#### Year 1 Checklist

- Year 1 Confirmation Interview
- Participate in 6 week small group *(see page 4 for dates)*
- Attend First Sundays *(see page 4 for dates)*
- Attend weekly Mass and holy days of obligation.
- Participate in one HNOJ retreat Experience *(see pages 7 & 8)*

#### Year 2 Checklist

- Attend First Sundays (in year 2)
- Participate in one HNOJ retreat Experience
- Attend weekly Mass and Holy Days of Obligation.
- Saint Report
- Letter of Intent
- Baptismal Information sheet
- Year 2 Confirmation interview
- Attend Confirmation Prep sessions
- Attend Rite of Sending
- Attend Rite of Welcome

*\*\*All year two checklist items and due dates will be discussed in September 2020 parent meeting. No need to worry about these requirements until that time.*



## ***Checklist for Confirmation***

### **Track B: Teen Core Team**

#### **Year 1 Checklist**

- Year 1 Confirmation Interview
- Attend First Sundays (*see page 5 for dates*)
- Attend Encounter Sundays (*see page 5 for dates*)
- Attend Core Team Meetings (*see page 5 for dates*)
- Teen Core Team Retreat (*see page 7 for date*)
- Attend weekly Mass and holy days of obligation.
- Attend one Retreat Experience (*see pages 7 & 8*)
- Attend at least 3 Middle School events (*see page 6*)

#### **Year 2 Checklist**

- Attend First Sundays
- Attend Encounter Sundays
- Attend Core Team Meetings
- Teen Core Team Retreat
- Attend weekly Mass and holy days of obligation.
- Attend one Retreat Experience
- Saint Report
- Letter of Intent
- Baptismal Information sheet
- Year 2 Confirmation interview
- Attend Confirmation Prep sessions
- Attend Rite of Sending
- Attend Rite of Welcome

***\*\*All year two checklist items and due dates will be discussed in September 2020 parent meeting. No need to worry about these requirements until that time.***

***\*\*While teen core team members are expected to attend the teen core team retreat each year they are on core team, this retreat counts for 1 out of 2 required retreats for Confirmation. Teen core team members must participate in one other retreat experience over the course of years 1 & 2 confirmation preparation.***



## *Frequently Asked Questions*

**What is Confirmation?** Confirmation is a Sacrament that strengthens us and obliges us to witness to, spread and defend the faith (CCC 1303). Confirmation is not graduation from a life of Christian learning, a mere cultural passage into maturity or an opportunity to choose whether or not to remain Catholic. Confirmation completes our full initiation as Catholic Christians (CCC 1306) and strengthens our ability to be missionary disciples through the reception of the gifts of the Holy Spirit.

**What do the specific Confirmation preparation sessions look like?** There will be five Confirmation sessions that explore topics specifically related to preparing for the night of Confirmation, when the Holy Spirit will seal the candidate with the gift of the presence of God. These sessions are an important opportunity for the candidate to continue to develop their relationship with God. These sessions take place throughout late winter and early spring of year 2 as the Confirmation date approaches. The dates of these sessions are included to the right.

**When does Confirmation preparation begin? When does it end? How long does it take?** Most teens will begin completing the pre-requisites for Confirmation preparation immediately following their 8th-grade year. Many will choose to complete the process over a two-year period, be Confirmed in their 10th-grade year and continue to be involved in youth ministry in their 11th and 12th-grade years. Some students may choose to complete their preparation over their four years of high school.

**Why is there such a strong emphasis on retreats?** Retreats are one of the most critical components of Confirmation preparation through HNOJ. Life can be a little crazy. Rarely do we take the time we need to get away from it all. Retreat experiences with HNOJ CREW are exactly that, opportunities to take a break, relax, think, talk and pray about who we are, why we are here and what our faith in Jesus has to do with it all. Retreats with the HNOJ community provide the environment for young people to have a personal and transformational encounter with Jesus Christ.

**What is the Confirmation preparation interview?** It is a lot less scary than it sounds. Think of it more as a conversation than a test. The youth ministry team at HNOJ wants to hear about your experience of Confirmation preparation, your relationship with God, and how you plan to live as a disciple of Jesus Christ following Confirmation.



## ***Attendance***

We expect teens to be at all required sessions (for their track) for the entirety of the session. We do however understand things beyond your control come up, in cases of unpredictable circumstances teens may miss one small group gathering and up to two First Sundays. If a teen misses more than the allotted amount they will not be eligible for year two confirmation.

Emergency absence considerations:

Extreme circumstances, including death of family member, severe sickness and/or inclement weather will be considered emergency absences and candidates may be excused from the minimum requirements. These extenuating situations will be evaluated on a case by case basis. If you feel as though any of your absences fall into this category, please call the Senior High Youth Minister to discuss options.

## ***Weather Policy***

If the weather is severe and we decide to cancel any sessions, you will receive an email from the Senior High Youth Minister. In addition, the cancellation of classes will be posted on [www.hnoj.org](http://www.hnoj.org) in the newsbox section of the front page, on HNOJ social media, and will be broadcast over: WCCO radio station (830) and KARE 11 (channel 11).

We will defer to your judgment as to whether or not it is safe for you to travel. If a session is missed due to weather conditions, it is the responsibility of the parent to see that the child(ren) have completed any assignments that may be due and have their child turn those forms into the small group leaders at the next session.



**@hnoj.crew**



**HNOJ Crew**