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# INTRODUCTION

## OVERVIEW

The *Oneight* Confirmation Series is a comprehensive Catholic model of preparation for the Sacrament of Confirmation. The *Oneight* Series is a stand-alone resource that gives practical, step-by-step ways to help teens grow closer to Christ and His Church. Through a series of sessions based on creative and experiential catechetical methods, young people are drawn into a deeper faith that will transform their hearts and change their life. The format for the sessions follows the flow of Liturgy with the Gather, Proclaim, Break and Send segments.

Tested in several parish environments, *Oneight* provides young people with life-changing experiences that keeps them involved in their faith community even after receiving the Sacrament of Confirmation.

This program was developed by the National Life Teen Staff as a resource for parishes that struggle with the best way to prepare young people for Confirmation. It is not limited to parishes that use the Life Teen model of ministry. The Confirmation series presented here comes after a “trial and error” method of what has proven successful over the years.

You will most likely adapt one of these models to your specific parish environment. Our goal is to provide various working models so that you can easily adapt it to your parish to best prepare your young people.

The *Oneight* Series is adaptable to different age groups as well. We recommend that you take into account the age group that will be going through the series.

The following few pages outline the flexible structure of the *Oneight* Series. Take time to implement it in your parish. This series will challenge your candidates to make a serious commitment to being confirmed.

## PICK A FORMAT THAT WORKS FOR YOUR PARISH

The *Oneight* Confirmation Series allows for various formatting options. We have created three different options for you to choose from, however, feel free to create one that works best for your parish setting. Please check with your local Diocese or Archdiocese for specific Confirmation guidelines. Each format provides Candidate and Parent sessions, Candidate and Sponsor sessions, 16 Small or Large Group sessions and Small Group Service projects.

### ONE-YEAR SUPER SATURDAY FORMAT

The *Oneight* Confirmation Series creates a meeting schedule that includes a Program Kickoff Day and four Super Saturdays. Both the Kickoff day and the Super Saturdays are composed of three sessions done back to back throughout the day. The Super Saturdays are spaced throughout the year to occur approximately once a month with Small Group Service projects occurring two weeks after each Super Saturday session.

### ONE-YEAR WEEKLY FORMAT

The *Oneight* Confirmation Series can also be broken down into weekly sessions with bimonthly Small Group Service projects. Provided in this resource are a total of 16 distinct *Oneight* sessions. There are also sessions for candidates and parents and candidates and their sponsors.

### TWO-YEAR MONTHLY FORMAT

The *Oneight* Confirmation Series is also an effective two-year program. Each of the 16 sessions can be broken into individual nights for once a month Large or Small Group gatherings. The two-year format allows for specific topics for each year of preparation as well as two small group service projects.

## WEEKEND RETREAT

The *Oneight* Confirmation Series also includes the Emmaus weekend retreat. This six-session retreat invites candidates on a confirmation journey based on the Emmaus story found in the Gospel of *Luke 24:13-35*.

# ONE-YEAR SUPER SATURDAY FORMAT

## SESSION 1

*(Mid October) Two-Hour Session*

WHY CONFIRMATION?  
Preparing for Confirmation  
*Parents and Candidates*

## SESSION 2

*(Mid November) Two-Hour Session*

CALLED TO WITNESS  
How to be a Good Sponsor  
*Candidates and Sponsors*

## SMALL GROUP SERVICE PROJECT

*(During December)*

## KICKOFF RETREAT DAY

*(First Saturday in December) Eight-Hour Retreat Day*  
*Candidates and Small Groups*

## SESSION 3

I AM  
Existence of God

## SESSION 4

THE PLAN  
God's Plan of Salvation

## SUPER SATURDAY 1

*(Early January) Eight-Hour Retreat Day*

## SESSION 5

OUTWARD SIGNS  
Jesus in the Sacraments

## SESSION 6

SUPPER TIME  
Jesus in the Mass

## SESSION 7

I BELIEVE  
The Creed

## SMALL GROUP SERVICE PROJECT

*(During January)*

## SUPER SATURDAY 2

*(Mid February) Eight-Hour Retreat Day*

## SESSION 8

MORE THAN WORDS  
Personal Prayer

## SESSION 9

THEOLOGY OF THE BODY  
Chastity and Purity

## SESSION 10

TRUTH BE TOLD  
Making Moral Decisions



# ONE-YEAR WEEKLY FORMAT

## SESSION 1

*(Early October) Two-Hour Session*

WHY CONFIRMATION?  
Preparing for Confirmation  
*Parents and Candidates*

## SESSION 2

*(Mid October) Two-Hour Session*

CALLED TO WITNESS  
How to be a Good Sponsor  
*Candidates and Sponsors*

## KICKOFF RETREAT DAY

*(First Saturday in November) Eight-Hour Retreat Day  
Candidates and Small Groups*

## SESSION 3

I AM  
Existence of God

## SESSION 4

THE PLAN  
God's Plan of Salvation

## SMALL GROUP SERVICE PROJECT

*(During November)*

## SESSION 5

*(November Small Group Session)*

OUTWARD SIGNS  
Jesus in the Sacraments

## SESSION 6

*(November Small Group Session)*

SUPPER TIME  
Jesus in the Mass

## SESSION 7

*(December Small Group Session)*

I BELIEVE  
The Creed

## SESSION 8

*(December Small Group Session)*

MORE THAN WORDS  
Personal Prayer

## SMALL GROUP SERVICE PROJECT

*(During January)*

## SESSION 9

*(January Small Group Session)*

THEOLOGY OF THE BODY  
Chastity and Purity

## SESSION 10

*(January Small Group Session)*

TRUTH BE TOLD  
Making Moral Decisions

## SESSION 11

*(February Small Group Session)*

FINISH LINE  
Death and dying





# TWO-YEAR MONTHLY FORMAT

## SMALL GROUP SERVICE PROJECT

*(During October)*

### SESSION 12

*(November)*

THE SACRAMENT OF CONFIRMATION  
The Sacrament of Confirmation

### SESSION 13

*(December)*

THE GIFTS OF THE HOLY SPIRIT  
Gifts (& Fruits) of the Holy Spirit

### SESSION 14

*(January)*

LIVING LEGACY  
Mary/Communion of Saints

## SMALL GROUP SERVICE PROJECT

*(During January)*

### SESSION 15

*(February)*

YOUR TURN  
Christian Service

### SESSION 16

*(March)*

ONE, HOLY, CATHOLIC, APOSTOLIC  
The Roman Catholic Church

## WEEKEND RETREAT - EMMAUS

- Depart Friday, return Sunday

- Close with Youth Mass Sunday evening

### SESSION 1

The Journey Begins

### SESSION 2

We Were Hoping

### SESSION 3

The Invitation

### SESSION 4

In The Breaking Of The Bread

### SESSION 5

Were Not Our Hearts Burning?

## FAMILY/SPONSOR POTLUCK

- Takes place on Sunday afternoon at the end of the retreat

- All family members and sponsors are invited and asked to bring food

- A teen witnesses about retreat

- End with Youth Mass

## CONFIRMATION REHEARSAL AND RITE OF CONFIRMATION (EASTER SEASON)





# WHY CONFIRMATION?

## PREPARING FOR CONFIRMATION / SESSION 1 OUTLINE

### SESSION AT A GLANCE

This session introduces the candidates and their parents to the preparation process for the Sacrament of Confirmation.

### GOAL OF THIS SESSION

The goal of this session is to give an overview of the preparation process for the Sacrament of Confirmation with potential candidates and their parents. The evening is run like a normal confirmation session, in a Life Night format, and includes parents in all the activities. It gives parents and teens a chance to see firsthand what the future sessions will be like.

### ENVIRONMENT

**Team Posters** The room environment should be welcoming. One idea is to have all the confirmation team members put together a poster introducing themselves. As people enter the room, they are drawn to the posters and have an opportunity to find out more about each team member.

**Music** There should be music playing in the background - not too loud, but enough to give a youthful feel to the room. Live music is always best. If it is possible, invite your band or choir to lead praise music for each session.

The room should be cleared in the center. When small groups are formed, they will sit on the floor. If this is not possible in your church, have circles of chairs formed already. As people enter, they should not sit down until you are ready to move to small groups.

**Meet and Greet** There should be lots of meeting and greeting from the team members. Each team member should be trying to meet the teens and their parents and learning what they can about them. You can entice the team with an award for the best hospitality at the end of the evening - movie passes, a restaurant coupon, a new car maybe?

**Name Tags/Small Groups** As parents and teens come in, they should be given name tags that divide them into small groups. Take blank name tags and write animal names, colors or numbers in the corner. As people enter and fill out a name tag, the marking on the corner identifies their small group. However, any variation of this will work - the idea is to get everyone divided into somewhat equally sized small groups.

### RESOURCES

- The Bible
- The Catechism of the Catholic Church

*See Reference Guide on page 180*

# WHY CONFIRMATION?

PREPARING FOR CONFIRMATION / SESSION 1 OUTLINE

## GATHER *20 Minutes*

After a brief time for name tags, meeting/greeting, some music, etc., announce that it's time to get the evening started. Move right away into this fast-paced and enthusiastic opener. It works for groups of varying sizes.

### SMALL GROUPS

Have parents and teens find the other people in their small group and claim a space in the room. Each group should be seated when they are all together. Some lively music can be playing during this group search time.

### STAND UP IF..

Start with everyone sitting down in one large circle and explain the directions:

I'm going to read a list of statements. If the statement is true for you, stand up-and take a look around at everyone else standing. You share something in common! There's no need to sit back down between statements. Remain standing and listen to the next statement. If it holds true for you, remain standing; if not, sit down.

Read the statements loudly and clearly so everyone can hear. After each statement, encourage everyone who's standing to take a look around and see who they share something in common with.

Stand up if...

You play the violin

You play the piano

You play the guitar

You've ever played a kazoo

You can talk on the phone for as long as you want on a school or work night

You're an only child

You have a child who's under age 10

You have a sister or a brother

You have a relative who is disabled

You're Catholic

You enjoy spending time with a grandparent

You're fluent in a language other than English

You write in a journal

You're a vegetarian

You've ever fallen out of a tree

You've been skydiving

You like math

You hate math

You have teenage children

You've ever owned a snake

You help out with chores at home

You know a good joke

Ask anyone standing if they'd like to share their CLEAN joke with the group. One caveat: It needs to be appropriate for a Church setting.

Feel free to add any "If you ever..." items to the list. This is a very non-threatening gather that will have the group laughing.

# WHY CONFIRMATION?

PREPARING FOR CONFIRMATION / SESSION 1 OUTLINE

## PROCLAIM *25 Minutes*

### THIS YEAR OF PREPARATION

The proclaim begins with a funny rendition of Jeopardy. Contestants are selected in teen/parent teams, three teams total. The game is outlined on pages 16-17. Each team is brought up to a small podium and the game begins. After several rounds, a winner is designated and the teen/parent team gets an award - a T-shirt or something of similar value. The whole jeopardy game is based upon spiritual facts and is a good segue in to talking about the Sacrament of Confirmation.

### TEACHING

See teaching on page 18.

## BREAK *15 minutes*

### SMALL GROUPS

Have the teens and parents get back into their small groups. There are some small group questions listed below to spark discussion.

1. Why have you consented to go through Confirmation this year?
2. How do you think Confirmation will help you in your life?
3. Who are you thinking of for a sponsor right now? Why?
4. What do you think of what you've seen tonight so far?

## SEND *20 Minutes*

### EUCCHARISTIC ADORATION

Have the teens and the parents move into the sanctuary of the church for the closing prayer time. It is good at this point to introduce a theme song that will be used throughout the whole year. This song can be taught and sung to begin a time of prayer. After the song, a brief explanation of Adoration can be given - why we adore the Blessed Sacrament and ways we can show reverence before the Blessed Sacrament, etc.

Then have the Blessed Sacrament brought into the worship space. Have a brief time of worship, closing again maybe with your theme song. The Blessed Sacrament should be removed, and the prayer time ended. Please reference the liturgy documents for specific guidelines on Adoration, especially if you do not have a priest to assist you.

The session can end with an invitation back to the meeting room for refreshments, questions, mingling, etc.

### CLOSING ANNOUNCEMENTS

Tell them the date and time for the next session, make sure all candidates bring their sponsors with them for the next session.

Make sure all candidates receive the forms they need and understand to bring them back, filled out, for the next session.



# WHY CONFIRMATION?

PREPARING FOR CONFIRMATION / SESSION 1 JEOPARDY GAME

## JEOPARDY GAME

### HALL OF FAME

- 100 This person parted the waters of the Red Sea.  
**WHO WAS MOSES?**
- 200 This great prophet was swallowed by a whale.  
**WHO WAS JONAH?**
- 300 This woman was the 1980 recipient of the Nobel Peace Prize.  
**WHO WAS BLESSED MOTHER TERESA?**
- 400 This significant church leader started out as the greatest prosecutor of the early Christian Church.  
**WHO WAS PAUL?**
- 500 This Pope called the Vatican II Council.  
**WHO WAS POPE JOHN XXIII?**
- 600 This Roman Emperor was the first to convert to Christianity in 325.  
**WHO WAS CONSTANTINE?**

### HODGE PODGE

- 100 This man lost his strength when his hair was cut.  
**WHO WAS SAMSON?**
- 200 This form of prayer is prayer.  
**WHAT IS A PETITION OR SAID FOR OTHERS NEEDS, INTERCESSORY PRAYER?**
- 300 This is the state in which the pope resides.  
**WHAT IS VATICAN CITY?**
- 400 For Catholics, an individual is "born again" through this sacrament.  
**WHAT IS BAPTISM?**
- 500 This event happens over 300,000 times a day.  
**WHAT IS A MASS?**
- 600 Difficult or painful experiences offered up to God.  
**WHAT IS REDEMPTIVE SUFFERING?**

### SACRAMENTS

- 100 You become a soldier of Christ when you receive this sacrament.  
**WHAT IS CONFIRMATION?**
- 200 These people are required to be at your Baptism.  
**WHO ARE GODPARENTS?**
- 300 Extreme unction is the former name  
**WHAT IS THE ANOINTING FOR THIS SACRAMENT OF THE SICK?**
- 400 The oil used in anointing for baptism and confirmation.  
**WHAT IS CHRISM OIL?**
- 500 Reconciliation and Anointing of the Sick.  
**WHAT ARE THE SACRAMENTS OF HEALING?**
- 600 Transubstantiation  
**WHAT IS THE CONVERSION OF THE BREAD AND WINE INTO THE BODY AND BLOOD OF CHRIST?**

### PRAYERS

- 100 Joyful, sorrowful, glorious and luminous.  
**WHAT ARE THE MYSTERIES OF THE ROSARY?**
- 200 This prayer is an essential part of the Sacrament of Reconciliation.  
**WHAT IS THE ACT OF CONTRITION?**
- 300 These prayers of the Old Testament were written mostly by David.  
**WHAT ARE THE PSALMS?**
- 400 Nine days of public or private prayer for a special occasion or intention.  
**WHAT IS A NOVENA?**

# WHY CONFIRMATION?

PREPARING FOR CONFIRMATION / SESSION 1 JEOPARDY GAME

## JEOPARDY GAME

500 This prayer begins, "I believe in God, the Father Almighty, creator of heaven and earth."  
**WHAT IS THE APOSTLES CREED?**

600 There are seven petitions in this prayer.  
**WHAT IS THE "OUR FATHER"?**

### SPECIAL DAYS

100 March 17th celebrates the feast of this famous Irish saint.  
**WHO IS ST. PATRICK?**

200 Halloween precedes this important church feast day.  
**WHAT IS ALL SAINTS' DAY?**

300 This major feast day is celebrated 50 days after Easter.  
**WHAT IS PENTECOST?**

400 December 8th is the date of this important feast day.  
**WHAT IS THE IMMACULATE CONCEPTION?**

500 December 26th is the feast of this saint and first Christian martyr.  
**WHO IS SAINT STEPHEN?**

600 The feast day of these two saints is celebrated on the same day during Presidents' month.  
**WHO ARE PETER AND PAUL?**

### FINAL JEOPARDY

Jesus' first public miracle happened at this event.  
**WHAT IS THE WEDDING AT CANA?**

# WHY CONFIRMATION?

PREPARING FOR CONFIRMATION / SESSION 1 TEACHING

## PROCLAIM TEACHING

### 1. WHY A WHOLE YEAR?

A. Explain the significance of this sacrament and how important it is to be fully prepared.

B. Explain the program year and what will be involved - the highlights.

C. Introduce a couple of older teens who have been through Confirmation preparation and what their experience was like.

D. Teen testimonies

### 2. WHAT THE PREPARATION INVOLVES

A. Give specifics about what is expected during this year.

B. Have handouts that articulate the expectations (create a covenant agreement that teens and parents sign and return to their small group leader)

C. Articulate all requirements and have handouts that correspond (community service, retreat, session attendance, sponsor, etc.)

D. Have a survey form/information card for each teen to fill out to help gather input for the small group assignments (a sample is included on page 15).

### 3. THE ROLE OF THE SPONSOR

A. Take some time to specifically go over the role of a sponsor and what the candidates should look for in a sponsor.

B. Have handouts on the role of a sponsor, a sponsor agreement form, and a sponsor information sheet found on page 26.

C. The sponsor represents the support and prayers of the entire Church. He or she will be the candidate's "spiritual friend." In this program, the following is asked of the sponsor:

- Need to attend various sessions when invited.
- Attend the reception welcoming the candidates back from their weekend retreat later in the spring, if they can.
- Attend Confirmation Rites and Rituals as mandated by the Diocese.
- Attend the Confirmation Rehearsal.
- Attend the Liturgy of Confirmation.
- Meet with the candidate regularly throughout this year of preparation and to discuss the topics addressed in the preparation sessions.
- Share his/her faith story with his or her candidate.
- Spend time getting to know the candidate, possibly taking him or her out to lunch, or having dinner with their family.
- Pray for and with the candidate.
- Present the candidate during the Liturgy of Confirmation.
- Continue to lend spiritual support after the Liturgy of Confirmation is over. (Suggestion: Send a card or note every year on the anniversary of his or her confirmation, birthday cards, etc.)

#### D. The Requirements of the Sponsor

- A sponsor must have received all of the Sacraments of Initiation (Baptism, First Eucharist and Confirmation).
- If married, a sponsor must be married in the Catholic Church.
- A sponsor must be a practicing Catholic, who is "not less than sixteen years of age, unless a different age has been stipulated by the diocesan Bishop or unless the parish priest or the minister considers that there is a just reason for an exception to be made."  
*Code of Canon Law 874*

# WHY CONFIRMATION?

PREPARING FOR CONFIRMATION / SESSION 1 TEACHING

## PROCLAIM TEACHING

- He or she may not be the candidate's mother or father. A godparent might be a good choice.
- The sponsor must have the intention of fulfilling the duties of a sponsor.
- The sponsor should be a person who is prayerful, open, dependable, loving, and comfortable sharing his or her faith with young people.

E. All candidates need to find a sponsor by the next session, and their sponsor should come with them to the meeting if possible. If teens choose an out-of-town sponsor, then someone needs to stand in place of their sponsor for some of the group meetings - a parent, an older brother or sister, friend of the family, etc.

F. Sponsor forms are distributed and teens are instructed to bring the forms back, completed at the next session.