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“...Confirmed by the gift of the Spirit, that they give witness to Christ by lives built on faith and love...”

General Intercession from the Rite of Confirmation

Congratulations! Your child has chosen to prepare for the sacrament of Confirmation. You have been journeying with your son or daughter in this adventure of life and faith for quite a stretch. This is an important part of the road you are traveling; a chance to stop and view where you have been, where you are and where you are going both in your own life of faith and together with your child. As a parish community, we strive to support you and your family as you share life and faith with your adolescent.

This guidebook is a resource, a “trail guide” for your continuing journey with your young person. It is our hope that you will gain a few new insights and understandings about your teenager and your relationship with him or her. We offer an understanding of Confirmation that is based on the Catechism of the Catholic Church. In addition, Scripture reflections accompany ways that you can share faith with your teenager during the Confirmation preparation process. You will also find guidance in helping your child choose a sponsor for Confirmation.

Blessings for the journey!

Patricia Foley.
Director of Religious Education
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CONFIRMATION: General Information

Confirmation is a sacrament in which those who have been baptized receive the fullness of the Holy Spirit, whom the Lord sent upon his apostles at Pentecost. It is a sacrament that celebrates God's special strengths and gifts in those who have been baptized.

In 1972, the church published The Rite of Christian Initiation of Adults (RCIA). The RCIA stresses the connections between the three sacraments of Christian initiation – Baptism, Confirmation and Holy Eucharist.

In baptism, a person becomes a Christian and receives grace and life from the Holy Spirit. In Confirmation, the baptismal vows are renewed and the sealing of the Spirit serves as a preparation for a mature Christian life.

In Eucharist, the great sign of Christian unity, the faithful are nourished and strengthened. They are transformed into a more loving and united community of believers. Through these sacramental rites the faithful are officially acknowledged as Christians. They are commissioned to carry out the mission of Christ and his Church.

Confirmation is a parish community celebration. It provides an opportunity for members of the parish family to renew their baptismal commitment. Confirmation time in the parish is a time when the community celebrates the gifts of the Holy Spirit among them.

The Rite of Confirmation

The sacrament of Confirmation:

- is celebrated during Mass
- begins after the Liturgy of the Word
- is presided over by the bishop or a designated auxiliary or pastor

There are four parts to the rite:

- renewal of baptismal vows
- laying on of hands
- anointing with oil
- sign of peace

Candidates Preparing for Confirmation

Candidates:

- must freely choose to be confirmed and make their desire known
- must be in the state of grace
- must have adequate knowledge of the Catholic faith and have participated in required learning sessions
- must be practicing their faith
- should attend Mass and receive the sacraments of Eucharist and Reconciliation regularly
- must be aware of the 'initiation' aspect of the sacrament of Confirmation and be committed to continuing the faithful practice and study of their religion
- must be willing to participate in and complete the Confirmation program of study, prayer, retreat, community groups and service projects.

Christian Commitment to Service

Jesus came "not to be served, but to serve." (Mt 20:28) The church is a servant community and all those accepting full membership in the church are also accepting responsibility to serve.

Candidates for the reception of Confirmation are asked to select service projects that are geared to their own special talents and abilities. Service should be performed freely and willingly. It could help the parish, neighborhood, or the local community. The service projects are meant to represent the candidate's intention of becoming a full member of this servant community, the church.

The Rite of Commissioning

The Rite of Commissioning is a ceremony in which the candidates who choose to enter into the immediate preparation for the sacrament of Confirmation make their commitment official. Prior to the Rite of Enrollment candidates are asked to seriously and prayerfully think about what will be required of them during this time of preparation.

Philosophy of the Sacrament of Confirmation **At Holy Infant Parish**

The opportunity to prepare for and to receive the Sacrament of Confirmation is being presented to you now. As with all sacraments, it is necessary that your participation is voluntary.

The eighth grade religion curriculum in both the elementary school and the Parish School of Religion is comprehensive. It encompasses much more than the sacrament of Confirmation. As a candidate choosing to prepare for Confirmation, (one of the Sacraments of Initiation), it is crucial that you attend and participate in certain activities and accomplish certain tasks beyond what is studied in class. These requirements will, hopefully, lead you to a stronger commitment to your faith and to actively witnessing to your beliefs. The dates for events enclosed in this folder. Mark your calendar now so that Confirmation activities receive first priority.

The choice to be confirmed is yours, however, the decision to attend religion classes is a commitment that you have made and are responsible to fulfill, regardless of any decision to delay the reception of the Sacrament. All PSR students are required to attend class until May. The permanent record card notes your completion of the year.

Attached you will find the general sacramental preparation requirements for the Sacrament of Confirmation at Holy Infant Parish. Your teacher and Parish Community Group leader can and will add to these requirements during the course of immediate preparation.



Parental Responsibilities

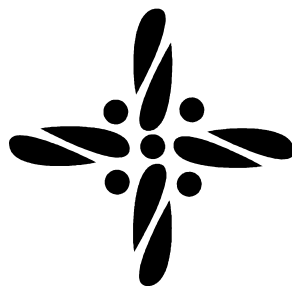
As the primary religious educators of your children, you are a VITAL component for the preparation of Confirmation. It has been your faith and your witness that have laid the foundation for your child. While the candidate must want to receive the Sacrament of Confirmation, your opinion of this Sacrament will have a dramatic impact on your child.

As parents, you need to keep in mind the responsibility placed on your child and his/her sponsor for this Sacrament. Encouragement and enthusiasm for this Sacrament are one of the greatest gifts you can give.

Please find the responsibilities for this sacrament listed here:

- Help your child discern if he/she is ready to make the commitment to begin preparation for Confirmation. Discuss with your child that Confirmation activities and meetings must be a priority for the next several months. Help him/her fill out the Commitment sheet.
- Assist your child in filling out the Registration sheet. Please fill these forms out completely.
- Help your child choose a Parish Community Group. Again emphasize that this group and its activities will be a priority over other activities. Help him/her fill out the form.
- Mark your calendar **NOW** with all the Confirmation events. Assist your child in the timely completion of all requirements. Turn in the forms on time.
- Assist your child in the selection of a suitable sponsor. You may want to read over the sponsor's responsibilities and help your child form a list of possible sponsors. Enter into a dialogue with potential sponsors about the meaning of their role and the needs of your child. Turn in the completed sponsor form by the due date to Patricia Foley, Director of Religious Education at the Rectory Office.
- Support your child and sponsor through prayer.
- Serve as a proxy when the sponsor is unable to attend or complete the necessary requirements.
- Encourage and initiate meetings with your child and sponsor. Your coordination between the sponsor and your child is vital.

- Become involved in your child's Parish Community Group projects by volunteering to drive and help with activities.
- Share with your child how you use your own gifts and talents in service to the church and community. (time, talent, treasure)
- Continually encourage your child to participate in the sacramental life of the church before as well as after the reception of this sacrament. Please be sure your child attends the Sunday celebration of the Mass and participates in Eucharist.
- See that your child receives the Sacrament of Reconciliation approximately one week prior to receiving this Sacrament.
- Be an attentive listener to the religious needs of your child. The Sacrament of Confirmation need not be received in the 8th grade year. All 8th grade students will be expected to complete the full year of religious instruction regardless of a mutual decision to delay the sacrament. Keep in constant communication with your child and his/her sponsor. Challenge and respect their feelings.
- Support the continued religious education of your child after Confirmation by keeping them in religion class and encourage their participation in Holy Infant's Youth Group.
- Encourage your child to continue to be of service to the parish and community. Guide and support them in using their gifts of time, talent and treasure within the parish community.



Candidate Requirements for Confirmation **at Holy Infant Parish**

- A sincere desire to receive the Sacrament of Confirmation.
- A spirit of cooperation and prayerful attitude toward receiving and living out one's Confirmation.
- A sufficient knowledge of the basic beliefs of the Catholic Faith as demonstrated through:
 - Active participation in class
 - Successful completion of all assignments
 - Written/oral testing
 - Attendance at weekly Mass
 - Reception of the sacrament of Reconciliation prior to the Confirmation ceremony.
- Attendance at the following:
 - All Class periods (less than 85% attendance by PSR students will require extra work; full time elementary students will have to make up worked missed. Irregular attendance and/or poor achievement/cooperation may result in the delay of the sacrament.
 - Prayer and Practice Day - **(Candidate and Sponsor must attend)**
 - Interview
 - Retreat day
- Active and regular participation in the meetings and activities of the assigned Parish Community Group:
 - Six sessions
 - Three service projects designed by the group
 - Attendance at the Evening of Reflection and Practice

(Missing more than 2 of these 10 sessions will result in delaying the reception of the sacrament to the next year.)
- Completion of paperwork and forms:
 - Letter to the confirming bishop (See sample)
 - Registration form
 - Sponsor form and permission from sponsor's parish
 - Sponsor letter (A personal letter written by sponsor to the candidate for the retreat in March (see sample)
 - Saint report
- Completion of the **full** eighth grade religion curriculum.

Sample Letter to the Bishop

Date

Salutation:

Most Rev. (Bishop's first and last name)
Archdiocesan Pastoral Center
20 Archbishop May Dr.
St. Louis, MO 63119

Greeting:

Begin your letter with the greeting: Dear Bishop (Bishop's last name)

Body of the letter:

- Paragraph 1: Introduce yourself. Tell something about your family, your background.
- Paragraph 2: Request the **Bishop to accept** you as a candidate for the Sacrament of Confirmation. Give several reasons why you would like to be confirmed.
- Paragraph 3: Explain how you have prepared for the sacrament. It is important that you tell about specific parts of your preparation; your prayer life, your celebration of the other sacraments, service for others exercised at home, within the parish and within the community.
- Paragraph 4: Tell how you will continue to carry out your life of service to God and others through the power of the Spirit. Tell how you plan to make your Confirmation in the faith real and alive in the future.

Conclusion:

Conclude the letter and write your complete signature.

Candidate Review Guide

The following topics should already be mastered by anyone entering a Confirmation preparation program. Parents and sponsors should assist candidates in reviewing this material.

Gifts and Fruits of the Holy Spirit

The gifts of the Holy Spirit help Christians live their lives more fully committed to Christ. These gifts are:

• Wisdom	• Courage	• Reverence
• Understanding	• Knowledge	• Right Judgment
	• Wonder & Awe	

From the Gifts of the Holy Spirit come the Fruits, which are:

• Charity	• Benignity (kindness)	• Faith (Fidelity)
• Joy	• Goodness	• Modesty
• Peace	• Longanimity(Longsuffering)	• Continenace
• Patience	• Mildness	• Chastity

The Commandments

1. I am the Lord, your God; you shall not have strange gods before me.
2. You shall not take the name of the Lord, your God, in vain.
3. Remember to keep holy the Lord's Day.
4. Honor your father and your mother.
5. You shall not kill.
6. You shall not commit adultery.
7. You shall not steal.
8. You shall not bear false witness against your neighbor.
9. You shall not covet your neighbor's wife.
10. You shall not covet your neighbor's goods.



Sacraments

• Baptism	• Holy Orders
• Confirmation	• Matrimony
• Holy Eucharist	• Anointing of the Sick
• Reconciliation	

Beatitudes

- Blessed are the poor in spirit, for theirs is the kingdom of heaven.
- Blessed are the meek, for they will inherit the land earth.
- Blessed are they who morn, for they will be comforted.
- Blessed are they who hunger and thirst for righteousness, for they will be satisfied.
- Blessed are the merciful, for they will be shown mercy.
- Blessed are the clean of heart, for they will see God.
- Blessed are the peacemakers, for they will be called children of God.
- Blessed are those who are persecuted for the sake of righteousness, for theirs is the kingdom of heaven.

Corporal Works of Mercy

• To feed the hungry	• To shelter the homeless
• To give drink to the thirsty	• To visit the sick
• To clothe the naked	• To bury the dead
• To visit the imprisoned	

Spiritual Works of Mercy

• To warn the sinner	• To bear wrongs patiently
• To instruct the ignorant	• To forgive all injuries
• To counsel the doubtful	• To pray for the living and dead
• To comfort the sorrowing	

The Laws of the Church

- To assist at Mass on all Sundays and Holy Days of Obligation
- To fast and abstain on the days appointed
- To confess our sins at least once a year
- To receive Eucharist during Easter
- To contribute to the support of the church
- To observe the laws of the Church concerning marriage
- To contribute to the missionary efforts of the church

The Marks of the Church

• The Church is One	• The Church is catholic
• The Church is Holy	• The Church is apostolic

Prayers the Candidate Should Know by Heart

• The Our Father	• The Glory be to the Father
• The Hail Mary	• An Act of Contrition
• The Apostles' Creed	



Sponsor Requirements for the Sacrament of Confirmation

The role of the Confirmation Sponsor is often an overlooked and under-used source for a candidate's preparation and growth. Sponsorship is one very concrete means of sharing in the Church's teaching ministry.

As a sponsor, you take on more than a casual interest in one person's spiritual life. Your candidate is contemplating a life commitment that will influence everything he/she does from now on. You can be a valuable instrument by listening to his/her thoughts, sharing your own experiences and understanding, and by introducing him/her to whatever will enhance Catholic Christian growth.

For some, sponsorship is no more than the momentary "honor" a candidate bestows on someone he/she thinks highly of. Surely being a sponsor should be considered an honor, but its ministry and responsibility goes beyond the moment of Confirmation. It is our hope that our Confirmation candidates will be fortunate enough to find sponsors who care for them and are eager to participate in their preparation.

Below are the requirements for Sponsor for Confirmation at Holy Infant Parish. Before accepting this responsibility, we urge you to weigh each requirement and to be honest with your candidate if you can or cannot live up to these needs.

- The sponsor must be sufficiently mature for the responsibility (emotionally and spiritually) and at least 16 years of age.
- Complete the required Confirmation Sponsor Form and return to Holy Infant Church by the required date. (See included form in back of folder)
- The Sponsor must be an **active member of the Catholic Church** and initiated in the Sacraments of Baptism, Eucharist and Confirmation.
- Ideally, the sponsor should **be the godparent at Baptism** to more clearly express the relationship of the two sacraments. However, the sponsor must have experiences in common with the candidate, **and be actively involved in the life of his/her parish**. The parent may not be the sponsor.
- The sponsor must be someone who can commit personal time to the candidate over the next several months at the following events:
 - Individual meetings with the candidate to discuss work done in the Parish Community Group, to witness the sponsor's own faith and practice of the Catholic religion, and to encourage and develop a strong relationship with the candidate.

- Participating in one small group meeting if requested by the facilitators
 - Being part of a small group service project
 - Helping with the Confirmation retreat in March
 - Prayer Service of Light and Practice with the candidate
 - Sponsor and Candidate Evening of Reflection
 - Confirmation Ceremony
- **A sponsor needs to be a model of a Catholic-Christian who is active in service, faith and prayer.** As your candidate prepares for the reception of this Sacrament, you too can explore the depth of your commitment and understanding of Confirmation.
 - Pray daily for your candidate and his/her family.
 - Challenge and encourage the candidate to meet the requirements asked of him/her. **Please assume the responsibility for initiating get-togethers with your candidate. Most 8th graders are hesitant to assert such initiative.**
 - A sponsor needs to be available as a faith companion and support to their candidate throughout your life:
 - Continue to touch base regularly with your candidate after Confirmation.
 - Celebrate the anniversary of Confirmation every year.
 - Encourage the candidate to continue service to others.
 - Continue to initiate attending liturgies and prayer services together.
 - Encourage your candidate to regularly receive the sacraments.

Confirmation Names

If the candidate's baptismal name is that of a recognized saint of the Church, there is no need to select a new name for Confirmation. Using the baptismal name for Confirmation is preferred because it highlights the relationship between the sacraments of Baptism and Confirmation.

If the candidate chooses to take a new name for Confirmation, however, it should be a name selected in honor of Jesus or Mary or from the list of recognized saints of the Catholic Church. Names of saints are chosen to serve as patrons and models for those being confirmed. Candidates should choose a patron whose Christian life or virtues can be imitated.

SPONSOR FORM
Holy Infant Church, 627 Dennison Dr, Ballwin, Mo. 63021

This form must be completed and returned in order to comply with the prerequisites for the Rite of Confirmation as outlined by the National Council of Bishops.

Please Print:

Name of Candidate for Confirmation: _____

Name of Sponsor for Confirmation: _____

Address of Sponsor: _____

E-mail: _____ **Tel #** _____

Statement of Sponsor:

I hereby attest that I am committed to my Roman Catholic Faith; that I am baptized and confirmed in it; and that I meet fundamental obligations as a catholic by participating in Sunday Mass, by receiving the Eucharist and Penance when necessary, by being open to the Word of God as revealed in the Scripture and taught by the Church, by witnessing to the values of the Gospel of Jesus Christ, and by seeking to be of service to others for the love of Him.

I recognize that in accepting the role as sponsor, I become responsible to give good example to the Candidate as a committed and active catholic and to be support to his/her parents in the practice of mutual faith.

Signature of Sponsor _____

As Pastor/Associate Pastor I recommend the sponsor (listed above) chosen by the candidate as spiritually qualified for the office and satisfies these requirements as stated by the National Council of Bishops:

1. He/She is sufficiently mature for the role (must be 16 years or older).
2. He/She belongs to the Roman Catholic Church and has been initiated in the three sacraments of Baptism, Confirmation and Eucharist.
3. He/She is a practicing Catholic.

Please Note: Canon Law 893 and 874 states that a sponsor cannot be the father or mother of the one to be Confirmed.

PLEASE PRINT:

Name of Sponsor's Church _____

Address of Sponsor's Church: _____

(This is the parish in which the sponsor is registered and from which he/she receives church contribution envelopes and information.)

Signature of Sponsor's Pastor: _____

Seal of Sponsor's Church

This form must be returned by January 3, 2014 . Attention: Patricia Foley (DRE) Holy Infant Church, 627 Dennison Dr, Ballwin, Mo. 63021. E-Mail pfoley@holyinfantballwin.org or call 636-227-0802 Option 3.

Confirmation Dress Code For Candidates and Sponsors

There have been many questions about the dress code for our male and female students for Confirmation. This is a solemn spiritual occasion for all our Confirmande and our parish community. As such we ask that you pay particular attention to the style of dress chosen by you for this occasion. Keep in mind that the most important reason for being there on that day is not to show off your dress or suit but to receive the gifts of the Holy Spirit in the Sacrament of Confirmation.

Dress Code for Men and Young Men

1. Suit, shirt and tie or jacket, shirt, tie and dress pants may be worn. Colors that are usually seen are black, brown, blue, white, and green.
2. Dress shoes only, no sneakers.
3. No spiked hair or colored hair.
4. No caps or hats.
5. No visible piercing (tongue, ears, nose or eyebrow)

Dress Code for Women and Young Ladies

1. Dresses should be knee length, "Sunday best," and age appropriate. No long formal dresses are allowed. Colors should be in the pastel range, this includes white.
2. No backless or strapless dresses allowed. The back of the dress **must be** above bra level.
3. The front of dress **cannot** be low cut with cleavage visible!
4. Dresses should not have spaghetti straps; all straps should be at least $\frac{3}{4}$ to an inch wide. (If you are having trouble with this, make sure that you have a wrap or short jacket for Confirmation day.) The wrap you buy should not be see-through as it will not do a "cover-up" job. Make sure also that it will stay in place and not slide down during the ceremony.
5. No bare shoulders. A wrap/shawl/sweater must be worn.
6. No knit/clinging/form fitted dresses accepted.
7. No slits of any kind.
8. No visible piercing (tongue, nose or eyebrow)
9. Make-up should not be obvious. Bishop requests no make up on the forehead for Confirmande as it mixes with the oils and becomes messy!

Please follow these guidelines so that this event will be sacred and holy.

From One Parent to Another Guiding Your Adolescent

Adolescence ushers in a new era in family life brought on by new adolescent life tasks and the changing role of the parents in relationship to their adolescent children. The changes of adolescence – puberty, new ways of thinking, wider sphere of social activity and relationships, greater autonomy – present the family as a whole with a new set of challenges. In fact, it would be fair to say that the whole family experiences adolescence. The challenge for families with adolescents involves

- allowing for the increasing independence of adolescents, while maintaining enough structure to foster continued family development
- reflection by parents on their personal, marital and career life issues
- adjusting patterns of family communication, traditions, celebrations to accommodate the growing adolescent
- beginning the shift toward joint caring for the older generation, for some families

The task for most families with adolescents – and it is by no means an easy one – is to maintain emotional involvement, in the form of concern and caring, while gradually moving toward a relationship characterized by greater behavioral autonomy.

What if the period of Confirmation preparation for your child could become a time for you to reflect on this special and challenging time in your life as a parent – parenting an adolescent?

Parent-teen relationships will challenge everyone involved to grow. This growth involves a little pain. Here are a few of the issues unique to families with adolescents and ideas on how individuals and families can facilitate growth. The following is adapted from Audrey and Joe Taylor's book, *Parenting for Faith Growth -- The Older Adolescent Years* (published by the Center for Ministry Development).

Parenting Older Adolescents

Joe and Audrey Taylor

*** Teen independence — “I can do it myself.”**

You heard this phrase when your young person was two years old. But the difference now is, when our children as teenagers say “I can do it myself,” they mean it! There are no easy answers or foolproof guidelines as we watch our young person explore that new emerging sense of self which is partnered with a growing independence...from us! How tightly should we hold on as dating becomes serious? How much can we loosen the reins when they start their first job? If we don't allow more and more independence, how can we expect to see a mature and self-sufficient adult emerge? In watching our teenagers, full of contradictions as they struggle with the challenges of this exploration, we become less and less captains of their journey and more and more loving companions.

*** Parental Flexibility — “But Dad, this is different.”**

“OK, is he being manipulative, or should I bend this time?” Don't we ask ourselves questions like this as our young person explains (and how good they are at that!) why a particular rule should apply differently, this time? Here comes the challenge for us parents – how to be flexible and consistent at the same time. Let's take the age-old family issue of curfew. We'd all like to call it a night at midnight and expect that our young person would be home by then. But perhaps the situation or event requires more flexibility than the standard mandatory time to be home. For instance, we know a teen whose curfew is rigidly set at 11:30 p.m. After working at a local fast food restaurant until 9:00 p.m., the only weekend movies he could attend were at 9:30 or 9:45 p.m. That young person walked out on the climax of several films in order to get home by the 11:30 deadline, and his resentment towards parents grew every time. Even though he lived up to the curfew, his relationship with his parents was stressed. A little flexibility on the part of the parents would have paid wonderful dividends. So what is our motto? The rigid tree breaks in the storm; the tree that sways and bends with the wind survives and flourishes.

*** Permeable Family Boundaries — “But, mom, this is the '90's. It's not the same as when you were a kid.”**

No, it's not. It is a difficult world at the same time that it is an awesomely marvelous world. The point is, the world is much different than the one in which we grew. “Family” is a much more encompassing word and the boundaries are much less rigid. Experience of family can occur outside of our doors. The move back and forth between different homes and lifestyles can be an occasion for tension or for growth depending on how it is handled by the adults involved.

*** Parental Authority — “You can’t make me. You parents don’t know anything.”**

Yes, how often we are reminded of our lack of knowledge! After all, we learn as we go and grow as parents. In a family with adolescents, we, the parents, are no longer the complete authority in the lives of our children that we were in their young days. As our young people develop their lives separate from ours, they will seek out other authorities in their quest. No longer being the authority in your adolescent’s life is scary, but it is also freeing.

*** Influence of the Adolescent’s Friends — “But my friend said...”**

What friends say carries a lot of weight. The world of adolescents is a world of friendships, some healthy, some destructive. Either way, friends are influencers. A wise parent learns to pay attention to friends and their lifestyles. Accepting your child’s friends is an important part of living through this stage. We must be careful to accept their friends even if their behavior leads to some intense discussion and compromise. Our acceptance can be a lesson in Christian love and a model for our young people. An added benefit of knowing your youth’s friends is that you will learn a lot about your son or daughter from them.

*** Fluctuation between Independence and Dependence — “I can’t wait to get my driver’s license.”**

Families with adolescents experience a lot of fluctuation. Teens may move from feeling independent and confident to dependent and insecure several times a day. This is normal. The adolescent years are the years that our young people can test out their independence, knowing that they have you to fall back on. Wise parents increase their adolescents’ independence and diminish the dependence gradually as the years pass.

*** Relationship with Extended Family Members — “You parents don’t understand as well as Aunt Beth does.”**

Independent relationships, particularly with members of your extended family, broaden the young person’s social skills, human resources and ability to love. Your relationship will benefit from the independent relationships your son or daughter forms with grandparents, aunts and uncles, et al.

Growing Up Healthy and Holy!

What do you want your young person to become? How do you want him or her to grow up? What do you want your teenager's life to look like, both now and in the future? What picture do you have in your mind? These are critical questions for parents. Answering them can help shape the way we raise our children.

Perhaps this Confirmation preparation period is a time for you, a parent of an adolescent, to identify how what you do as a parent influences -- in fact helps "build" -- your young person into a healthy adult. Perhaps this is a time for you to reflect not on what you don't want your child to become, but on the wonderful possibilities for your adolescent to be a healthy, whole, (and holy) human being. Your young person's development of essential life skills is a process of achieving wholeness and "holiness."

The **Search Institute** has identified thirty developmental assets that are necessary in order for young people to grow in a healthy way. In *Parenting with a Purpose and 240 Ideas for Building Assets in Youth* Dean Feldmeyer and Eugene C. Roehlkepartain describe external and internal assets and ways that parents can help their adolescents develop these assets.

External assets come from outside the teen — from you as parents, from other people, from institutions such as schools, churches and youth serving organizations. External assets are those that surround the young person with support, boundaries and structure. Have you ever

- wiped your child's tear when he or she was hurt by a friend's unkind words?
- accepted him or her regardless of the hair style or the clothing?
- helped your child through the awkward physical and emotional growth points of adolescence?
- cheered on the sidelines during that football game or swim meet?
- encouraged your child's involvement at church?

These simple actions illustrate ways in which parents provide external assets for their adolescents.

► Consider these tips to build the external assets of your child....

- ➔ Tell your child how much you love him or her – over and over, verbally! Adolescents are not “too old” to hear “I love you” from mom and dad.
- ➔ Young people need their “space” – allow your child his or her own space, but at the same let them know you are available. When they need your attention, be present to them!
- ➔ Do you know what your child is thinking and believing? Ask!
- ➔ Adolescents grow much through relationships with other adults. Give your child opportunities to be with other adults; recommend that they ask other adult role models for advice.
- ➔ Ask your child, “What one new thing did you learn today?” While reinforcing the value of their education at school, expand their notion of learning beyond the classroom by helping them pull new learning’s out of their day-to-day experiences.
- ➔ Ever find yourself in a bind, not quite knowing how to deal with a particular situation with your son or daughter? Talk with other parents of adolescents, or those who have raised teenagers to get feedback and advice.
- ➔ Be consistent! If you and your child negotiate rules of behavior, stick to them!
- ➔ Put a family calendar up in a prominent place (refrigerator door?!) where your teenager can track his or her activities as well as those of the rest of the family.
- ➔ Do you know who your young person is hanging out with at the dance this Friday night? Ask!
- ➔ Is your home the neighborhood teenagers’ hangout? Inviting your child’s friends into your home is a great way to get to know them.
- ➔ We want our children to be involved in Church. What do you model? Are you involved in the religious activities of your community?
- ➔ Participate in intergenerational religious education experiences, gathering with other families to learn, grow and live the Catholic faith.
- ➔ Participate together in the sacramental preparation of individual family members.

Internal assets are commitments, attitudes, values and skills that support youth from within. These are assets that parents support, encourage and nurture through modeling. Have you ever

- modeled a commitment to lifelong learning by reading or taking a night class?
- volunteered as individuals or as a family in the community?
- involved your young people in family decisions?
- welcomed your child’s friends into your home?

Actions such as these can nourish internal assets in your young person.

► Consider these tips to help build the internal assets of your child....

- ➔ Are you a motivated learner? Model interest in learning for your children.
- ➔ Share your life goals, dreams and priorities with your adolescents. Ask them about theirs.
- ➔ What's beyond high school for your youth? Make a commitment to make post-high school education a reality for your young person.
- ➔ Gather as a family in service to others. Talk about why you are involved in outreach and what you as a family are learning.
- ➔ Include the whole family in discussions about which charitable organizations the family will make contributions. Use dinnertime to talk about world issues,
- ➔ Put downs and negative humor do not have a place in the family. Model respect.
- ➔ Allow your teenager to express his or her feelings without those feelings being minimized. Model acceptance and listening, and teach your child to listen to others.
- ➔ Teach and model appropriate ways to show affection. Make sure that the family's expectations in this regard are clear.
- ➔ Young people need to learn how to make healthy decisions. Involve them in the family's decision making process and allow them to "learn" from their poor decisions.
- ➔ Be there to support your child in establishing and maintaining healthy friendships. Model healthy friendships yourself.
- ➔ Celebrate the things about your son or daughter that are unique. Affirm first!
- ➔ The dreams of your son or daughter are very real. Do not dismiss these dreams!
- ➔ Continue to grow in your faith through reading, informal discussion or participation in parish or community educational programs and share your learnings with one another in the family.
- ➔ Help your teenager make the connection between their life experiences and faith values, drawing on the rich resources of Scripture, Catholic Tradition and the faith traditions found in their ethnic heritage.
- ➔ Recognize the impact of media and learn to evaluate media critically in light of the life-giving values of the Catholic Christian faith.

Resources

- Feldmeyer, Dean and Roehlkepartain, Eugene C. Parenting with A Purpose. Minneapolis: Search Institute, 1995.
- Roehlkepartain, Eugene. 240 Ideas for Building Assets in Youth. Minneapolis: Search Institute, 1994.
- Taylor, Joe and Audrey. Parenting for Faith Growth: The Older Adolescent Years. New Rochelle: Don Bosco Multimedia, 1993. (Available from the Center for Ministry Development.)

Sharing Stories of Faith

As important as faith may be, it isn't a normal topic of dinner conversation in most families with adolescents. Most often young people (and their parents) need a bit of assistance and structure in order to move faith to the forefront in family discussions. This activity takes a story sharing approach to discussing faith. It helps young people and parents articulate why faith is important to them and how they find it in the ordinary experiences of their life.

► Reflect

Use any or all of the following open-ended sentences as a starting point for a family discussion on faith. Choose the questions together. Give people some quiet time to reflect on their responses before moving to discussion.

- ❖ Something that is really different about Catholicism today, compared to 20 or 30 years ago is....
- ❖ In my experience as a teenager, attending Mass on Sunday.....
- ❖ A person who has really influenced my faith life.....
He or she influenced me by.....
- ❖ As a child, I was taught to pray..... Now I pray.....
- ❖ Something I love about being part of the Church.....
- ❖ A difficulty I have with the Church.....
- ❖ A time in my life when I really needed God was.....
- ❖ When I think about Jesus.....
- ❖ I believe faith is important because.....

► Share

Invite family members to share their reflections with one another. Some may find it difficult to share aloud the first time or two, so patience is essential. Just talking about faith together reflects its importance in your life and offers family members a chance to rethink how they see or experience faith. Here are a few hints on dialoguing about faith with adolescents:

- ❖ Allow and encourage young people to be honest with themselves and with you about where they are at in their faith journey. For some young people faith is a certainty. For others it is a real struggle. Both faith stances can be very real. Both need to be respected.
- ❖ For many young people faith is most tangible when seen through the perspective of personal relationships and/or values. Raising the issue of who and what they believe in, and why, can be a fruitful starting point for discussions of faith.
- ❖ Be flexible in your conversations about faith. Discussing issues and questions of immediate concern to young people, even when the issues do not appear to be explicitly religious, can be a prelude to an encounter with the deeper questions of personal faith.

► Pray

Close your sharing of faith stories with a simple prayer or Scripture reading.

CONFIRMATION CALENDAR

2013-2014

There are varieties of gifts, but the same Spirit; varieties of services, but the same Lord; varieties of activities but the same God who inspires them all in everyone. To each is given the manifestation of the Spirit for the common good. (1 Cor. 12:4-7)

Fri. Sept. 6, 2013

CONFIRMATION PAPERWORK DUE TO PATRICIA FOLEY IN THE RECTORY

Pink Registration Form

Orange Commitment Sheet

Copy of Baptism Certificate for Day school students only (**required even if baptized at Holy Infant**)

Community Group Choice Form (**Late drop off will result in minimal choice of group and day to meet.**)

Thurs. Sept. 26, 2013

CONFIRMATION PARENT EVENING OF REFLECTION

7:00 pm – 8:30 pm Upper Cafeteria

Parents will meet small group facilitators.

Sat. Nov. 16, 2013 – 5:30 pm

CONFIRMATION CANDIDATE COMMITMENT CEREMONY

or

(Must attend with Confirmation Parish Community Group)

Sun. Nov. 17, 2013 – 12:00 noon

CONFIRMATION CANDIDATE COMMITMENT CEREMONY

Fri. Jan 3, 2014

SPONSOR FORM AND SPONSOR LETTER DUE

*Make sure each Sponsor Form is signed and sealed by the sponsor's Church.

*Sponsor Letter (This can be mailed ahead of time to Patricia Foley in the rectory – see info. in Sponsor Guidebook.)

Thurs. Jan. 23, 2014

SPONSOR/CANDIDATE EVENING OF REFLECTION 7:00 pm – 9:00 pm – Upper Cafeteria

Last Day for Late Paperwork!

*Sponsor Form – (located in the Yellow Sponsor Guidebook and the Red Parent Guidebook)

*Sponsor Letter (This can be mailed ahead of time to Patricia Foley in the rectory – see info. in Sponsor Guidebook.)

SPONSOR FORM
Holy Infant Church, 627 Dennison Dr, Ballwin, Mo. 63021

This form must be completed and returned in order to comply with the prerequisites for the Rite of Confirmation as outlined by the National Council of Bishops.

Please Print:

Name of Candidate for Confirmation: _____

Name of Sponsor for Confirmation: _____

Address of Sponsor: _____

E-mail: _____ **Tel #** _____

Statement of Sponsor:

I hereby attest that I am committed to my Roman Catholic Faith; that I am baptized and confirmed in it; and that I meet fundamental obligations as a catholic by participating in Sunday Mass, by receiving the Eucharist and Penance when necessary, by being open to the Word of God as revealed in the Scripture and taught by the Church, by witnessing to the values of the Gospel of Jesus Christ, and by seeking to be of service to others for the love of Him.

I recognize that in accepting the role as sponsor, I become responsible to give good example to the Candidate as a committed and active catholic and to be support to his/her parents in the practice of mutual faith.

Signature of Sponsor _____

As Pastor/Associate Pastor I recommend the sponsor (listed above) chosen by the candidate as spiritually qualified for the office and satisfies these requirements as stated by the National Council of Bishops:

4. He/She is sufficiently mature for the role (must be 16 years or older).
5. He/She belongs to the Roman Catholic Church and has been initiated in the three sacraments of Baptism, Confirmation and Eucharist.
6. He/She is a practicing Catholic.

Please Note: Canon Law 893 and 874 states that a sponsor cannot be the father or mother of the one to be Confirmed.

PLEASE PRINT:

Name of Sponsor's Church _____

Address of Sponsor's Church: _____

(This is the parish in which the sponsor is registered and from which he/she receives church contribution envelopes and information.)

Signature of Sponsor's Pastor: _____

Seal of Sponsor's Church

This form must be returned by January 3, 2014 . Attention: Patricia Foley (DRE) Holy Infant Church, 627 Dennison Dr, Ballwin, Mo. 63021. E-Mail pfoley@holyinfantballwin.org or call 636-227-0802 Option 3.

NOTES: