

# Year 1 Confirmation Program Checklist

Good Shepherd Catholic Church

*All forms are available online at the Good Shepherd website: [gsrcc.net](http://gsrcc.net)*

Confirmation Coordinator | Kelli Coan: [kcoan@gsrcc.net](mailto:kcoan@gsrcc.net) | \*email is the best way to contact me

- [ ] Attend Mass every Sunday (as required by the Catholic Church)
- [ ] Complete a **Faith Formation registration form** & submit a copy of your **baptism certificate**
- [ ] Submit your **Sponsor Certificate Form by November 30<sup>th</sup>**
- [ ] Attend the **Confirmation Orientation** meeting (**with a parent**)
- [ ] Attend the **Year 1 Confirmation Classes on Sundays from 4:15 – 5:15 (see class schedule)**
  - 4 absences are allowed, however, more than 4 means you will need to repeat the year.
  - \*The March 17<sup>th</sup> class is not required if you attend the Spring Retreat in March

## Confirmation Year 1 Classes

Sunday 4:15pm-5:15pm

September 10 <sup>th</sup>	January 7 <sup>th</sup>
September 17 <sup>th</sup>	January 21 <sup>st</sup>
October 1 <sup>st</sup>	January 28 <sup>th</sup>
October 8 <sup>th</sup>	February 4 <sup>th</sup>
October 15 <sup>th</sup>	February 11 <sup>th</sup>
November 5 <sup>th</sup>	February 25 <sup>th</sup>
November 12 <sup>th</sup>	March 17 <sup>th</sup>

- [ ] Confirmation candidates must have **regular participation** in the Life Teen Program which includes:
  - o Attending either Sunday Life Nights or Wednesday Deep with Pizza at least once a month.
- [ ] Attend a Catholic **Retreat**:
  - ( ) December 2<sup>nd</sup> – 3<sup>rd</sup> Christmas Retreat at Camp Hidden Lake
  - ( ) March 16<sup>th</sup> – 17<sup>th</sup> – Spring Retreat at Camp Hidden Lake
- [ ] Complete the three **service projects** and submit the **completion forms** (forms online)
  - ( ) Family Completion Form (1)
  - ( ) Church Completion Form (1)
  - ( ) Community Completion Form (1) (*See project examples below.*)
- [ ] Attend at least 1 hour of Eucharistic Adoration with your sponsor or parent. ***You must spend one hour in adoration during the year.***  
*If you'd rather divide the hour into two 30-minute visits, go to the Adoration Chapel once each semester for 30 minutes.*
- [ ] Attend the Advent & Lenten Penance Services\* (also attend Reconciliation *other than* the Penance services)  
***\* Catholics are required to participate in the Sacrament of Reconciliation at least once each year to remain a Catholic in good standing. You must go to Reconciliation prior to receiving the Sacrament of Confirmation.***

# Service Project Ideas

## Family Service Project Examples:

- Cooking family dinner, once a week, for 2 months
- Helping dad/mom build/repair something in the yard
- Cooking Thanksgiving & Christmas meals & cleaning up afterwards
- Helping an elderly neighbor who has trouble maintaining their yard

## Church Service Project Examples:

- Elementary Faith Form. assistant (for one semester)
- Altar servers (for one semester)
- Volunteer with Vacation Bible School
- Help decorate the church for Christmas & Easter
- Contact Vicki Carney or Tamie Cagle to help with Faith Formation projects for the younger students
- Assist in summer VBS program
- Assist with St. Vincent de Paul

## Community Service Project Examples:

*The Community project must be completed with the teen's sponsor and/or parent.*

Volunteer with the Pro-Life Pregnancy Aid Clinic 404-763-4357

Volunteer with St. Vincent de Paul Society — email John Cavanagh at [john@cavanaghgrp.com](mailto:john@cavanaghgrp.com)

Participate at the March for Life or other Pro-Life events

Participate in a mission trip

# Choosing a Sponsor

As part of the preparation for Confirmation, we ask candidates (not the parents) to select someone to be their sponsor. We ask that you spend time thinking and praying about who would be the best sponsor for you. The relationship between the Confirmation candidate and their sponsor is one that can add a significant dimension to this preparation time.

The role of your sponsor is to “accompany” you in your journey toward greater faith, hope and love. What is most important, therefore, is the quality of the relationship that you have with this person and this person’s faith. Your sponsor should be someone whom you admire and has qualities in his / her life that you would like to emulate. Your sponsor does not need to be related to you or live locally.

Your sponsor will need to spend some special time with you. Most importantly, your sponsor should be someone with whom you are comfortable, someone who will accept you and your questions about your life, and with whom you can share your experiences of God. A good sponsor for you is someone who cares about you and will be with you in your growth toward a more mature experience of Christianity.

## REQUIREMENTS FOR A SPONSOR:

- Must be an active, practicing, confirmed Catholic in good standing;
- Must be 16 years old or older;
- Must be able to participate in your preparation;
- Cannot be a parent (but may be a sibling)
- Should not be a romantic girlfriend/boyfriend

## RESPONSIBILITIES OF YOUR SPONSOR:

- To pray for and with you;
- To be a ‘role model’ and witness and example of a Catholic Christian lifestyle;
- To present you to the Archbishop at Confirmation
- To help you recognize your own gifts;
- To help you select your service projects and critically evaluate them

# Parent Checklist

## Parent Involvement Requirements

- [ ] Attend Mass every Sunday (as required by the Catholic Church)
- [ ] Receive the Sacrament of Reconciliation *at least* once each year (as required by the Catholic Church)
- [ ] Attend the **Confirmation Orientation** meeting with your teen.
- [ ] Volunteer with or attend **one** of the following:
  - Chaperone a teen retreat (Christmas or Confirmation Retreats)
  - Volunteer to help with Confirmation Classes or Events
  - Volunteer to help with Life Nights or Food for the teens
  - Participate in a Marriage Encounter Weekend (wwme.org)
- [ ] Participate in a service project with your teen

*Please note that all chaperones and volunteers must complete the Volunteer Safe Environment program. Go online to <http://archatl.com/ministries-services/safe-environment/volunteers/> and complete all the listed steps.*

***There is no cost to chaperone a retreat.***