

# PREPARING YOUNG PEOPLE TO CELEBRATE CONFIRMATION

## A Handout for Families

The celebration of the sacraments is of utmost importance in the life of the Church and each of its members. We know that Confirmation, with Baptism and Eucharist, is a Sacrament of Initiation. Both Baptism and Confirmation prepare the way for our full sharing in the Eucharist. Our full sharing in the Eucharist is the event that draws us into communion of life in God.

Originally and for many centuries the Sacraments of Initiation were celebrated in the following order: Baptism followed immediately by Confirmation, followed by sharing in Holy Communion. Adults, infants and children were initiated into the Church in this manner. The usual minister to preside during the celebration was the Bishop.

We need to really focus on Confirmation as a sacrament which empowers us to celebrate the Eucharist in a new and more dynamic way through the gift of the Holy Spirit. We are sent out from the Sunday Eucharist as people whose mission it is to witness to Christ in the world. The Spirit given us in Confirmation enables us to give a powerful and effective witness to Christ's presence.



## COMMIT TO SUNDAY EUCHARIST

As a family, the first thing you can do to help your daughter or son to prepare for Confirmation is to recommit to "full, active and conscious participation" in Sunday Eucharist. Participating in the Sunday Eucharist is not "an option" in our Christian way of life. "Going to Mass" is not one of the rules for Catholics. Rather, it is what defines us as Catholic Christians. It is the celebration which identifies us as followers of Christ. We gain our very identity as Catholic Christians from the weekly Sunday celebration.



Candidates for Confirmation are called to join with the fully-initiated members, their parents and other parishioners - at the Sunday celebration. As well, the Sunday assembly needs to worship with the candidates for Confirmation.

## Family Meals

In your homes, the single most important thing you can do during this time of preparation is to celebrate family meals together as often as possible. Mealtime is a great time for sharing not only good food, but also our daily experiences with one another. To make them the positive experiences that they ought to be, it is a good idea to shut off televisions, radios and even refuse to answer the phone. Although it may be convenient, family meals should not be the time to discuss "issues". Try to