

The Church gives us guidelines about what to include in the programme. She tells us:

- **Confirmation preparation should help us come to know Jesus more deeply --**

The Catechism tells us that the preparation for Confirmation should aim at leading the Christian towards a more intimate union with Christ.¹

- **There is a link between baptism and confirmation**

The Introduction to the *Rite of Confirmation* tells us that Confirmation strengthens and confirms what happened in baptism — completing the grace of baptism. This is why the renewal of baptismal promises takes place preceding the reception of the Sacrament of Confirmation.²

- **Witnessing or Apostolic Work**

Confirmation further initiates our journey of faith. The candidates are admitted to the community with a goal, so they are empowered for that and they are sent to proclaim the good news. The Catechism tells us that the time of preparation for confirmation should help the young people to be more capable of assuming the apostolic responsibilities of Christian life.³

- **Confirmande must be suitably disposed and instructed**

Canon law tells us that the confirmandi must be properly disposed and suitably instructed to celebrate the sacrament.⁴ The candidate should be regularly attending Mass on Sundays with a level of understanding of the Mass commensurate with his/her ability. The Catechism tells us that candidates should celebrate the sacrament of reconciliation by way of their preparation.⁵

- **Catechesis for confirmation should take place in the parish and it should truly reflect the mind of the Church**

We are told that, as with baptism, catechesis for Confirmation should take place within the parish community — since it is the faith community into whose life of prayer and worship the candidates will be more fully initiated.⁶ The children have a right to be taught by catechists who truly reflect the mind of the Church and, in this regard, their parents and catechists have a right to formation in contemporary theology.⁷

- **Families should be part of the process of initiation.** Pope Benedict XVI reminds us that the sacraments of initiation (Baptism, Confirmation and First Communion) are key moments not only for the individual receiving them but also for the entire family, which should be supported in its educational role by the various elements of the ecclesial community; he says that parish pastoral programmes should make the most of this highly significant moment.⁸ This why parishes should offer and parents should participate in parish pre-sacramental catechesis.

- **There must be 'content' in the catechesis**

The General Directory for Catechesis tells us that we find content in Scripture, through witness (or apostolic work), in our Creed (our profession of faith, through our lived moral values and in our liturgies and in our prayer.⁹ In fact, the Catechism of the Catholic Church is structured around these same fundamental dimensions (or pillars) of the Christian life.¹⁰

¹ *Catechism of the Catholic Church* (The Catechism), Geoffrey Chapman, London, 1994, ¶1309.

² *The Rite of Confirmation*, Sacred Congregation for Divine Worship, Guidelines in the Preface.

³ The Catechism, ¶1309.

⁴ *Code of Canon Law*, Collins Liturgical Publications, London, 1983, Canon 889 §2.

⁵ The Catechism, ¶1310.

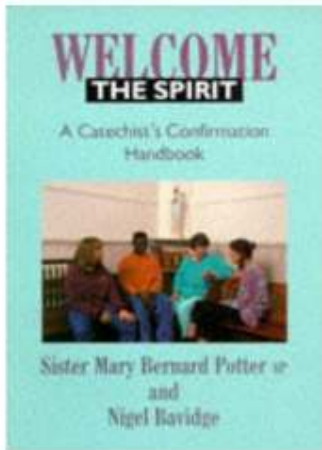
⁶ *The Rite of Confirmation*, ¶11.

⁷ Catechism of the Catholic Church, ¶2037, General Directory for Catechesis, ¶234, Canon Law ¶213

⁸ *Sacramentum Caritatis: Post-Synodal Apostolic Exhortation on the Eucharist as the Source and Summit of the Church's Life and Mission* (February 22, 2007), ¶19.

⁹ *General Directory of Catechesis*, Congregation for the Clergy, Catholic Truth Society, London, 1997, ¶¶94-95 and 117-119. See also the *Rite of Christian Initiation of Adults*, ¶¶75.1-75.4.

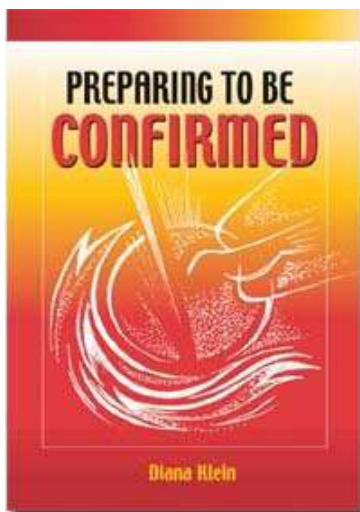
Welcome the Spirit: a Catechist's Confirmation Handbook, Sr. Mary Bernard Potter, S.P. and Nigel Bavidge, Leeds Diocese, Geoffrey Chapman, London, 1996 (8 sessions, 2 celebrations)



This is a hands-on resource for Confirmation courses in every Catholic parish. It contains everything the catechist needs for every session, including photocopiable invitations, games and prayers. It involves parents, parish and schools and should be an invaluable tool for the new catechist in need of practical help and confidence. The Confirmation course was developed by the diocese of Leeds RE Centre and piloted in the diocese. It contains material for the Confirmation of young people aged 10-14, in an introductory session and eight meetings. Each unit begins with a statement of the aims of the unit, an outline, a list of suggested material, hints on preparation and worksheets. The programme strongly advises a retreat weekend. This programme is widely used in the UK. It is an excellent resource material for catechists; but it lacks a session on moral choices for young people, it doesn't encourage the catechists to ensure that the sacrament of reconciliation is celebrated and it doesn't invite the candidates to become involved in a *service project* or some kind of *community work* or *involvement* in the parish community

The cost of this programme is £16.99; it appears expensive because each catechist should have a copy but the candidates do not need copies; there are handouts for them which can be copied.

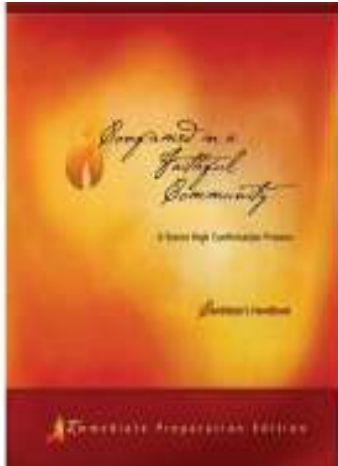
Preparing to be Confirmed: a series of sessions to prepare for the Sacrament of Confirmation, Diana Klein, McCrimmons Publishers, London, 2002
www.mccrimmons.com (9 sessions, 2 celebrations)



This is another hands-on resource programme, which aims to prepare young people to celebrate the sacrament of Confirmation. The catechumenal process reflected in the Rite of Christian Initiation of Adults (RCIA) serves as both the inspiration and the theological and pastoral foundation of the programme. Each unit begins with a statement of the aims of its aims and prayer and each session is based on Scripture. It places a strong emphasis on how Confirmation confirms and strengthens what happened in baptism and, that, in Confirmation, we renew our baptismal promises – confirming our commitment to be followers of Christ. It recommends two days of recollection or a retreat weekend. It includes everything the catechist needs for every session, including photocopiable sheets for the Masses of Enrolment and Commitment. There is a CD with the programme so that catechists can personalise the sessions and make hand-outs for the candidates. The programme was developed by one of the catechetical advisers in Westminster Diocese and piloted in the diocese. This programme is widely used in the UK. The material is aimed at young people aged 14-16 years old. It is an excellent resource material for catechists; but it is sacramental preparation and not religious education – and it assumes a level of religious knowledge in the candidates. If that is not present, additional material will be required.

The cost of this programme is £14.99; each catechist should have a copy and in some parishes each candidate is given (or buys) a copy; there are handouts for them which can be copied.

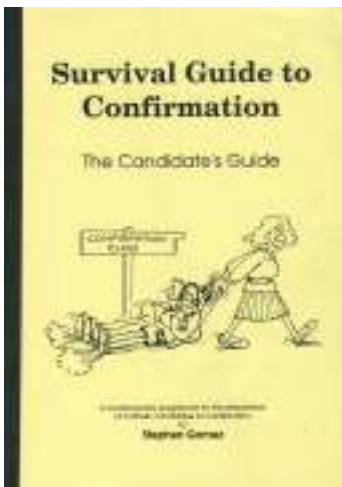
Confirmed in a Faithful Community, published in 2006 by St. Mary's Press, Winona, Minnesota USA, www.smp.org.
(9 sessions query celebrations)



The "Confirmed in a Faithful Community" series provides direction and resources for preparing young people aged 14-17 years old for the Sacrament of Confirmation. It is adaptable for either a one- or two-year process of preparation, and is designed for use with any level of young people years 9-11. The catechumenal process reflected in the Rite of Christian Initiation of Adults (RCIA) serves as both the inspiration and the theological and pastoral foundation of "Confirmed in a Faithful Community". The principles of the RCIA are reflected throughout the process of preparation. The catechetical dimension of the process (that is, the educational sessions as distinct from the programme's liturgies, retreats and other elements) consists of 22 90-minute sessions. Parishes can choose from the sessions to create a process suited to their particular needs. The tone and methodology of the catechetical sessions are highly evangelising. The sessions do not presume a prior faith commitment on the part of the candidates, but the programme presents the central and defining characteristics of Catholicism. The co-ordinator's manual contains information on: the history, theology and pastoral practice of confirmation; directions for parish planning; retreat models; and guidance for liturgical rites.

The programme comprises of four separate resources: the candidate's handbook (£25.91), the co-ordinator's manual (£15.49), the catechist's guide (£19.98), and the sponsor's guide (£1.62).

Survival Guide to Confirmation: The Catechist's Guide, Stephen Gomez, St. Paul's Publications, Slough, 1995
(18 sessions, 2 celebrations)



This programme is recommended by the Bishop of Clifton, + Mervyn Alexander, as being rooted in the daily experience of the candidate and starting from where they are. Every effort is made to face the real dilemmas of young people and to help them discover Christ at a deeper level. They are challenged to commit themselves to the spiritual adventure of belonging to Christ as disciples and friends. The programme begins with two major assumptions: the first is that the candidate is not interested in religion and does not want to attend Confirmation classes and is personally not bothered about receiving the sacrament and the second is that the catechist is relatively inexperienced at running Confirmation classes. The idea of the catechists being dragged by the priest on the cover of the catechist's guide and the young people being dragged by the catechist on the candidate's guide give the impression that the catechists are not willing to catechise these teenagers and the candidates do not really want to be confirmed; but this programme has been used a resource by many people over the years. This programme suggests an *away day* or a retreat.

The programme comprises of two books: a catechist's guide (£5.95) and a candidate's book (£3.50).

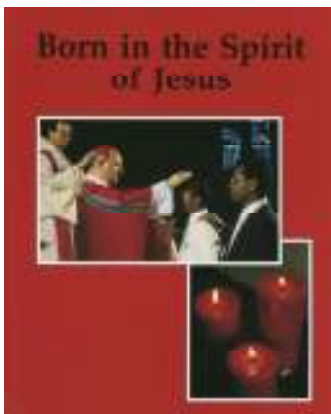
We Celebrate Confirmation: Rev. William J. Koptlik and Joan E. Brady, Silver Burdette Company, New Jersey, 1997
(7 sessions; 4 celebrations)



The **We Celebrate Confirmation** programme was very popular in the 1980's. It was the first (or one of the first) to reflect the catechumenal model of catechesis. It is very easy to follow and is very focused. It includes lesson plans that are easy to plan and share with the candidates. The programme includes a celebration manual which includes planned prayer celebrations relating to the themes of the programme. The director's manual provides many ideas and suggestions to implement the programme – all very helpful in assuring its success. The candidate's book provides a complete preparation as well as opportunities for personal reflection and expression. There is no recommendation for a retreat; it suggests that the on-going session is presented at a day of recollection. This programme places a strong emphasis on the candidates' involvement in *community work* or in a *service project*.

The programme comprises of four books: a candidate's book (£9.99), a catechist's guide (£24.25), a celebration guide (£13.25) and a director's manual (£41.50).

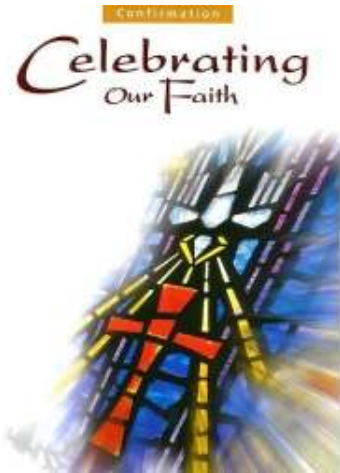
Born in the Spirit of Jesus: Richard Reichert, Brown-Roa, Dubuque, Iowa, 2002
(8 sessions; 1 celebration)



The current **Born in the Spirit of Jesus** programme is revised from one published in 1985 (although it is very similar to the original version). The teacher's manual offers clear guidance for each session – a teaching goal and a student objective. The programme refers to the catechist as a religion teacher. The catechumenal process reflected in the Rite of Christian Initiation of Adults (RCIA) serves as both the inspiration and the framework of the programme. Each session offers a few written activities for the student and each session asks the student to do a scripture search. After the first five sessions (which are analogous to the pre-catechumenate period), the students are asked to make a final decision to be confirmed. The programme is designed for early adolescents aged 12-15. The parents and sponsors are expected to be actively involved in the programme. Guidance is offered for the parents' involvement; a sponsor's manual is provided for the sponsors, who are expected to spend an hour a week with the student during the programme. The programme expects the students to attend a retreat day towards the end of the programme – as immediate preparation for the confirmation celebration.

The programme comprises of three books: a candidate's book (£5.99), a teacher's manual (£48.39) and an apprentice programme manual for confirmation sponsors (included with the teacher's manual).

Celebrating Our Faith: Margaret Hanrahan, Brown-Roa, Dubuque, Iowa, 1999
(8 Sessions)



"Celebrating our Faith" provides clear direction for using this programme. The catechumenal process reflected in the Rite of Christian Initiation of Adults (RCIA) has inspired this resource. The tone and methodology of the catechetical sessions is based on strategies that address at least two intelligences. The catechist's guide explains this in an attempt to help the catechist to discern what intelligences work best with their group. Family involvement is essential; indeed, in the first session a family member must join the candidate. There is an emphasis on community service. The programme includes a weekend retreat and offers detailed notes for it. The co-ordinator's manual contains information on: the history of Confirmation. The manual offers letters, forms, prayers and examples of covenants. Each session includes information on Catholic beliefs and offers ideas for videos and other resources. Each session includes a handout for the parents.

The programme comprises of two books: the Confirmation Catechist Manual (£24.99), candidate's book (£3.00)

Other resources:

Power Through His Spirit: a preparation programme for the Sacrament of Confirmation, Matthew James, London, 2000
(7 sessions)



Power Through His Spirit is an invaluable resource for catechists who are working with young people preparing to celebrate Confirmation. It is aimed at younger children – aged 11. It has been developed in a parish situation and offers a sound framework for planning Confirmation Programmes, while allowing flexibility to accommodate individual parish requirements. *Power Through His Spirit:*

- gives an insight into the catechetical process which will be of value for new catechists
 - provides an overview of the elements necessary in a Confirmation Programme
 - includes Catechist's Outlines for planning 7 Faith-Sharing Sessions with Handout Sheets for photocopying
 - contains guidelines for planning Liturgies - with particular emphasis on Reconciliation Services for young people
 - offers suggestions for prayer and resources which have relevance to young people's lives
- Kathy Hunnybun has ten years experience as a parish catechist working with young people preparing to celebrate Confirmation and also as a Parish Confirmation Team Co-ordinator

A4 88pp Illustrated/Photocopiable

The programme is based on this resource for catechists (£16)

Resources to support Confirmation programmes and catechists working with young people

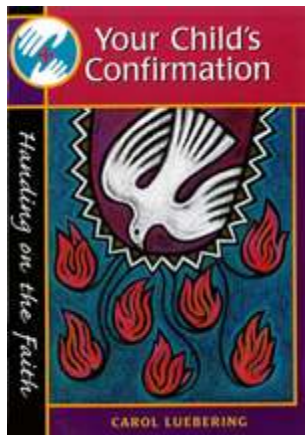
Getting Confirmed, Steve Givens, Redemptorist Publications, Hampshire



Introduces the sacrament in a friendly, challenging and realistic style. Ideal for candidates from age 12. This book looks at the nature of confirmation and includes a questions-and -answers section and a guide to realistic Christian decision making. It is not a Confirmation programme; but candidates are sometimes given a copy of the booklet to help them understand the sacrament.

The booklet is available from Redemptorist (£3.50)

Your Child's Confirmation, Carol Luebering, Redemptorist Publications, Hampshire



Your Child's Confirmation will help you sort things through while you and your child prepare for the sacrament. Each chapter offers questions for reflection or discussion and passages from the liturgy of the sacrament, Scripture and the Catechism of the Catholic Church for prayerful meditation. This sacramental preparation resource concludes with a look at the Confirmation rite itself.

The booklet is available from Redemptorist (£2.50)

“Plugged In – Youth CaFE” is a six week DVD based course, including icebreakers, small group discussions and interactive prayer times.



Fr Stan Fortuna, a Franciscan Friar of the Renewal from New York, explains the elements of the Eucharist in an engaging and inspirational way. With testimonies from young people, this resource will help many to unpack the riches of the Mass with a fast-moving multi-media presentation designed for young adults. Through teaching and testimony it explains why Jesus came and how we can experience the effect of Him in our lives, especially through the Sacrament of Reconciliation. With input from Fr Stan John Pridmore, an ex-gangster and now an international youth evangelist, young people from around the country, music, images and opportunities for prayer and discussion. The DVDs come with training material for leaders, a comprehensive leader's manual, a CD featuring contemporary Christian artists, and sample publicity material.

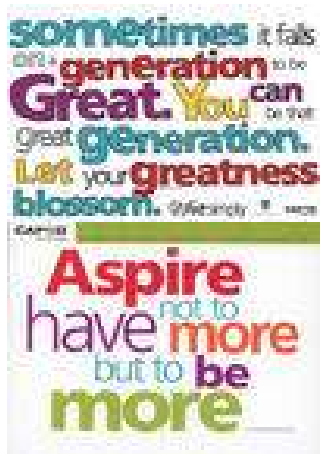
Each session addresses questions that are of particular relevance to young people, such as why they should go to Mass when they find it boring, or why they should say no to sex. This excellent resource – described as a virtual gold mine for youth movements – can be used to supplement a Confirmation programme; it might be used alongside a Confirmation programme; it does not meet the criteria for a Confirmation programme.

The course set (DVD or video) costs £99.95 from CaFE (Catholic Faith Exploration) www.faithcafe.org



Catholic Agency for Overseas Development

SEARCH



“CAFOD and Confirmation” includes ideas, activities and resources that can help complement your Confirmation programme, residential retreat or parish youth work. They represent justice as integral to the Gospel message. They encourage young people to put their faith into action, as members of the local and global community.

(http://www.cafod.org.uk/resources/youth_leaders/confirmation_and_rcia_resources/cafod_and_confirmation)

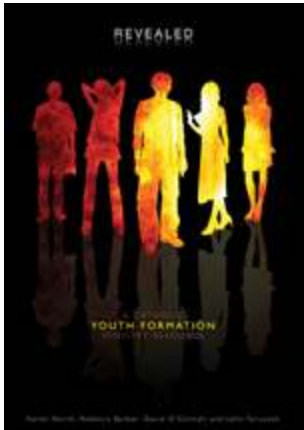
livesimply for youth leaders

Challenge today's youth in your parishes, challenge your families and schools and challenge your neighbourhoods to make a difference – to livesimply (http://www.cafod.org.uk/resources/youth_leaders/livesimply)

Downloadable materials and resources to order offline for use by youth leaders introducing global issues, inviting young people to listen to what is happening in Africa, offering ideas for prayer and reflection and an activity which can serve as a stepping stone for the group to devise, plan and carry out a liturgy on a theme or issue of their own choosing.

(http://www.cafod.org.uk/resources/youth_leaders/youth_materials)

Revealed, Karen North, Rebecca Barber, David O'Connell and John Toryusen, Redemptorist Publications, Chawton, Hampshire, 2008



Revealed is the Catholic youth ministry resource many parish priests, catechists, chaplains and youth ministers have long been waiting for. It draws together essential elements of Christian youth ministry providing a one-stop reference point for those on the hunt for support and ideas. *Revealed* offers encouragement and inspiration both to those just beginning and those who have been working with young people for many years. The authors are all skilled practitioners in the field of youth ministry. Their experience and understanding affirm and their energy and enthusiasm motivate the reader. *Revealed* is not a Confirmation programme but is a resource which will support catechists preparing teenagers for Confirmation.

Available from Redemptorist and St. Paul's Bookshop (£11.95)

Impact! YCW & Impact HQ, St. Joseph's off St. Joseph's Grove, London NW4 4TY (www.jcwimpact.com)

Impact! is a programme from the YCW for 13-17 year olds. It brings young people together in groups to enable them to link life and faith and to make



a difference in the world. Through the reflection and action (see, judge, act) teenagers grow in confidence and responsibility, becoming leaders in their own lives – serving, educating and representing other young people. The material includes magazine style leader guides (for the young people), a DVD containing clips for a weekly meeting and a comprehensive adult accompaniers' guide. To complement the glossy teenagers' enquiry magazines, the DVD presents

discussion starters to encourage them to think about the issues which they face and scripture reflections to engage them in linking faith and the issues. This is not a Confirmation programme but it is a resource to support work in parishes with young people before, during and after their Confirmation preparation.

Essential resources for catechists in the parish



The Catechism of the Catholic Church, Geoffrey Chapman, London, March 2000, London £10.99

The Catechism of the Catholic Church is the first new edition of the catechism in 400 years. It is the authoritative summary of Catholic belief regarding the Church creeds, sacraments, commandments and prayers. The book is exceptionally well organised, with line-by-line explanations of every conceivable aspect of orthodox Catholic belief. Extensive cross-referencing, indexing and footnotes and "In Brief" summaries of each section further ease the project of finding the precise answers to any questions a reader might have.

Compendium of the Catechism of the Catholic Church, Catholic Truth Society, London, £6.95

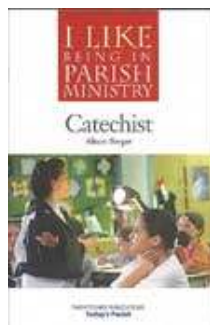
The new essential guide to the Catholic faith is a faithful and sure official synthesis of the Catechism of the Catholic Church (1992) Prepared by a commission presided over by the then Cardinal Ratzinger, now Pope Benedict XVI,

General Directory for Catechesis, The Congregation for the Clergy, Catholic Truth Society,

The General Directory for Catechesis provides religious educators, teachers, and catechists with a single point of reference for all aspects of catechetical instruction. Also available in easy-to-read language: **The General Directory for Catechesis in Plain English: A Summary and Commentary (Paperback)** by Bill Huebsch, Twenty-third Publications, 2001, £7.99.

On Catechesis in Our Time (Catechesi Tradendae) Pope John Paul II's timeless apostolic exhortation reflects on the realities and joys of bringing the mystery of Christ to all the world. (available on line: http://www.vatican.va/holy_father/john_paul_ii/apost_exhortations/documents/hf_jp-ii_exh_16101979_catechesi-tradendae_en.html)

Vatican II documents: Sixteen documents produced by the Second Vatican Council (available on line: <http://www.vatican.va>).



I like being in Parish Ministry – Catechist, Alison Berger, New London, CT: Twenty-Third Publications, 2006

This is an ideal introduction to being a catechist for both those beginning their ministry and ministry veterans affirming their calls to service.

Alison Berger invites catechists to probe the heart of their vocation: to help those they minister with to know, celebrate, live, and contemplate the mystery of Christ and so grow in communion with him. With stories, reflections questions, and concrete suggestions, she guides readers in exploring the spiritual and practical dimensions of catechising as Jesus did. Ideal for both those beginning their ministry and ministry veterans affirming their calls to service

Cost: £4.95

<i>Welcome the Spirit</i>	<i>Preparing to be Confirmed</i>	<i>Confirmed in a Faithful Community</i>
Come and See – introduction meeting for parents, candidates, catechists, priests	Meeting with parents and candidates – to make introductions	Guided and strengthened by the Holy Spirit aims to deepen the candidates' understanding of and appreciation for the activity of the Holy Spirit, to explore the connections between the work of the Spirit and Confirmation, to explore images of the Holy Spirit
Getting to know you: Aims: to begin to develop a sense of community; to introduce people to one another	Our Search for God and God's Search for us: Getting to know one another and our yearning for God (and for truth) in our lives	Communion with God aims to help the candidates appreciate the central importance of personal prayer in the life of the Christian, to introduce the candidates to practical prayer techniques they might use in their daily life, to encourage the candidates to establish daily prayer practices
Belonging: Explore the experience and need of belonging, the responsibilities that come with belonging and to link that with our sacramental life	Prayer: exploring what prayer is and introducing them to different styles of prayer – especially an Ignatian exercise in imaginative prayer	Christian morality: What does love look like? aims to help the candidates explore in greater depth the moral life that Jesus calls us to, to explore with the candidates the concept that for Christians, to live a moral life is to respond to the Gospel mandate to love as Jesus loved, and to encourage the candidates to examine the Sermon on the Mount and other scriptural sources for living a life of love
Celebration of Enrolment: an introduction of the candidates to the parish – emphasising the importance of the step they are taking (& that this is their free choice) and letting the parish know they are included	Gifts of the Spirit: we explore the gifts of the Spirit in us and look at how we use them in for the service of others in our communities near and wide. (This session gives a chance to promote the community project.)	Christian service: witnessing to God's justice aims to help the candidates develop a personal understanding of justice that is rooted in faith, to help the candidates understand that justice requires their thoughtful action, to help the candidates value the Scriptures and prayer as sources of power and inspiration for social action, and to help the candidates become aware of and appreciate Catholic social teaching as a guide for social action
Sign and Symbol: a look at sacraments as effective signs of God's activity in our lives	Celebration: the candidates are presented to the parish, and are enrolled in the programme; they commit to continuing their preparation and pray to be open to the work of the Spirit as they prepare to be confirmed	Sacraments of Initiation aims to help the candidates recognise the need within the Church for a process of initiating new members, to provide the candidates with an experience of, not just information about, the Church's initiation process and to deepen the candidates' understanding of the integrated nature of the sacraments of Baptism, Confirmation, and the Eucharist
Alive in the Sacraments: to deepen the candidates' awareness of the significance of the sacraments; what happens in the Rite of Confirmation & the symbolic sacramental action	The Sacraments: the signs and symbols of the sacraments; how we encounter Christ in the sacraments – particular attention to how Confirmation confirms and strengthens what happened in Baptism	Born in the Holy Spirit aims to understand the effects of Baptism and their relationship to the candidates' faith journey, to comprehend the multiple levels of meaning of the symbol of water in Baptism and to make connections between original sin and forgiveness and the sacrament of Baptism
Gifts of the Spirit: awareness of the Holy Spirit; and identify the gifts of the Holy Spirit	Ten Commandments: moral choices using the Ten Commandments as a hierarchy of values Jesus himself established	The Eucharist: Nourished through the Holy Spirit aims to explore the gifts of bread and wine and their meaning in the Eucharist, and to examine the meal structure of the Eucharist To appreciate the role of the Holy Spirit in the communal celebration of the Eucharist
You will be my Witnesses: Christian living, calling & mission	Healed in Christ: the sacrament of Reconciliation using Scripture reflection	Confirmation: Sealed with the Holy Spirit aims to explore the symbols of oil and the ritual gesture of the laying on of hands and their meanings in the sacrament of Confirmation, to deepen the candidates' understanding of and appreciation for the activity of the Holy Spirit, and to help familiarise the candidates with the seven gifts of the Holy Spirit and to explore the connections between the work of the Spirit and the sacrament of Confirmation
Celebration of Election: confirming the candidates' request to be confirmed	Celebration: Mass of Commitment where the candidates express their desire to be confirmed and move into a more prayerful period of preparation	Celebrating the Rite aims to provide an overview of the Rite of Confirmation, to explore the various Scriptures for the Rite of Confirmation and to review the ritual words and gestures of the Rite
Preparing to Celebrate: going through the Rite of Confirmation	The Beatitudes: the magna carta of the Christian life using the Sermon on the Mount	
Into the Future: a chance to reflect on having been confirmed and the responsibilities it brings as confirmed people	The Creed: Preparation for renewal of the Baptismal promises -- What do we believe? What do we mean we say the Creed? Who is God? Jesus? The Holy Spirit? E	
Sending Forth: celebration to re-emphasise the importance of Confirmation and the community's involvement	The Mass: Why we should go to Mass; how it is central to our faith and how we are <i>missioned</i> at the end of each Mass	

<i>Survival Guide to Confirmation</i>	<i>We Celebrate Confirmation</i>	<i>Born in the Spirit of Jesus</i>	<i>Celebrating Our Faith</i>
Meeting with parents and candidates – to introduce the catechists & give out books	Meeting with parents and candidates – to make introductions	Introductory session for parents (including information about the parent projects) The parents are asked to register their children; the programme is designed to be a joint venture between them and their children	Named and called: aims to help the candidates understand the Confirmation process and the role of those involved, to realise the significance of being called and being named and to discern their readiness to be confirmed
Getting to Know one another and ask why they want to be confirmed; looking at the gifts of the candidates	Affirming my Baptism: identifies Confirmation as a sacrament of initiation and linking it with baptism; decision to enrol	Decide for yourself: The aim of this session is to help youth gain understanding of the nature of adulthood – and to encourage them to assume a more adult self-concept	Reconciliation: aims to develop in the candidates a mature, balanced, realistic view of sin, to recognise that service rooted in justice is a way of repairing what sin destroys and to express ritually a willingness to seek forgiveness and actively participate in the reconciling ministry of Jesus
Celebration of intention: declaring to the parish that they want to be prepared for Confirmation and asking for their prayers	Celebration 1: the young people are called and inscribed; they renew their baptismal promises and ask for the prayers of the community	Meeting the Spirit: The young people should be helped to form an understanding of the nature and role of the spiritual in human life and relationships – and to become more sensitive to their spiritual side	Scripture and the Holy Spirit: aims to help the candidate to identify the various types of writing in the Bible, to explore how the Holy Spirit speaks to us through Scripture
Belonging: The candidates in relation to the local and the church community. What is community? church? Parish? Being Catholic? The Creed – What do you believe? What are Holy Days and why?	Celebrating the Holy Spirit in my life: The Rite of Confirmation is described in this session – giving the signs & symbols of the sacrament of Confirmation. The Holy Spirit calls us to spread the Good News.	Opening up: to develop in them an openness and eagerness for the Spirit's influence	The Holy Spirit in our Lives aims to help the candidate reflect on their personal faith journey, to understand faith as a gift, to identify the presence of the Holy Spirit in their lives
Meeting with the person of Jesus: meeting Jesus through Scripture	Celebration 2: the candidates are presented with a copy of the New Testament.	From me to you: helps the young people form an understanding of the nature and role of the fruits and gifts of the Spirit – helping to allow them to become operative in their own lives	Baptismal Promises: aims to help the candidate understand that service is a lifelong commitment constitutive of living the Gospel, to discern personal gifts and talents for a realistic and formal commitment to service
Meeting Jesus through the Sacraments: signs & symbols of the sacraments; encountering Jesus in the sacraments; Jesus's presence to us today; a reflection on Baptism	Renewing my commitment to Jesus: the candidates are called to follow Jesus and to become part of the great inheritance that finds its continuance in the Church today.	Born again: helps the young people understand their Confirmation as the completion of their initiation as full members of the Church	Laying on of Hands: aims to help the candidates to understand various types of traditions, to define tradition in a Catholic context, to identify Apostolic and ecclesial Traditions and to recognise the prayer traditions of the Catholic Church
Celebration of Acceptance: candidates commit to continue the course, taking responsibility for their own faith	Celebration 3: candidates are reminded they should serve their neighbours and they present their service projects	Election ceremony: asks the candidates to promise to prepare themselves during the programme and asks the congregation to support them by their prayers and example	Anointing: aims to name and understand the use of a number of prayer objects, to assess the meaning, purpose and symbolism or use of objects in prayer, to understand the rite of anointing as used within Confirmation and to participate in a blessing ritual
What should I do? Moral choices and values	Responding to the call of the Spirit: the Creed; our beliefs as Christians	Stand up and be counted: aims to help the young people understand the responsibilities and related skills involved in being an active member of the Church and local faith community	Mystagogy aims to help the newly confirmed that they have not reached a destination but have taken another step on their faith journey
Reconciliation: a practical look at a difficult activity – going to confession. It gives a guide to the Sacrament and offers them a chance to celebrate it.	Sharing the gifts of the Spirit: Confirmation makes Pentecost present today and the candidates are asked to complete their service projects	A brand new ministry: aims to help the young people to understand the nature of ministry and its role in the church	
Eucharist: The Mass is at the centre of our Catholic community	Celebration 4: the candidates present their completed service projects	Sponsor/candidate session: aims to engage the sponsors in the programme – offering materials for them to do together relating to each session. Candidates are to meet with their sponsors for an hour each week during the programme	
Preparation for Confirmation: a history of the sacraments of initiation and preparation for the Rite of Confirmation	Reaffirming my commitment to Christ through the Church: the candidates are invited to decide whether they want to be confirmed		
Gifts of the Spirit: looking at the meaning of the gifts of the Holy Spirit and how we can use them.	On-going: reflection on what their continued involvement in the Church will mean		