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Questions?

Caitlin, the Confirmation Coordinator, can be reached through the following ways:

1. cbostrom@hnoj.org
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.



Sponsor

Choosing a Sponsor:

If you have ever attended a Confirmation Liturgy, you have seen an adult who stands behind the candidate with a hand on their shoulder as they are anointed, but the role of a sponsor goes far beyond a simple gesture of support. Did you know that the word sponsor comes from the same root word as “responsible”? A Confirmation sponsor is someone whom you look up to as a role model in faith and will be there to support you spiritually before, during and after you receive the sacrament. In essence, your sponsor is meant to act as a spiritual guide and friend in your faith.

That being said, choosing your sponsor is an important task. Don’t just choose someone because they are fun or because they haven’t done it yet. Choose your sponsor because you know that they will help you grow in your faith this year and because they will continue to support you.

Here are some good questions to consider when choosing your sponsor:

- Who in my life has made an impact on my faith?
- Is this person responsible?
- Is this person mature?
- Does he/she practice his/her Catholic faith actively by attending Mass at least weekly?
- Does he/she practice his/her Catholic faith actively in the way that he/she lives and acts?
- Do I trust him/her?

The Archdiocese of St. Paul-Minneapolis has specific requirements that are to be met by all sponsors:

1. The sponsor must be an active, participating Catholic who has been confirmed; someone who will be an inspiration and support for the candidate. There is to be one sponsor, male or female.
2. Sponsor must be at least 16 years of age.
3. He or she may not be the candidate’s mother or father. It is desirable, but not mandatory, that the baptismal sponsor (godparent) also be the sponsor at Confirmation to show the close



connection of the two sacraments. In many cases this is not possible and another suitable person may be selected. A parent may be proxy at the ceremony.

4. The sponsor should be a person who is prayerful, open, dependable, loving and is comfortable sharing his or her faith with young people.

5. The sponsor should be someone who is a witness to Christ and to the importance of a Catholic Christian lifestyle by their words and actions. A person who will be a support and example to the candidate as he/she moves through periods of crisis, questioning, and discernment.

Sponsor Information

To complete required confirmation sponsor information, please have your sponsor visit: hnoj.org/crewconfirmation (*the form will be on the left side*)

Please have your sponsor complete the online form no later than **December 1st, 2020**.

In this program, the following is asked of the sponsor:

1. Accompany the candidate to the designated Confirmation prep meeting on 1/20 7:30-8:30 p.m. online OR 1/24 from 3:30-4:30 p.m. in person) .
2. Attend the Liturgy of Confirmation (May 18 at the Basilica of St. Mary, Minneapolis).
3. Present the candidate during the Confirmation Rite.
4. Meet with the candidate regularly throughout this year of preparation and discuss the topics addressed in the preparation sessions.
5. Share their faith story with his or her candidate.
6. Pray for and with the candidate.
7. Continue to be there for the candidate and lend spiritual support after the Liturgy of Confirmation is over.

Saint Report

Saint Reports are due no later than April 1st, 2021.

Background:

So many times when we think of saints the first thing we think of is a halo, but the truth is that saints can't be reduced to people who walked around the earth with heads that glowed. No! Saints were ordinary people, like you and I, that lived extraordinary lives. The Church says that a saint is someone who possessed "heroic virtue" (Catechism of the Catholic Church #828). Each candidate will be asked to take on the name of one of the saints at Confirmation. The name choose should be one whose life will be a model and inspiration for them during their life as a Catholic. The Saint name that is chosen should express something of the candidate's inner self, an ideal or goal they are setting for themselves as a Catholic, and should be a reflection of their resolve to live as a disciple of Christ. The name will be the name by which they are addressed by the Archbishop at the Confirmation ceremony.



The following are requirements for this report:

- ☑ Submit report by emailing it to: **Confirmation@hnoj.org**
- ☑ Save file as: "LastName.FirstName.SaintReport"
 - (ex. Caitlin.Bostrom.SaintReport)
- ☑ **Must be typed, written in your own words, and be 1-2 pages double spaced in**

size 12 "Times New Roman" font.

- ☑ What should go in your Saint Report
 - Brief History of your saint
 - What are the dates of birth and death?
 - Where was the saint from?
 - Where did they do their work?
 - Why they are a saint?
 - What are some major/important events in the life of this saint?
 - What makes this person so holy?
 - Why did you choose this saint?
 - How do you relate to this saint?
 - What qualities did this saint possess that you admire?
 - What special aspects of the saint's life would you like to use as

an example in your own faith life?

***Saint information can be found in parish libraries, the internet, and books on Saint's in the fireside room at Holy Name of Jesus. Below are a few trusted websites to check out as well: www.lifeteen.com www.catholic.org www.newadvent.com*

Letter of Intent

Letters of Intent are due no later than April 1st, 2021.

Background:

"Letter of Intent" is just a fancy way of saying: tell us in writing why you want to be confirmed. Please take time to compose this statement carefully. Not only does it give us a chance to understand what you have gained in your formation, but also allows you to process what you have learned and how you have grown as well as what you desire to receive from this sacrament. Please be honest and thoughtful. This will be given to Father Steve to read and may be sent to the Archbishop prior to Confirmation.

The statement must be:

- ☑ Submit Letter of Intent by emailing it to: **Confirmation@hnoj.org**
- ☑ Save file as: "LastName.FirstName.Intent"
 - (ex. Caitlin..Intent)



☒ Letter of Intent Guidelines

- **Must be typed**
- **Written in your own words**
- **Address the letter to Fr. Steve Ulrick**
- **No less than 1 page double spaced**
- **Size 12 “Times New Roman” font**
- ☒ Please touch on all of the following points in your statement:
 - Why do you think you are ready to receive this sacrament?
 - Explain one aspect of the faith that became clearer to you through this process, and tell why you believe it is an important aspect of our faith.
 - Explain how you plan to continue being an active member of the Church after Confirmation.

Schedule

Confirmation Date: Tuesday, May 18, 2021 at the Cathedral

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. in person:

on these dates: Jan.24, Feb. 28, Mar. 28, April 25, May 16

Wednesdays from 7:30-9 p.m. at-home/online:

on these dates: Jan. 20, Feb. 24, Mar. 10, Apr. 21, May 5

First Sunday Dates

- 7:00- 8:30 p.m. on Sunday, October 4th
- 7:00- 8:30 p.m. on Sunday, December 6th
- 7:00- 8:30 p.m. on Sunday, January 3rd
- 7:00- 8:30 p.m. on Sunday, January 31st (for February)
- 7:00- 8:30 p.m. on Sunday, March 7th
- 7:00- 8:30 p.m. on Sunday, April 11th
- 7:00- 8:30 p.m. on Sunday May 2nd



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 October 7th 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.

Schedule

Track B: Teen Core Team

First Sunday Dates *(Required for Track B)*

- 7:00- 8:30 p.m. on Sunday, October 4th
- 7:00- 8:30 p.m. on Sunday, December 6th
- 7:00- 8:30 p.m. on Sunday, January 3rd
- 7:00- 8:30 p.m. on Sunday, January 31st
- 7:00- 8:30 p.m. on Sunday, March 7th
- 7:00- 8:30 p.m. on Sunday, April 11th
- 7:00- 8:30 p.m. on Sunday May 2nd

Encounter Sundays *(Required for Track B)*

- 7:00-8:30 p.m. on Sunday, October 25th
- 7:00-8:30 p.m. on Sunday, November 22nd
- 7:00-8:30 p.m. on Sunday, December 20th (Christmas Party)
- 7:00-8:30 p.m. on Sunday, January 24th
- 7:00-8:30 p.m. on Sunday, February 28th
- 7:00-8:30 p.m. on Sunday, March 28th
- 7:00-8:30 p.m. on Sunday, May 16th



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

- 7:00-8:30 p.m. on Sunday, October 11th
- 7:00-8:30 p.m. on Sunday, November 8th
- 7:00-8:30 p.m. on Sunday, December 13th
- 7:00-8:30 p.m. on Sunday, January 10th
- 7:00-8:30 p.m. on Sunday, February 21st
- 7:00-8:30 p.m. on Sunday, March 21st
- 7:00-8:30 p.m. on Sunday, April 25th
- 7:00-8:30 p.m. on Sunday, May 23rd

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.

- Friday, November 20
- Friday, January 22
- Friday, March 12
- Friday, April 23
- Friday, May 14

Psalm 78 Retreat

October 30th-31st

Luke 18 Retreat

February 19th-21st

Extreme Faith Camp

TBD



Teen Holy Hour (Optional)

5:00-6:00 p.m. on Wednesday Starting October 7th 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.

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 Caitlin as soon as possible.*

2020-2021 Retreats:

Passion Play (9th Grade Only): Practices January-March 2020; performance on March 19th, 2021. Auditions will take place 9/30 7:30-9:00 p.m., 10/7 7:30-9:00 p.m., 10/10 10:00-12:00 p.m. To signup for an audition time please visit: <https://www.hnoj.org/passion-play>. Please contact the Junior High Youth Minister, Eliot Fonseca with questions at: efonseca@hnoj.org

Fall Retreat: November 13-15, 2020

Core Team Retreat (Track B/Teen Core Team only): January 1-2, 2021

Spring Retreat: April 16-18, 2021

Steubenville Conference: July 9-11, 2021



Christpower Mission Trip: July 2021 (dates TBD)

NPH Mission Trip: TBD

***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 TBD
- Attend Rite of Welcome TBD

***All year two checklist items and due dates will be discussed in September 2021 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 TBD
- Attend Rite of Welcome TBD

***All year two checklist items and due dates will be discussed in September 2021 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 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

