



Our Lady of the Assumption Adult Confirmation Handbook

We welcome you and thank you for choosing Our Lady of the Assumption's Confirmation process. We are excited to journey with you towards the Sacrament of Confirmation. This is truly a special time of spiritual formation for you; one that we hope will strengthen you and your entire family. During this journey together we depend on your help and we ask that you remain faithful in these areas:

- Submit all registration forms and certificates prior to the first confirmation session
- Attend Sunday Liturgy and Holy Days of Obligation.
- Choose a qualified sponsor
- Support/tithe to the Church

OLA's Adult Confirmation Process

OLA's adult Confirmation process strives to encourage active and non-active Catholic adults, during this time of development, to share their personal stories and interact with others as they are invited to more clearly identify and understand how God is working in their lives. Through this process, they are presented with opportunities to come to a deeper realization of their faith and ways to live it out in the context of daily life and the parish community.

In these sessions, we gather as a group and open with prayer. Then a speaker and/or video series are used to present the teaching following discussion and activities. We then conclude with announcements and closing prayer. Our sessions cover various topics approved and mandated by the Archdiocese of Los Angeles.

Confirmation Sessions & Topics

Candidates are required to attend all sessions listed on the schedule. However, we realize that family life and emergencies occur. As a courtesy, if a candidate will miss a session please email the Coordinator of Adult Formation at rcia@olaclaremont.org. **Excessive absences will be reason for a candidate to return for extra formation prior to receiving the Sacrament of Confirmation.**

Our process will present a comprehensive and systematic formation in the faith so that the candidate can enter deeply into the mystery of Christ. Through each session, we hope to clearly identify what the Church teaches on the topic, why it should matter to us personally, and how to incorporate it into our daily life.

The following topics will be covered by the Adult Confirmation Process

If you have any questions contact Mariela Arellano, Coordinator of Adult Formation, at rcia@olaclaremont.org.



- Who is God?
- Jesus Christ
- The Church
- Liturgy
- Morality
- Sacraments of Initiation (Baptism, First Communion, Confirmation)
- Sacraments of Healing (Confession, Anointing of the Sick)
- Sacraments of Service (Holy Orders, Holy Matrimony)
- The Social Mission of the Church
- Missionary Discipleship
- Prayer

Mass Attendance

The Eucharist is the source and summit of our faith and as such, Mass attendance is extremely important. It is the expectation of the Catholic Church and the Faith Formation Office that all candidates attend mass weekly. In addition to weekly Mass attendance, all Holy Days of Obligation should be observed. Keeping the Sabbath day holy within family life can be a challenge, but it is also a great joy! The joy comes from spending time with our families and community, praying together at Mass, sharing a meal, and spending time at rest and in recreation. When you are at Sunday Mass, you are sharing your holiness with others and contributing to the worship experience of the faith community. With that in mind, we ask that you consider where your talents and time can best be used to make Our Lady of the Assumption's parish even better by getting involved as a lector, usher, singer, or sacristan.

Retreats

Retreats are an important part of spiritual growth and development. Jesus himself took time to step away and pray (Luke 5:16). Retreats offer us an opportunity to step back from life and reflect on where God has been at work in our life as well as where God may be calling us. As a part of the process all candidates will participate in an one day retreat. However we encourage participants to seek out other retreats as well. For example, Mater Dolorosa Retreat Center in Sierra Madre offers directed retreats throughout the year. If you would like assistance in finding a retreat that would work well for you, please notify us and we will do our best to find an appropriate retreat for you to attend.

Sponsor Selection

As a part of the Confirmation Rite, all candidates must choose a sponsor to help journey with them in their walk of faith. A sponsor must be a practicing, confirmed Catholic, who is at least 16 years of age and sufficiently mature. He/she may not be the candidate's mother or father (Canon 874). A

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godparent is a good choice as it emphasizes the relationship between Baptism and Confirmation (Canon 893). The candidate is encouraged to choose someone close by in order to help foster a good relationship. The sponsor should be a person who is prayerful, open, dependable, loving, and is comfortable sharing his or her faith with young people. *Please reference the Sponsor Form for guidelines on who does and does not qualify to be a sponsor.* Candidates will be given more information about choosing a confirmation sponsor in a confirmation session.

Saint Name

Choosing a saint name is an essential part of Confirmation and it is an acknowledgment that the Holy Spirit will change you through the grace of this Sacrament. We see in scripture that God changed the name of some of his disciples to signify that their role had been changed and that they were becoming, in a sense, a new person. For example, Abram became Abraham (Genesis 17:5) and Simone become Peter (Matthew 16:18). When choosing a saint, you should choose someone who exemplifies a quality that you wish to have, somebody whose life you want to emulate, or somebody you have something in common with. Once a candidate has chosen their saint name, they will need to submit a form via the parish website detailing why they chose their particular saint.

Candidates will be given more information about choosing a confirmation saint name in a confirmation session.

Fees & Materials

The fee for Adult Confirmation process is \$25.00 to cover all basic needs for this program. This will be due on your entry interview as well as all certificates listed below.

Baptism and First Holy Communion Certificates

Copies of the candidates' birth certificate, Baptismal certificate, and First Holy Communion certificate are due with registration forms. If you do not have a copy on hand, contact the parish of Baptism or First Holy Communion to get a copy. You must provide a copy of the candidates' Baptism and First Communion Certificates regardless of where they received their sacraments.

Confirmation Checklist

- Complete your entry interview with a parish staff member
- Attend all confirmation sessions as scheduled
- Attend Mass on a weekly basis and observe all Holy Days of obligation
- Submit the Sponsor Form
- Submit the Saint Name Form
- Purchase all necessary materials prior to the first session if needed.

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- Submit a copy of Baptismal Certificate
- Submit a copy of First Communion Certificate
- Complete your exit interview with a parish staff member
- Attend the Confirmation Mass Rehearsal
- Attend the Confirmation Mass Liturgy