

"EL CAMINO"

OUR LADY OF MOUNT CARMEL CONFIRMATION PROGRAM



-SACRAMENT, STRUCTURE, STUDY, SERVICE,  
SPONSORS AND SACRIFICE-

A FRAMEWORK FOR CONFIRMATION  
2021-2022

AUGUST 1, 2021

DEAR FAMILIES,

WELCOME TO THE CONFIRMATION PREPARATION PROCESS FOR HIGH SCHOOL STUDENTS AT OUR LADY OF MOUNT CARMEL PARISH. ON BEHALF OF THE CONFIRMATION TEAM, I AM EXCITED TO JOURNEY WITH YOUR FAMILY AND YOUR SON/DAUGHTER TOWARDS THE SACRAMENT OF CONFIRMATION. THIS IS TRULY A SPECIAL TIME OF SPIRITUAL FORMATION FOR YOUR TEEN; ONE THAT I HOPE WILL STRENGTHEN THE FAITH LIFE OF YOUR ENTIRE FAMILY.

AS YOU KNOW, YOU ARE THE PRIMARY TEACHERS OF YOUR CHILD. DURING THIS PERIOD OF DISCERNMENT IN THE FAITH LIFE OF YOUR TEEN, WE ASK YOU TO BE ESPECIALLY FAITHFUL IN ATTENDING MASS ON SUNDAYS, PRAYING AND SHARING FAITH STORIES TOGETHER AS A FAMILY.

IN ADDITION TO WORSHIPING WITH THE OUR LADY OF MOUNT CARMEL COMMUNITY, YOUR FAMILY HAS THE OPPORTUNITY TO GIVE YOUR TIME, TALENT AND TREASURE TO THE MANY MINISTRIES THIS FAITH COMMUNITY HAS TO OFFER. IT IS YOUR EXAMPLE THAT WILL HAVE THE GREATEST IMPACT ON THE FAITH FORMATION OF YOUR SON/DAUGHTER.

IN THIS HANDBOOK, YOU WILL READ ABOUT THE CONFIRMATION PROGRAM. THE HANDBOOK ALSO INCLUDES THE CALENDAR OF EVENTS, SESSIONS AND OTHER IMPORTANT INFORMATION. PLEASE RETAIN THE HANDBOOK AND USE IT AS A GUIDE AND REFERENCE IN THE DAYS AND MONTHS TO COME.

WE LOOK FORWARD TO MEETING YOU AND YOUR FAMILY.  
PLEASE KNOW THAT YOU ARE IN OUR PRAYERS.

BLESSINGS AND PEACE,

SARAH J. MACK  
DIRECTOR OF FAITH FORMATION  
OLMC PARISH CHURCH

IF YOU HAVE ANY QUESTIONS, PLEASE FEEL FREE TO CONTACT ME AT (805) 969-6868 IN THE RECTORY, CALL OR TEXT ME ON MY CELL AT 805-574-9941 OR YOU MAY EMAIL ME AT SARAHM@MTCARMELSB.COM

# SACRAMENT

THE SACRAMENT OF CONFIRMATION IS ONE OF THE THREE SACRAMENTS OF CHRISTIAN INITIATION: BAPTISM, CONFIRMATION AND EUCHARIST. YOU MAY BE FAMILIAR WITH THE WORD *INITIATION* AS IT REFERS TO THE FORMAL PROCESS OF JOINING A CLUB OR AN ORGANIZATION, BUT CHRISTIAN INITIATION IS MUCH MORE. TOGETHER THE SACRAMENTS OF CHRISTIAN INITIATION LAY THE FOUNDATIONS OF CHRISTIAN LIFE. THROUGH THESE SACRAMENTS, WE RECEIVE GOD'S GRACE AND THE MEANS TO GROW IN OUR LOVE FOR GOD, HIS CHURCH AND HIS PEOPLE.

THE SACRAMENT OF CONFIRMATION COMPLETES THE GRACE OF BAPTISM. IN CONFIRMATION WE RECEIVE A SPECIAL STRENGTHENING OF THE HOLY SPIRIT, WHICH IS SO POWERFUL THAT IT IMPRINTS US WITH A SPECIAL SPIRITUAL MARK, OR CHARACTER, AND PREPARES US FOR OUR JOURNEY AS CHRISTIAN MEN AND WOMAN.

CONFIRMATION IS NOT "GRADUATION" FROM CHURCH BUT A CONTINUATION OF OUR JOURNEY WITH ALL THE "TOOLS" WE NEED TO FULFILL GOD'S CALL IN OUR LIVES.



*" TO BELIEVE IN GOD MEANS TO REALIZE THAT THE FACTS OF THE WORLD ARE NOT THE WHOLE STORY. TO BELIEVE IN GOD MEANS TO REALIZE THAT LIFE HAS A MEANING"*  
- LUDWIG WITTGENSTEIN

# STRUCTURE

OUR CONFIRMATION STRUCTURE IS BASED ON A "FAMILY CONFIRMATION" MODEL.

PARENT SUPPORT AND PARTICIPATION IN THE CONFIRMATION PROCESS ARE ESSENTIAL. IT IS OUR GOAL TO INVOLVE FAMILIES MORE FULLY AND ACTIVELY IN THE CATECHETICAL PROCESS AND THROUGH A PARTNERSHIP WITH YOU, PROVIDE THE SUPPORT AND RESOURCES TO NURTURE THE STUDENTS AND OURSELVES TO A MORE VIBRANT AND ABUNDANT FAITH.

## OUR FRAMEWORK FOR CONFIRMATION

### **-SUNDAY MASS-**

THE MASS IS THE SOURCE AND SUMMIT OF OUR CATHOLIC FAITH. ALL CANDIDATES AND THEIR FAMILIES ARE EXPECTED TO ATTEND MASS EVERY SUNDAY (OR SATURDAY VIGIL). MASS ATTENDANCE IS EXPECTED AS PART OF THE MONTHLY CATECHETICAL SESSIONS. STUDENTS AND FAMILIES ARE ENCOURAGED TO ATTEND OLMC'S 10:00 AM SUNDAY MASS.

### **- CATECHETICAL SESSIONS-**

IN THE COURSE OF THE TWO-YEAR PROCESS, CANDIDATES WILL ATTEND A TOTAL OF 32 CATECHETICAL SESSIONS FOCUSING ON THE FAITH THEMES OUTLINED BY THE LOS ANGELES ARCHDIOCESE. OUR CONFIRMATION SESSIONS ARE TAUGHT TWO SUNDAY MORNINGS A MONTH AND TAKE PLACE AFTER THE 10:00 O'CLOCK FAMILY MASS AT OLMC CHURCH. SESSIONS START AT 11:00 AM AND END AT 12:30PM. DURING EACH SESSION CANDIDATES WILL HAVE TIME TO FOR REFRESHMENTS, GAMES AND WORSHIP, FOLLOWED BY A TIME OF TEACHING, DISCUSSION, AND REFLECTION.

### **-"GATHERINGS"-**

THREE TIMES DURING THE YEAR STUDENTS, AND SPONSORS/PARENT WILL GATHER AS A GROUP. THESE GATHERINGS USUALLY INCLUDE A GUEST SPEAKER AND A POTLUCK LUNCH. THE LAST GATHERING WILL BE A CELEBRATION OF ALL THAT WE HAVE LEARNED OVER THE YEAR.

**-FALL CONFIRMATION RETREAT-** BOTH YEAR ONE AND YEAR TWO CANDIDATES ATTEND OUR PARISH RETREAT. THIS YEAR'S RETREAT WILL BE HELD HERE AT OLMC ON SEPTEMBER 26TH . **THE RETREAT IS REQUIRED. THE RETREAT WILL FOLLOW THE 10:00 AM MASS AND WILL WE WILL END AT 3:00PM.**

**-OPTIONAL PLUNGES-**WE OFFER A S.F. URBAN PLUNGE, AN LA- URBAN PLUNGE AND IN SUMMER, WE OFFER OUR SEATTLE URBAN PLUNGE. THESE SERVICE RETREATS ARE A CHANCE TO SEEK GOD, SERVE HIS PEOPLE AND LIVE OUT AN URBAN EXPERIENCE WITH A FOCUS ON CATHOLIC SOCIAL JUSTICE ISSUES.

**-SERVICE EVENTS-** EACH STUDENT PARTICIPATES IN 10 HOURS OF REQUIRED PARISH COMMUNITY SERVICE A YEAR. SERVICE EVENTS ARE OFFERED ANNUALLY, AS WELL AS OPPORTUNITIES TO SERVE DURING LITURGICAL EVENTS, SUNDAY MASS, LOCAL SERVICE EVENTS AND ASSISTING WITH YOUTH GROUP EVENTS.

**-RITES- REQUIRED**

CANDIDATES WILL TAKE PART IN FOUR RITES: THE RITE OF WELCOMING, THE RITE OF ENROLLMENT, THE RITE OF ACCEPTANCE AND THE RITE OF CONFIRMATION. THESE RITES ARE HELD DURING SUNDAY MORNING MASS.

***"WHEN WE LOOK AT THE CROSS, WE UNDERSTAND THE GREATNESS OF HIS LOVE. WHEN WE LOOK AT THE CRIB, WE UNDERSTAND THE TENDERNESS OF HIS LOVE FOR YOU AND FOR ME, FOR YOUR FAMILY AND EVERY FAMILY."*- BLESSED TERESA OF CALCUTTA**

# STUDY

AS STATED EARLIER, OUR CONFIRMATION PROGRAM IS A TWO-YEAR PROCESS THAT INCLUDES ABOUT 32 LESSONS THAT ARE TAUGHT TWO SUNDAY MORNINGS A MONTH

WE ARE BLESSED WITH CONFIRMATION FACILITATORS WHO HAVE MANY YEARS OF EXPERIENCE, EDUCATION AND TRAINING. WE ARE ALSO BLESSED WITH PEER MINISTERS, NEWLY CONFIRMED STUDENTS, WHO ARE VOLUNTEERING THEIR TIME AND TALENTS TO MINISTER TO THEIR PEERS.

EACH SESSION WILL COVER A FAITH THEME THAT IS SUGGESTED IN THE CONFIRMATION GUIDELINES GIVEN TO OUR PARISH, BY THE LOS ANGELES ARCHDIOCESE. THE BIBLE, THE TRINITY, CATHOLIC IDENTITY AND PRAYER ARE EXAMPLES OF THESE FAITH THEMES.

EACH SESSION OUR LEADERS WILL OFFER YOUR CHILD THE CHANCE TO ENTER INTO A DEEPER UNDERSTANDING OF HIS/HER FAITH, THROUGH STUDY OF SACRED SCRIPTURE, DISCUSSION, DEBATE AND DISCOVERY. WE USE A CURRICULUM CALLED CHOSEN, AND SUPPLEMENTED WITH THE YOUCAT- THE YOUTH CATECHISM.

AT THE START OF EACH MONTH YOUR FAMILY (AND YOUR CHILD'S SPONSOR, IF ONE HAS BEEN CHOSEN) WILL RECEIVE A NEWSLETTER THAT WILL INCLUDE THE FAITH THEMES WE WILL BE COVERING THAT PARTICULAR MONTH. WE WILL ALSO INCLUDE QUESTIONS FROM THESE THEMES TO DISCUSS WITH YOUR STUDENT. WE CALL THESE QUESTIONS- "QUESTIONS FOR THE TABLE." THESE QUESTIONS ARE MEANT TO ENCOURAGE DIALOGUE WITHIN YOUR FAMILY ABOUT THE THEMES WE COVER IN SESSIONS. FAMILIES DO NOT "TURN IN" THESE QUESTIONS AND ANSWERS TO US, THEY ARE ONLY MEANT TO ASSIST YOU AND INFORM YOU ALONG OUR JOURNEY.

THE NEWSLETTER WILL ALSO INCLUDE SESSION DATES, CHANGES AND OTHER IMPORTANT INFORMATION, SO PLEASE READ THESE NEWSLETTERS AND KEEP YOUR CONTACT INFORMATION UP TO DATE SO WE CAN ENSURE DELIVERY.

***" THERE IS AN URGENT NEED FOR THE EMERGENCE OF A NEW GENERATION OF APOSTLES ANCHORED FIRMLY IN THE WORD OF CHRIST, CAPABLE OF RESPONDING TO THE CHALLENGES OF OUR TIMES AND PREPARED TO SPREAD THE GOSPEL FAR AND WIDE"- POPE BENEDICT XVI***

# SERVICE

IN THE BOOK OF MATTHEW, WE READ: 'TRULY I TELL YOU, WHATEVER YOU DO FOR THE LEAST OF THESE, YOU DO FOR ME.' TO LIVE A CHRISTIAN LIFE IS TO LIVE A LIFE OF SERVICE TO GOD, FAMILY AND COMMUNITY. IN THIS PROCESS OF INITIATION THERE IS A "CALL TO ACTION", MORE THAN JUST A REQUIREMENT, THIS IS A CALL TO A LIFESTYLE OF APOSTOLIC WITNESS AND ACTS OF SERVICE.

WE REQUIRE TEN HOURS OF PARISH COMMUNITY SERVICE EACH YEAR. THESE HOURS NEED TO BE SERVED OUT DURING OUR OLMC SERVICE PROJECTS OR BY SERVING DURING OUR LITURGICAL EVENTS AND SUNDAY MASS. HELPING DECORATE ORNAMENTS FOR OUR ANNUAL GIVING TREE PROJECTS, COLLECTING AND DISTRIBUTING FOOD FOR CATHOLIC CHARITIES OR BEING A LECTOR FOR MASS ARE JUST A FEW WAYS TO COMPLETE THE SERVICE HOURS AND SHARE YOUR TALENTS WITH THE LOCAL CHURCH.

CANDIDATES WILL HAVE AN OPPORTUNITY TO SIGN UP FOR THESE PROJECTS THROUGHOUT THE YEAR.

IT IS THE RESPONSIBILITY OF THE CANDIDATES TO KEEP TRACK OF THEIR COMPLETED SERVICE HOURS ON THE SERVICE FORM PROVIDED IN THIS HANDBOOK. SERVICE FORMS SHOULD BE TURNED IN TO THE CONFIRMATION COORDINATOR ONCE THE SERVICE HOURS ARE COMPLETED. CANDIDATES SHOULD COMPLETE THESE HOURS BEFORE APRIL 2019.

SCHOOL COMMUNITY HOURS WILL NOT COUNT TOWARDS PARISH SERVICE HOURS. HOWEVER, PARISH SERVICE HOURS MAY COUNT AS SCHOOL COMMUNITY SERVICE HOURS. IF THIS IS THE CASE, THE CONFIRMATION COORDINATOR WILL BE HAPPY TO SIGN ANY FORMS TO ASSIST YOU.

*"LOVE ONE ANOTHER WITH BROTHERLY AFFECTION; OUTDO ONE ANOTHER IN SHOWING HONOR. NEVER FLAG IN ZEAL. BE AGLOW WITH THE SPIRIT, SERVE THE LORD." –ROMANS 12:10*

# SPONSORS

SPONSORS HAVE A VITAL ROLE IN THE CONFIRMATION PROCESS. A SPONSOR'S MOST IMPORTANT ROLE IS TO WALK WITH AND GUIDE THE STUDENT AS THEY PREPARE TO RECEIVE THE FULLNESS OF THE HOLY SPIRIT IN THE SACRAMENT OF INITIATION.

SPONSORS ARE LIKE SPIRITUAL COACHES OR MENTORS. THEY AFFIRM THE STUDENT'S STRENGTHS AND OFFER WAYS TO HELP THE STUDENT GROW IN ANY AREAS OF WEAKNESS. IN SHORT, THE SPONSOR IS SHARING THIS FAITH JOURNEY WITH THE STUDENT. A SPONSOR PARTICIPATES IN THE JOURNEY OF PREPARATION AND IS THE PERSON WHO WILL ULTIMATELY PRESENT THE STUDENT TO THE BISHOP DURING THE RITE OF CONFIRMATION.

WHEN CHOOSING A SPONSOR THE STUDENT SHOULD THINK ABOUT THESE REQUIREMENTS:

A SPONSOR MUST:

- BE A MATURE, PRACTICING AND CONFIRMED CATHOLIC OVER THE AGE OF 18. A CANDIDATE'S PARENT CANNOT BE HIS/HER SPONSOR.
- BE A PERSON WHO WILL SET A GOOD EXAMPLE, ENCOURAGE, PRAY AND SUPPORT THE STUDENT THROUGHOUT THE TWO- YEAR PROCESS.
- BE A PERSON WHO WILL BE ABLE TO MEET ON A REGULAR BASIS TO TALK ABOUT FAITH THEMES, ATTEND RITES AND ATTEND OUR "GATHERING" SESSIONS. (THE SPONSOR IS HIGHLY ENCOURAGED TO ATTEND SESSIONS WITH THEIR CANDIDATE.)

WHILE IT MAY BE TEMPTING TO HAVE A SIBLING, A COUSIN, OR A FRIEND BE A SPONSOR, WE URGE CANDIDATES TO CHOOSE SOMEONE WHO WILL HOLD THEM ACCOUNTABLE, URGE THEM TO GROW, AND WHO CAN TRULY BE A ROLE MODEL OF FAITH.

**THE CANDIDATE SHOULD CHOOSE A SPONSOR BY NOV 1, 2021.** ONCE THE SPONSOR IS CHOSEN, PLEASE FILL OUT THE SPONSOR INFORMATION FORM FOUND IN THE CONFIRMATION HANDBOOK AND SUBMIT THIS TO THE CONFIRMATION COORDINATOR. THE SPONSOR WILL BE GETTING EMAIL UPDATES AND THE MONTHLY CONFIRMATION NEWSLETTER.

***"AS ONE CANDLE IS LIT FROM THE FLAME OF ANOTHER, SO IS FAITH KINDLED BY FAITH."- ROMANO GUARDINI***



# SACRIFICE

WHEN WE HEAR THE WORD *SACRIFICE*, WE OFTEN THINK OF COMPLETELY SELFLESS ACTS, IN WHICH SOMEONE DOES SOMETHING FOR ANOTHER, ENTIRELY FOR THE OTHER PERSON'S BENEFIT. BUT SACRIFICE ISN'T PURELY ALTRUISTIC. THE BEST DEFINITION OF SACRIFICE IS THIS: "TO FORFEIT SOMETHING FOR SOMETHING ELSE, CONSIDERED TO HAVE A *GREATER VALUE*." SACRIFICE DOES NOT MEAN GIVING UP SOMETHING FOR NOTHING; IT MEANS GIVING UP ONE THING FOR SOMETHING ELSE WE BELIEVE IS WORTH MORE.

BEING CONFIRMED IN THE ROMAN CATHOLIC CHURCH IS A COMMITMENT. IT IS A CHOICE THAT MAY COME WITH SOME SACRIFICE ON THE PART OF YOUR FAMILY AND CHILD. SCHOOL ACTIVITIES, SPORTS TEAM SCHEDULES AND FAMILY DUTIES SOMETIMES COLLIDE WITH CONFIRMATION SESSIONS. YOU MAY FIND YOURSELVES HAVING TO CHOOSE BETWEEN "WHAT MATTERS MOST".

PLEASE READ THE BASIC REQUIREMENTS LISTED BELOW TO HELP YOU UNDERSTAND WHAT THE PARISH EXPECTATIONS ARE FOR CONFIRMATION PREPARATION.

ALL CONFIRMATION CANDIDATES ARE EXPECTED TO MEET THESE BASIC REQUIREMENTS. THESE REQUIREMENTS ARE MANDATORY.

- \* ATTEND AND ACTIVELY PARTICIPATE IN ALL CONFIRMATION SESSIONS/RITES.
- \* ATTEND OUR FALL PARISH RETREAT
- \* COMPLETE TEN HOURS OF PARISH SERVICE
- \* ATTEND SUNDAY MASS
- \* COMPLETE SAINT PROJECT IN SPRING (YEAR II ONLY)

- OUR URBAN PLUNGE TRIPS ARE HIGHLY RECOMMENDED

- ***A CANDIDATE MAY MISS UP TO THREE SESSIONS A TERM AS LONG AS HE/SHE COMPLETES A MAKE-UP LESSON GIVEN BY COORDINATOR WITHIN A MONTH OF THE ABSENCE.***

-IF YOUR FAMILY ATTENDS ANOTHER PARISH FOR SUNDAY MASS, YOUR CHILD WILL NEED TO OBTAIN THE SIGNATURE OF YOUR PARISH PRIEST WHO WILL CONFIRM YOU ARE ACTIVELY PARTICIPATING IN THE PARISH MASS.

-PARENTS WILL BE NOTIFIED IF THE CANDIDATE IS IN DANGER OF BEING DROPPED FROM CONFIRMATION DUE TO ABSENCE OR POOR BEHAVIOR.

***"WHERE YOUR TREASURE IS, THERE WILL YOUR HEART BE ALSO"***  
**MATT. 6:21**



SPONSOR INFORMATION

CANDIDATES NAME: \_\_\_\_\_

SPONSOR'S NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

\_\_\_\_\_

PHONE NUMBERS: \_\_\_\_\_

\_\_\_\_\_

EMAIL ADDRESS: \_\_\_\_\_

PLEASE RETURN THIS FORM TO THE CONFIRMATION COORDINATOR BEFORE  
NOV. 1<sup>ST</sup> 2021.

# OUR LADY OF MOUNT CARMEL PARISH SERVICE HOUR SHEET

I, \_\_\_\_\_,  
 UNDERSTAND THAT, AS A CANDIDATE  
 PREPARING TO RECEIVE THE SACRAMENT OF  
 CONFIRMATION, I DESIRE TO ACCEPT FULL  
 MEMBERSHIP IN THE CHURCH. I WANT TO  
 FOLLOW IN THE FOOTSTEPS OF JESUS, WHO  
 CAME TO SERVE.

I AM CHOOSING THE FOLLOWING CHRISTIAN  
 SERVICE PROJECT(S). I PROMISE TO FULFILL  
 MY PROJECT TO THE BEST OF MY ABILITY.

## RECORD OF SERVICE HOURS

(10 HOURS ARE REQUIRED FOR EACH YEAR)

DATE OF SERVICE	OUR LADY OF MOUNT CARMEL PARISH SERVICE	HOURS	SIGNATURE OF COORDINATOR

ALL SERVICE HOURS NEED TO BE COMPLETED AND THIS FORM TURNED  
 INTO THE OFFICE BY APRIL 1<sup>ST</sup> 2022.