

**Confirmation
Sponsor
Guidebook**



"...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! You have been chosen by a young person for a special role. A wonderful adventure in the spiritual life awaits the two of you. As a Confirmation sponsor, you have accepted a responsibility that is an honor in our Church.

Your role is to spiritually walk with the candidate during the preparation for the sacrament. You will be assisting the young person in being a true witness and disciple of Jesus, and representing the community when you present your candidate to the bishop. Your special role does not end at the Confirmation liturgy; you will help the young person fulfill his or her baptismal promises after Confirmation with the help of the Holy Spirit.

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What is Confirmation?

The Sacrament of Confirmation....

- ↳ Welcomes us and deepens our belonging to the faith community
 - ↳ Deepens our relationship to God, as Creator, Redeemer and Spirit
 - ↳ Strengthens us as disciples
- ☞ **A sacrament is part of the way that God loves us and calls us.** A Sacrament is God's love expressed as free, undeserved gift.
- ↳ The Gift within Confirmation is that of strengthening us for discipleship and deepening our belonging to the faith community through the Trinity.
- ☞ **God uses visible signs to communicate invisible love.** To communicate God's love, God uses our senses: eyes, ears, touch, smell, and taste, and elements of our world.
- ↳ In Confirmation, the signs we will celebrate include being anointed with oil and the laying on of hands as we remember the water of Baptism and the nourishment of Eucharist.
- ☞ **God calls and invites; we respond.** An attitude of openness communicates a "yes" to God's invitation to a deeper relationship. This "yes" does not mean we know that we will always be faithful or that we are worthy of the gift. "Yes" means we are open to be strengthened by God who calls and loves us.
- ↳ In Confirmation, we have the opportunity to say "yes" through the various responses in the prayer.
- ☞ **The community witnesses to and celebrates the sacraments.** A sacrament is a powerful sign that God is alive and present in the world. As Church, we are called to be sacrament that is to be God's hand and healing touch in the world. At the same time, we celebrate the sacraments as our most important prayer. This community that celebrates sacraments is global, reaching to other faith communities throughout the world and joined in a common bond. The community is also local as a diocese or archdiocese, as a parish and as a community of faith in families.
- ↳ In Confirmation, the community witnesses our celebration and provides a sponsor who represents the love of the community for us.

What Do Sponsors Do?

We may agree that as adults in today's world we are used to being defined by what we do. In fact, this is a common first question we ask one another on first meeting. It is a comfortable way to initiate the small talk that at some point might evolve into deeper conversation. Yes, as a Confirmation sponsor, you will have particular things "to do." These may include attending rehearsal, buying a gift, walking with the candidate to the bishop, going to dinner after the liturgy. But you are about to embark on a journey with a young person. *What you do* is not the primary concern. This is a journey concerned less with what you will do as a sponsor and more with who you are as a person of the Gospel. This journey will take you and a young person to new and exciting places in the life of faith. Faith penetrates the heart of the matter—how has faith penetrated who you are; can a young person read the Good News in the actions of your life?

* Called to Relationship with Youth

In your role as a sponsor you are a minister with youth. You are a part of an exercise in building relationships. These relationships allow young people to know adults who care about them and who are willing to walk as fellow pilgrims on a life-long journey of faith. A special young person has called you into deeper relationship. At the center of this relationship is our faith. And in a particular way, your unique ability to share your faith with this person is more important than the Confirmation program itself. This guidebook strives to help you walk with your young person.

* Nurturer and Supporter of Faith Growth

You are one of the nurturers and supporters of faith growth for the Confirmation candidate. The integrity with which you live your faith and take care of its growth is as important as the walk in faith you are a part of with the young person. You have been chosen to share that faith is a gift freely given by God, and that our response to that gift is the challenge of us all as members of the Body of Christ. Communicating with interest and excitement the challenge of living as Catholics in today's world is a wonderful gift to share with youth. We hope that this guidebook inspires you in your own spiritual journey.

* Being Present

Your presence in the life of the young person who has chosen you as sponsor is essential. You can be present in many ways; look further in this book for some practical ideas. Your relationship has the potential for creating very sacred space between the two of you—holy ground. To walk on holy ground with a young person is indeed a blessing! This guidebook will give you some practical tools for helping a young person grow in faith and at the same time challenge your own faith through the mutuality of the relationship.

Twenty Tips for Sponsors

- 1 Participate with the young person in activities, i.e., take him or her to a movie and talk about it over a snack afterwards, or invite him or her on an outing such as biking, roller blading, ice-skating or hiking. Try activities that involve the young person in creative expression. d
- 2 Establish a regular time to be with the young person as listener, sharer and co-traveler on the faith journey. Communicate that the friendship between the two of you makes a difference in your life.
- 3 Encourage the young person to keep a personal journal and share reflections of your own from daily life. Talk about current events and trends.
- 4 Be willing to enter into discussion with the young person about the differing values around us and affirm the healthy, life-giving choices of the young person. Model healthy, life-giving choices and relationships in your own life. Share stories of others, both current and of history, who have struggled with issues of personal integrity.
- 5 Recommend and even buy for the young person spiritual reading, “reflections for every day,” that link faith to life.
- 6 Expose the young person to professional acquaintances in particular fields and vocations as her or she explores possible vocational choices.
- 7 Share with the young person the significant moments in your faith life. Ask open-ended questions (why, how, where, when) that encourage the young person to explore how his or her faith is experienced in life.
- 8 Participate with the young person in community service activities and together keep a photo journal of your involvement.
- 9 Advocate for inclusion of the young person and his or her peers in leadership capacities at the parish, and to become an integral part of the planning process for programs that involve them.
- 10 Explore with the young person a variety of ways to pray. Send the young person scripture notes every week. Meet with the young person and talk about what kind of homily the young person would write for the upcoming Sunday.
- 11 Find five other adults who are going to pray for this young person.

12 Create a prayer board for the young person's bedroom where he or she can put up the names of people who are in need of prayer.

13 Send a special card to the young person on the anniversary of his or her baptism.

14 Reach out to the young person with a "good luck on the exam" telephone call or a congratulatory note about a job well done.
Try doing "random acts of kindness" for your young person.

15 Support mom and dad with a listening, empathic ear.

16 Learn friends' names and inquire about them regularly. Invite the young person's friend(s) to join the two of you on an occasion or two. Host a popcorn/movie night and watch a "religious movie" with the young person and his or her friends, e.g., *Jesus of Nazareth*, *Romero*. Prepare a special dinner before Confirmation for the young person and his or her friends. Find ways to include peers in making the Confirmation celebration more meaningful, e.g., have a group of friends make a scrapbook for the young person. Talk with him or her about the value of friends, and the struggles of relationships.

17 Take the young person to the ritual experiences at Church or in the community, e.g., the community's Stations of the Cross.

18 Share how your faith and experiences of Church have made a difference in your life — including the doubts and struggles you may experience.

19 Pray for the young person, and let him or her know it.

20 Ask the young person to pray for you.

But How Do I Share Faith?

Central to being a Confirmation sponsor is sharing with young people the worthy adventure of living a gospel-centered life. You may not feel equipped for this task, but don't worry, neither did the first disciples of Jesus! In fact, sharing our faith with each other is not a task; it is a way of life. We carry a particular identity with us, and into all of our environments because we are Catholic. One writer has said that the *walls* of her home growing up were Catholic, filled as they were with symbols of belief.

Ask the young person why he or she chose you as a sponsor. You may discover that this particular adolescent has already been reading the Good News through you!

As a sponsor, you are “being church” with a young person. What does this mean? The mission of church is three-fold. We *proclaim* the Good News, namely the saving action of Jesus, we offer ourselves as a group of people transformed by the Spirit into a *community of faith, hope and love*, and we bring *God's justice and love* to others through service. In its ministry with young people, of which you are a part, the church works to foster the total personal and spiritual growth of young people and to draw them to responsible participation in the life, mission and work of the faith community. In addition, we empower young people to become disciples of Jesus Christ who witness to their faith by living and working for justice, peace, and human dignity. (*Vision of Youth Ministry* 3, 7)

Here are some simple strategies for “being church” with your young person.

Have Faith Conversations: Witness to God's Presence in Your Life

Young people, particularly older adolescents, are exploring their beliefs and values. They are searching for a worthy adventure upon which to embark; an adventure that gospel living surely is. Here are some simple strategies that will help you initiate faith conversations:

- ☞ **Share stories with each other.** Stories have a tremendous impact. If all you do as a sponsor is share how God has been moving in and through your life, you have given your young person a gift of tremendous value. Share with each other the significant religious celebrations of your lives — compare “notes” about first communion, etc. Help the young person identify what is uniquely Catholic about his or her life. Share as well significant life experiences in the context of faith.
- ☞ **Affirm the actions of the young person, which witness to the Good News.** Make direct correlation for the young person between what you see him or her doing and how it is a value and action of Jesus. Break open the Scriptures for the week and share how Jesus' teachings apply today.
- ☞ **Help the young person explore how the events of his or her life are glimpses of the “vision of the glory of God.”** Be comfortable with the young person's questions and challenges. In order for belief to be

meaningful, for God to be meaningful, young people need the space to explore their questions and doubts. They need adults who will stand by them, be faithful to their searching, and not abandon them in their disbelief.

Explore Prayer and Celebration

Our tradition as Catholics is rich with ritual and celebration of God's presence and action in humankind. Prayer is relationship with God. Young people are exploring the meaning of Catholic ritual and discovering their own unique spirituality and personal relationship with God. Walk with them on this adventure!

☞ **Plant a seed somewhere special with the young person.** Talk about how the seed is now underground in the damp and dark preparing to burst forth-new life. Relate each step in the plant's development to the growth of each of us spiritually.

☞ **Challenge yourself and the young person to move beyond mediocrity in your spiritual lives.** Have prayer discussions. Share your own struggles with a prayer life and explore praying together. Help the young person establish a regular pattern of prayer. Together commit to a joint effort such as placing a prayer/scripture reflection on your bathroom mirrors and praying it each morning individually.

☞ **Invite the young person to join you at the parish Lenten mission.** Take him or her for ice cream afterwards and talk about what you heard.

☞ **Laminate the renewal of baptismal vows as a prayer card or bookmark.**

☞ **Focus prayer with the young person on significant events in his or her life** (e.g., driver's license, death of a friend, finishing the semester).

☞ **Give the young person a symbol** (poster, icon, picture of Jesus, candles, quotes from role model or saints) that he or she can place in a prayer corner at home.

☞ **Encourage the young person to write prayers in the form of poems or journal entries.** Give him or her a decorative blank book for this purpose.

☞ **Read Scripture aloud.**

☞ **Have the young person share contemporary music, which is meaningful to him or her.** Talk about why.

Explore Justice and Service Opportunities

Young people have a tremendous capacity for selflessness. In giving themselves through service and concern for others, they discover more about who they are and about the unique gifts that God has given them. Tap into the idealism of your young person by initiating participation in service opportunities or by expressing interest in what the young person is

already involved. Explore together the needs of the world (individual, parish, community and world) and how the gifts of individuals are meant to meet those needs.

☞ **Decide together on one meaningful service project in which you will both be involved.** Find something that calls forth the unique gifts of the young person. Talk afterwards about how the involvement was a reflection of Jesus' mission of service.

☞ **Discuss options for further direct service or exploring social justice issues.**

☞ **Assist the young person to find information and resources in expressed areas of interest.** Visit local service organizations and Catholic social ministry programs together.

☞ **Search scripture with the youth and discover Jesus' teaching on the social issues of his time.** Talk about how they relate to the social issues of our time.

Building the Relationship One-on-One

It is an honor to have been asked to be a sponsor for Confirmation. Now you are wondering not only "What are we going to talk about?" but more fundamentally, "How do I talk to a young person?" Communication skills are foundational to any relationship. What follows are some simple guidelines and practical ideas, which if followed, will greatly assist you to develop effective communication and have meaningful and fun conversations.

*** Be committed to communicate with the young person.**

Your presence and your faith story are gifts you give. The young person offers you a gift as well, through his or her self-disclosure.

✓ **Establish a regular pattern of contact.** This could be a once-a-week phone call or a trip to the yogurt shop. First and foremost, the young person needs to know that you care and that you want to be a part of his or her life. He or she also needs to know that you take your role as sponsor seriously. This means that you are willing to be present that sometimes you will go out of your way to be where the young person is. You are willing to share your stories of life and faith, and to listen to him or her and help reveal God active in the day-to-day realities of being a teenager.

*** Communication is a revelatory process.**

As you and the candidate prepare for Confirmation and look forward to continuing the faith journey together afterwards, you will be sharing about yourselves. Your sharing communicates trust in the young person and a willingness to share your personal vulnerability.

- ✓ **In your regular contact with the candidate, *share your feelings*.** This can be as simple as telling him or her how you feel, and relating the various experiences of the day or week and how they have impacted you. Since these are your feelings, use “I” statements rather than “you” statements. A simple and very effective formula is “I feel (felt)..... when.....because.....”
- ✓ ***Express gratitude to the young person for listening to your story.*** Let him or her know that it makes a difference to you that you were able to share. “Thanks for listening. It’s great to be able to talk with you about my day.”
- ✓ ***Be present in an active way to the young person’s story.*** This implies that you accept him or her “as is,” you listen attentively, and you do not pass judgment on what is shared. This means that you “seek first to understand, then to be understood.” Active, revelatory communication also implies that you offer suggestions but not advice. Remember, the young person is sharing who they are with you. You also thank the young person for sharing with you. It is an honor to enter into life’s story with a youth. Here are some helpful hints on how to listen attentively:
 - ➔ **Share empathic and reassuring reactions.** Another phrase for this is “reflecting feelings.” To do this, pretend that you are a mirror and you are reflecting back what the young person has said so that you demonstrate understanding and acceptance. For example, “The frustration you feel from missing the deadline for that job application must be pretty intense.”
 - ➔ **Remove any blocks that are communication hazards.** Trying to have a conversation in front of the busiest escalator at the mall may not be the best idea. Environment can help facilitate communication or it can distract. Removing any visible barriers between you and the young person will aid in facilitating conversation as well.
 - ➔ **Listen attentively by *clarifying the meaning of things that are shared*.** These are called “reflecting skills.” In addition to “reflecting feelings” mentioned above, you can “paraphrase,” that is, give a concise response that states what you heard in your own words. Another skill is to “reflect meanings” by using the phrase, “You feel... because...” and to be open to clarification of your interpretation. “Summary reflections” are also very helpful. Here you give a summary of what you have heard. This is not a summary of the young person’s thoughts; hopefully your reflecting gives the young person the opportunity to pull together a summary of his or her own.

* Use effective skills for good communication.

These skills include attending skills, following skills, and the reflecting skills mentioned above. Total presence with your young person shows that you care about him or her. Attending and following skills involve total presence.

- ✓ **Maintain a posture of involvement.** This posture includes a relaxed alertness which expresses the balance between “I feel at home with you and accept you” and “I sense the importance of what you are communicating to me and am intent on understanding you.” Inclining your body towards the young person indicates full attention, and maintaining an open position (arms and legs uncrossed) communicates receptivity. Placing yourself at eye level with the young person and facing him or her directly will alleviate the risk of seeming disinterested.
- ✓ **Use appropriate body motion.** How your body responds as you communicate with the young person speaks volumes. Your body can demonstrate empathy just by the way you position yourself as the young person talks. Avoid gestures and distracting movements that draw attention away from the conversation.
- ✓ **Use eye contact.** Our eyes are powerful communication tools. Use yours with the young person to communicate trust, eagerness to listen, and caring about him or her.
- ✓ **Create conversation starters with Door Openers.** One type of door opener describes the young person’s body language, “You look like you’re not feeling quite up to par.” Another is offering an invitation to talk: “What do you want to talk about it?” Silence can also be a door opener. This gives the other person room, time and space to decide whether to talk, how to begin to talk, or even to decide what to say. The attending skills mentioned above are door openers as well.
- ✓ **Interject *minimal encouragers* throughout the conversation.** Some examples are: Tell me more, yes, I see, Right, Go on, For instance? Oh? Really? Then? You bet.
- ✓ **Ask *open-ended questions*.** Open-ended questions begin with “what,” “where,” “how,” and “why” and stimulate conversation.

* Be proactive.

Initiate interaction and conversation with the young adolescents. Don’t expect them to make the first move.

* Take an interest.

Ask the adolescents what they are interested and/or involved in, and let them talk about their experiences. However, avoid sounding like an “interrogating squad” with too many questions.

* Use open-ended questions.

Open-ended questions usually begin with whom, what, and why, and tend to generate conversation. Avoid “yes/no” questions, which tend to shut down conversations. For example, ask “What did you like about the trip?” rather than “Did you like the trip?”

*** Be inviting rather than intimidating.**

Avoid coming on too strongly. Adopt a casual approach to conversation, and be sensitive to the comfort level of the adolescent.

*** Ask their opinion and honor their perspective.**

Seek to understand issues from the perspective of the young person, and let them know it is not necessarily easy for you to understand their position.

*** Be authentic and sincere.**

Let the adolescents know you do not know “everything,” and let them know that you truly care about them.

*** Develop Empathy.**

Strive to see through their eyes by remembering what it can be like to be in the midst of puberty with its self-doubt, self-discovery and self-consciousness, needing to belong and often not knowing how to fit in with others.

*** Be patient and persistent.**

Consistently extend a welcome and invitation, even when you seem to be pushed away.

*** Do not take responses too personally.**

Acknowledge your feelings (you are human too!) and do not take the sometimes awkward and abrupt responses of the young adolescents as a personal attack on your self-esteem.

*** When in doubt, find out.**

If you are unclear about the meaning of a young person’s comments, ask him or her to clarify for you. If you are unsure about a particular situation or what might be an appropriate response, ask the advice of another leader.

*** Honor your intuition.**

Follow your “gut” *and* be sure to “investigate” your speculations before drawing conclusions. What you see with young adolescents is not always what you get!

Tips for Working with Young Adolescents

- ➔ See young adolescents as gifted individuals, and affirm them as valued and valuable members of the faith community today, not just leaders for tomorrow.
- ➔ Be aware of the differing rates of development between the physical, social, spiritual, emotional and intellectual dimensions within each young person; as well as the differing rates of growth between individual adolescents.
- ➔ Understand the nature and needs of young adolescents, and provide age appropriate activities and responses.
- ➔ Strive to understand the issues, concerns, interests and challenges from the perspective of the young adolescents - and provide support and guidance as needed.
- ➔ Be clear and reasonable with expectations for the young adolescents and yourself.
- ➔ Be sensitive to cultural customs and needs of the adolescents and their families.
- ➔ Remember that who we are and how we interact with young people will have far greater impact than what we teach. Consider how you want to be remembered ten years from now by the young people you are working with today.
- ➔ Recall what it was like to be a young adolescent, and also be careful to not project your past experiences onto the adolescents in your ministry.
- ➔ Sincerely care about each young person with a listening ear and understanding heart; sometimes simply “being present” to them is what is needed most.
- ➔ Accept your role as model and mentor, recognizing you will not always be popular but you must always be responsible in your actions.
- ➔ Nurture an attitude of love, a spirit of hope, and a sense of humor.
- ➔ Recognize any and every moment as a teachable moment, and an opportunity to learn.
- ➔ Acknowledge your limitations and imperfections, and learn to be comfortable with saying “I don't know. I was wrong. I am sorry.”
- ➔ Be prepared and flexible with your plans and programs, to meet the changing nature and interests of this age.
- ➔ Be aware of healthy personal boundaries and appropriate limits of self-disclosure.
- ➔ Be aware of the family situations and needs of the young adolescents, and initiate a partnership with parents.
- ➔ Be open to learn from the young people, and from mistakes.
- ➔ Be able to relax and enjoy the fun-loving and enthusiastic nature of young adolescents.
- ➔ Be assured that God was, is and will always be present and working in the lives of the adolescents, regardless of us!

What about Confirmation?

☺ Confirmation *welcomes* us as a sacrament of initiation.

- ☺ Confirmation is linked to Baptism and Eucharist.
- ☺ Confirmation is part of our initiation into the faith community.
- ☺ Confirmation honors the spiritual maturity of the individual.

📖 Scripture Reflection

Each of you is a Son and Daughter of God because of your faith in Christ Jesus. All of you who have been baptized into Christ have clothed yourselves with him. There does not exist among you Jew or Greek, slave or freeman, male or female. All are one in Christ Jesus. Furthermore, if you belong to Christ you are the descendants of Abraham, which means you inherit all that was promised. (Galatians 3:26 - 29)

* Reflection

How has your Baptism shaped your life?

▶ With Your Candidate

- ❖ Celebrate the anniversary of his or her Baptism by remembering it in a special way — with a card, a special meal, a prayer with the family, a simple gift.
- ❖ Share how your Baptism has made a difference in your life.
- ❖ Pray for family members, pray together for the young people in the Confirmation preparation program.
- ❖ Find ten other people who will pray for your candidate during the preparation program. Ask them to write notes to the candidate during the preparation. Supply them with addressed envelopes and notes.

☞ We are Confirmed in the name of God the Creator, the Redeemer and the Holy Spirit.

- ☞ Confirmation is part of the welcoming initiative of God the Creator.
- ☞ Confirmation unites us more firmly to Christ.
- ☞ Confirmation strengthens us with the Holy Spirit.

Scripture Reflection

Jesus left Galilee and went to the Jordan River to be baptized by John. But John kept objecting and said, "I ought to be baptized by you. Why have you come to me?"

Jesus answered, "For now this is how it should be, because we must do all that God wants us to do." Then John agreed.

So Jesus was baptized. And as soon as he came out of the water, the sky opened, and he saw the Spirit of God coming down on him like a dove. Then a voice from heaven said, "This is my own dear Son, and I am pleased with him." (Matthew 3:13-17)

* Reflection

How has the Spirit been present in your life?

▶ With Your Candidate

- ❖ Talk with the young person about how God has been a part of your life, about the actions and values of Jesus which draw you to him, and about who the Spirit is to you.
- ❖ Have your candidate share his or her thoughts about these things with you as well.
- ❖ Together participate in the ritual celebrations of the community, e.g., Stations of the Cross, parish Lenten mission, a Baptism.
- ❖ Be willing to enter into discussion about differing values and guide your candidate in reflection on how Christian moral values can guide his or her decision-making.

↳ Confirmation strengthens us for discipleship, mission and witness to our faith.

- ↳ Confirmation empowers us to witness to our faith.
- ↳ Confirmation links us to the ministry of Christ and mission of the Church.
- ↳ Confirmation initiates young people into the adventure of discipleship.
- ↳ Preparation for Confirmation is a moment of conversion, which includes celebrating the sacrament of Reconciliation.

Scripture Reflection

When the day of Pentecost came it found them gathered in one place. Suddenly from up in the sky there came a noise like a strong, driving wind, which was heard, all through the house where they were seated. Tongues as of fire appeared, which parted and came to rest on each of them. All were filled with the Holy Spirit. They began to express themselves in foreign tongues and make bold proclamation as the Spirit prompted them. (Acts 2:1-4)

* Reflection

The apostles were strengthened with the Spirit to proclaim the Good News of Jesus. How have you been a witness to Jesus' presence in the world?

► With Your Candidate

- ❖ Share how you have read the Good News through the actions of his or her life. Be specific.
- ❖ Affirm the healthy, life-giving choices of the young person.
- ❖ Encourage him or her to identify qualities of good friendships.
- ❖ Introduce him or her to the local "heroes" and "heroines" who exemplify discipleship.

↳ **Confirmation is a celebration of the community of faith.**

- ↳ Confirmation joins us to the ministering community.
- ↳ Confirmation is received by individuals and celebrated as community.
- ↳ Preparation awakens a sense of belonging to the universal Church and local parish.
- ↳ Preparation includes a sponsor who represents the wider faith community.
- ↳ Preparation provides an opportunity to partner with families as communities of faith.

 **Scripture Reflection**

The body is one and has many members, but all the members, many though they are, are one body; and so it is with Christ. It was in one Spirit that all of us, whether Jew or Greek, slave or free, were baptized into one body. All of us have been given to drink of the one Spirit. Now the body is not one member, it is many... You, then, are the body of Christ. Every one of you is a member of it. (1 Cor 12:12-13, 27)

*** Reflection**

What is the gift that you as a sponsor bring to this community of faith?
How have you been blessed by the gifts of others in your faith community?

▶ **With Your Candidate**

- ❖ Talk about a special gift that you see he or she has to offer; share how you have experienced that gift.
- ❖ Talk about how you see yourselves as a member of the Body of Christ — the challenges of membership as well as the joys.
- ❖ Share one or more examples of life-giving relationships of which you have been a part.
- ❖ Be open to including the candidate's friends in outings; host a movie night or prepare a special meal for a group of them prior to the Confirmation Liturgy.
- ❖ Discuss possibilities for the candidate being involved in the various ministries of your parish. Participate in a community service activity with your candidate.