

**Sacrament of Confirmation**  
**Guardian Angels Church 2021-2022**



**“All were filled with the Holy Spirit.”**

**Acts 2:4**

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# Confirmation Overview

Welcome to the preparation process for Confirmation! I hope it is a faith-filled time for you and your sponsor. I hope this process deepens your participation and commitment with our church. Please bring this booklet and a pen to each of the Confirmation sessions as it contains the outlines you will need for taking notes at the sessions. Contact Paul Deziel with any questions at [pdeziel@guardian-angels.org](mailto:pdeziel@guardian-angels.org) or 651-789-3173.

## Confirmation Requirements

Our goal is to prepare young people who are ninth grade or in high school to grow in faith and receive the Sacrament of Confirmation next fall. Students preparing for Confirmation must complete:

- Four education sessions (Sign of the Cross, Anointed with Oil, the Holy Spirit, and Unity)
- One retreat of their choice (TEC, NET, Catholic High School, Guardian Angels, or Mission Trip).
- One safety session (skills to prevent teen sexual abuse as required by the Archdiocese)
- Two hours of service to the poor or vulnerable (see guidelines in booklet)
- Participate in at least 5 of the CONNECT high school programs (see schedule).
- One Call to Ministry Session for all youth who attend Guardian Angels Church.
- Paperwork- Sponsor Form, Service Form, Candidate Form, Evaluation Form , and an updated Certificate of Baptism if not baptized at Guardian Angels.

**Confirmation is celebrated at the Cathedral in St. Paul in the fall of 2022.** Date unknown until the spring.

## Steps to Complete Your Preparation:

- 1) **Register** at <https://www.guardian-angels.org/> using the Growing In Faith Together registration form.
- 2) **Choose a Sponsor and Submit the Sponsor Form.** We ask that you choose a Confirmed Catholic, a person of faith you admire who is not your parent, and someone who can attend all four of the education sessions with you. This person can support your growth in faith this year and beyond.
- 3) **Choose and sign-up for a Confirmation retreat** - Challenge yourself to choose a retreat from the retreat options listed on page 13 of the Confirmation booklet that will help you grow spiritually.
- 4) **Attend the four education sessions** (with sponsor) **and one safety session** (with a parent) of your choice (see calendar listing sessions on page 3)

- 4) **Participate in at least 5 Connect** programs for high school youth on Sunday afternoons (see schedule on page 3).
- 5) **Plan and complete your Service to the Poor or Vulnerable-** Serving the poor and vulnerable is an essential element of living our Catholic Faith. Use the guideline sheet of service resources listed in your Confirmation booklet. Fill in the **Service Form** and give it to Paul by August 30, 2022.
- 6) **Choose a Confirmation Name** (or choose to use your own name from Baptism). Read the guidelines in your booklet. You will communicate the choice of your name by returning the Candidate Form in the Confirmation booklet.
- 7) **Fill out the Evaluation and Candidate Forms** (see booklet) and send them to Paul by August 30, 2022.
- 8) **Certificate of Baptism-** If you were not baptized at Guardian Angels Church please contact the church of your baptism and get an updated copy of your Certificate of Baptism sent to Guardian Angels. **Wait until May to complete this step** as all copies of certificates of baptism must be within six months of our Confirmation date. Note– a copy of the one you have at home **will not suffice** per policy of the Archdiocese.
- 9) **Attend the Call to Ministry Session** for all Guardian Angels youth to learn how to be involved in our church after you are confirmed. Remember Confirmation is initiation into the life of the church, not a graduation out of the church!
- 10) **Confirmation Mass-** Plan to attend the 11 AM Mass at Guardian Angels the weekend before Confirmation so you can receive a the Rite of Sending blessing and recognition from our community.
- 11) **Confirmation in the fall of 2022-** Attend Confirmation Mass at the Cathedral in St. Paul and receive the Sacrament. You will also receive a Confirmation Certificate that day. We will not be given this date until the spring of 2022.

## GA Confirmation Preparation Schedule 2021-2022

Requirements	Dates and Times	Location
<b>Sign of the Cross</b> Youth and Sponsors attend one	Sunday, September 12, 12:30-1:45 PM Sunday, January 2, 12:30-1:45 PM	Peter O'Neill Hall
<b>Holy Spirit</b> Youth and Sponsors attend one	Sunday, October 3, 12:30-1:45 PM Sunday, February 6, 12:30-1:45 PM	Peter O'Neill Hall
<b>Anointed with Oil</b> Youth and Sponsors attend one	Sunday, November 7, 12:30-1:45 PM  Sunday, March 6, 12:30-1:45 PM	Worship Space Peter O'Neill Hall
<b>Unity</b> Youth and Sponsors attend one	Sunday, December 12, 12:30-1:45 PM Sunday, April 3, 12:30-1:45 PM	Peter O'Neill Hall
<b>Call to Ministry at GA</b> Guardian Angels youth only	Sunday, May 1, <b>2022</b> , 12:30-1:30 PM	Youth Center
<b>Safety Session (VIRTUS)</b> Youth and parents attend one	Sunday, October 17, 12:30-1:45 PM Sunday, January 30, 12:30-1:45 PM	Peter O'Neill Youth Center
<b>CONNECT</b> Teens invited to all and expected to <b>attend at least 5</b> . Sessions provide mixer games, and small groups and large group activities to connect with God and others.	<b>Sundays 12:30-1:30 PM:</b> October 24                      February 27 November 28                    March 27 December 19                    April 24 January 23                        May 22	Peter O'Neill Hall
<b>Retreat</b> Youth attend one. Email Paul to reserve a space.	*Sunday, June 12, 2022, 12:15 –3:00 PM *Sunday, August 14, 2022, 12:15-3:00 PM Or NET, TEC, Catholic School Retreats, or *Mission Trips to be announced.	Youth Center, Peter O'Neill Hall.
<b>2 Hours of Service to the Poor or Vulnerable</b> Youth can do themselves or with Guardian Angels. Turn in the Service Form from Confirmation booklet when completed.	<b>Halloween Trunk-or-Treat</b> , Saturday, October 23, 10 am to 11:30 am with Food Shelf.  <b>*Christian Cupboard Emergency Food Shelf.</b> Fridays 3:30-5:30 pm Feb 25 or April 22 Saturdays 8:30-11:30 am Feb 26 or April 23.	GA Parking Lot  CCEFS Food Shelf at GA

**\*Space is limited so contact Paul to reserve a space in advance**

Confirmation Coordinator Paul Deziel 651-789-3173 or [pdeziel@guardian-angels.org](mailto:pdeziel@guardian-angels.org)

## Outline Sign of the Cross Session

Who do you think God the Father is? What do you think God the Father does?

What do the Hebrew words hesed and emeth from the Bible mean to describe God?

Summarize the following paragraphs from the Catechism of the Catholic Church on God :

CCC 268

CCC 370

Summarize the Nicene Creed statements on God the Father.

What do the following Bible passages suggest about God?

Numbers 11:10-12

Isaiah 66:10-13

Luke 15:11-32

Matt 6:6

Luke 12:4-7

Who do you think Jesus is and what did he do?

How is the mission of Jesus described in Luke 4:18-19?

What are the images of Jesus from these Gospels readings:

John 6:35

John 10:11-18

John 8:12

John 11:26

John 15:1-8

Matthew 16:13-17

Summarize the Nicene Creed's belief on Jesus.

What is the Paschal Mystery?

What are some Paschal Mystery stories from your own life? Times of loss, suffering or change followed later by growth, new learning or life?

## **Outline- Anointed With Oil Session**

**Three Ministries of Jesus we are anointed into at Baptism- Priest, Prophet and King.**

1. Priest- How do you like to pray?
2. Prophet- When do you speak up for God?
3. King- How does Jesus rule your life?

**What is the mission of Jesus described in Luke 4:16-19?**

Who is poor today?

Who are captives today?

Who are blind today?

Who are the oppressed or powerless today?

### **Catholic Social Teaching**

Summarize what Pope Leo XIII taught in his encyclical letter *Rerum Novarum* in 1891.

**Summarize what each of the following themes of Catholic Social Teaching mean:**

- 1) Dignity of the Human Person
- 2) Call to family, Community and Common Good

3) Rights and Responsibilities

4) Option for the poor

5) Dignity and rights of workers

6) Solidarity

7) Caring for God's creation

**Summarize Pope Francis' teachings** from the following paragraphs in *Laudato Si*

**#14**

**#23**

## Outline for Holy Spirit Session

1 What do you think are symbols for the Holy Spirit? Who do you think the Holy Spirit is?

List the **symbols for the Holy Spirit** from these paragraphs of the Catechism of the Catholic Church:

CCC 696

CCC 701

CCC 694

CCC 695

CCC 697

CCC 700

CCC 699

**Andrei Rublev's Icon of the Holy Trinity** based on three angels visiting Abraham in Genesis 18. Examine the icon and guess which angels represent the Father, the Son, and the Holy Spirit- based on visual evidence.

**Write your opinion here.**

What do you think the Icon teach us about the Holy Trinity?

After discussion which person is which and why?

What are some lessons the Icon teaches about the Holy Trinity?

What are some lessons the Icon teaches about the Holy Trinity?

Who is the Holy Spirit according to the Catechism of the Catholic Church paragraph 685 and the Nicene Creed?

List the nine fruits of the Holy Spirit from Galatians 5:22?

Where have you experienced any of the fruits of the Holy Spirit?

List the seven gifts of the Holy Spirit from Isaiah 11:2-3?

Where have you experienced the fruits of the Holy Spirit?

How does Elijah describe the Holy Spirit in Kings 19:11-18

How might the Holy Spirit be calling you?

## Outline for Unity Session

**Unity of Early Church Practices**-What do the following Greek words mean?

kerygma

koinonia

leitourgia

diakonia

What does Paul tell us about unity in 1 Corinthians 12:12-14 and Ephesians 4:3-6?

What do the following **4 Marks of the Church** mean from the Catechism of the Catholic Church (see paragraph numbers below).

**one**- CCC 813 and 815

**holy**- CCC 823 and 825

**catholic**- CCC 836 and 834

**apostolic**- 857 and 862

What does the Catechism of the Catholic Church say about the Eucharist- CCC 1324

## **Discuss with Sponsors**

- 1) Is Eucharist important to me? What does it seem to do for me?
- 2) Do I feel unity in our church community?
- 3) What questions do I have about Eucharist?

## **Diversity of the Church**

What were 5 early centers of Christianity that were diverse?

What does Paul say about diversity in the church in 1 Corinthians 12:8-10 and Ephesians 4:11-13?

What did the Council of Nicaea decide about the nature of Jesus in 325 AD?

What did the Council of Constantinople decide about the Holy Spirit in 381 AD?

What did the Council of Ephesus say about Mary in 431 AD?

What does the Catechism of the Catholic Church teach about our conscience:

CCC 1776

CCC 1782

**CCC 1785**

## **Discuss with Sponsors**

- 1) What do I see as my role in the church?
- 2) What I most celebrate or enjoy about being Catholic is...
- 3) What I question most in church teaching or practice is...

## Safety Session Vocabulary:

Boundaries

Sexual Assault

Date Rape

Date Rape Drugs

Stalking

Cyber Stalking

### Uncomfortable Situations -Talk with your tables about what you would do?

- A) My coach seems to be always tapping, rubbing, or slapping me. She does it to everyone, yet, I feel uncomfortable when she does it to me. Is it just me? What should I do?
- B) The halls at school are crowded between classes. One student seems to have a lot of “accidents” that cause him to rub against me every day. What should I do?
- C) When my stepfather comes home drunk late at night he comes into my room and touches my private parts. How should I handle it?
- D) One day after practice, a group of us went over to our coach’s house to shoot pool. Lying there on a table in the den were magazines full of pictures of nude women. I was uncomfortable, but everyone else was laughing and joking looking at the pictures. If I tell my parents, everyone will think I’m a dork. What should I do?
- E) My boyfriend wants to come over to my house when my parents are gone, but he’s been pushing me to have sex with him and I’m afraid I won’t be able to say “No” if he and I are alone in the house. What should I do?

### Date Rape Drugs

GHB- Street names: G, Cherry-meth, Everclear and Fantasy

Rohypnol- Names: Forget pill, Landing gear, Mexican valium, Mind eraser, Rope

Ketamine-Name: cat valium, Jet, K, Super C, and Vitamin K.

MDMA- Ecstasy, X, XTC and Clarity

SOMA-Street names: D, D’s, Dance, Dans

## Protect Yourself from Date Rape:

**NEVER** accept an \_\_\_\_\_ drink from anyone at a party (only drink from a sealed can or bottle that you have opened)

**NEVER** leave your drink or beverage \_\_\_\_\_ at a party.

**NEVER** go to a party or teen club \_\_\_\_\_. Always go with one or more friends and make a point to stick together and look out for each other.

If you ever feel intoxicated, \_\_\_\_\_, sleepy, or nauseated **DO NOT** go to the restroom without one of your trusted friends accompanying you. Never allow yourself to be led off anywhere away from the group-even by someone who seems to be trying to help you. In a house, always stay in a well-lit open area with your trusted friends and rigorously ask them to help you. Explain you feel ill and tell them to call your parents or make other safe arrangements to leave with you immediately.

**NEVER** continue to \_\_\_\_\_ anything that has an unusual taste or appearance.

**Grooming Behavior-** Seeks to build trust through attention, gifts, secrets, and manipulation.

## Safety Rules for Internet Use:

**Write 3-5 Trusted Adults You Could Talk To if You Need Help:**

## Retreat Options for GA Confirmation Program

We ask students to explore and grow in their faith life by participating in one of the following retreats after they have registered for the Confirmation program. Please choose a retreat that will challenge you best and help you grow. Retreats fill up on a first-come, first-served basis so plan to register early. Retreats sometimes require a non-refundable deposit to register. E-mail Paul to sign up for

- 1) **Guardian Angels** on Sunday June 12, 2022 or August 14, 2022 from 12:15-3:00 PM in the Youth Center. Limited to 30 youth. E-mail Paul to sign up at [pdeziel@guardian-angels.org](mailto:pdeziel@guardian-angels.org)
- 2) **NET Retreats** (National Evangelization Teams). These are weekend retreats out of the NET Center in West St. Paul. For more information or to register contact them at [www.netusa.org/confirmation](http://www.netusa.org/confirmation)
- 3) **TEC** (Teens Encounter Christ) is a weekend at a church in southern Minnesota. For more information or to register contact them at [www.southerntec.org](http://www.southerntec.org)
- 4) **Catholic High School Retreat**– if your son or daughter attends a retreat at their Catholic high school simply e-mail Paul to inform him and that will cover the requirement.
- 5) **Church Mission/Service Trips**– See Paul or another local church for more information.
- 6) **Catholic Youth Camps**– This is a week long experience during the summer in northern Minnesota, For more information contact them at [www.cyc.org](http://www.cyc.org) or 651-636-1645.

Be still, and know  
that I am God.  
Psalm 46:10

## Confirmation Guidelines for Service to the Poor or Vulnerable

**Purpose-** Guardian Angels Church requires all Confirmation candidates to complete one service experience to the poor or vulnerable as a way to demonstrate or express our faith in the world. The letter of James teaches us “faith by itself, if it has no works is dead.” (James 2:17) We emphasize service to the poor or vulnerable in order to follow the example of Jesus who often reached out to the outcast and marginalized people of his day including tax collector, lepers, the blind, the lame, and the poor. He proclaimed his mission to “bring glad tidings to the poor, proclaim liberty to captives, restore sight to the blind, and let the oppressed go free.” (Luke 4:18-19)

### Who is Poor or Vulnerable?

Homeless people  
Low-income people  
The poor around the world  
Pregnant women and the unborn  
Immigrants and minority cultures  
The elderly or sick  
Physically or mentally challenged people  
Young children  
Chemically addicted  
Others...

### Organizations/ideas to complete this service include:

Feed My Starving Children- meals for the poor see [www.fmssc.org](http://www.fmssc.org)  
Bridging- furniture for low income at [www.bridging.org](http://www.bridging.org)  
ARC Value Village- proceeds for the disabled at [www.arcsvaluevillage.org](http://www.arcsvaluevillage.org)

Hallie Q. Brown- food shelf, clothes, kids at [www.hallieqbrown.org](http://www.hallieqbrown.org)  
Habitat for Humanity- affordable housing at [www.tchabitat.org](http://www.tchabitat.org)  
Union Gospel Mission- homeless at [www.ugmtc.org](http://www.ugmtc.org)

Listening House- Drop in center at [www.listeninghouse.org](http://www.listeninghouse.org)  
Common Bond Communities- affordable housing at [www.commonbond.org](http://www.commonbond.org)  
Catholic Charities for Dorothy Day Center or Family Services Center at [www.cctwincities.org](http://www.cctwincities.org)

East Metro Place- low income families at [www.emwc.org](http://www.emwc.org)  
Senior Centers- Maplewood Care Center 770-1365 or Cerenity Care at [www.cerenitysenior.org](http://www.cerenitysenior.org)  
Life Care Center East- pregnancy resources at [www.lccr.org](http://www.lccr.org)

Hospitals- St. John's, St. Joseph's or United, Children's etc.  
Guardian Angels Church- Summer Stretch, Community Garden, Mission Trip, Hope the for Journey Home Shelter etc. (contact Paul Deziel on how to get involved)

### Your Service Must Be...

Total at least two hours  
Not directed at a family member or relative  
Documented using the Service Form in your booklet (Turn in by August 30, 2021).

## Choosing a Confirmation Name

- 1) **Option 1- Use your Current Name.** Since Vatican Council II, the Church has taught that one may keep their Baptismal name and use it again for Confirmation as long as it is a Saints name.
- 2) **Option 2- Choose the name of a Saint you admire.** The Saints act as role models for us and inspire us to live holy lives. Learning about the lives of the Saints can be a fun way to grow in faith. You can read about individual Saints at [www.catholic.org/saints](http://www.catholic.org/saints) or other websites. If you feel moved or inspired by a Saint you learn about- that may be a good choice for a Confirmation name. You are not limited by gender- boys can choose the names of female Saints and vice-versa. If you do this option, try to make sure the Saint is historical (a real person who lived and was canonized by the Church).

**You will write down your chosen Confirmation name on the Candidate Form** in this booklet and turn in by August 30 of the fall you are going to be Confirmed.



**Guardian Angels Church**  
**Confirmation Sponsor Form**

Return To: Paul Deziel  
Guardian Angels Church 8260 4<sup>th</sup> Street N. Oakdale, MN 55128  
pdeziel@guardian-angels.org

***Candidate Information:***

Full Name: \_\_\_\_\_

Telephone Number: \_\_\_\_\_

E-Mail: \_\_\_\_\_

***Sponsor Information:***

Full Name: \_\_\_\_\_

Telephone Number: \_\_\_\_\_

E-Mail: \_\_\_\_\_

***Candidate, Please answer:***

What is your relationship with your sponsor? How do you know each other?

Why did you choose this person to be your sponsor?



## Guardian Angels Confirmation Service Form

Name \_\_\_\_\_

Signature of adult or parent \_\_\_\_\_ Phone # \_\_\_\_\_

Service site (name or location) \_\_\_\_\_

Date/s and times for this service site \_\_\_\_\_

1) Describe what you did and how the recipients of this service were poor or vulnerable.

2) Describe what you learned and how it relates to your faith.



## Confirmation Candidate Form- Guardian Angels

Due August 30 for the year celebrating the Sacrament

(Please Print)

Legal Name: \_\_\_\_\_  
Full First Name Middle Last

Chosen Confirmation Name \_\_\_\_\_

Birth Date \_\_\_\_\_ Baptism Date \_\_\_\_\_  
Month/day/year Month/day/year

Church of Baptism \_\_\_\_\_  
Church name Church street address

Church City \_\_\_\_\_ State Church Zip Code

Mother's Name \_\_\_\_\_  
First Middle Maiden

Father's Name \_\_\_\_\_  
First Last

Address: \_\_\_\_\_  
Street City State Zip Code

Phone Number \_\_\_\_\_

Sponsor Information:

Sponsor Name \_\_\_\_\_  
First Full Name Middle Last

Address: \_\_\_\_\_  
Street City State Zip Code

Phone Number \_\_\_\_\_



## Evaluation Form- Confirmation at Guardian Angels

Name of Candidate: \_\_\_\_\_

1) Do you want to receive the Sacrament of Confirmation in the Catholic Church? Explain why or why not?

2) What did you enjoy most in your preparation for Confirmation?

3) What would you suggest to improve the Confirmation program?

How can we contact you? Email:

\_\_\_\_\_

Phone: \_\_\_\_\_