



St. Thomas Aquinas Catholic Church

High School Confirmation Handbook

Welcome to the High School Confirmation preparation program at St. Thomas Aquinas Catholic Church. We are blessed with your presence and are excited to journey with your candidate and your family towards the Sacrament of Confirmation. With your cooperation, this will be a truly special time of spiritual formation for your teen, one that we hope will strengthen your entire family. During this journey together we depend on your help and we ask you to remain especially faithful in these areas:

- Submit all registration forms, certificates, fees in a timely manner.
- Attend Sunday Mass and Mass on Holy Days of Obligation.
- Help your candidate choose a qualified Confirmation sponsor.
- Support/tithe to the parish.

Confirmation Sessions

Candidates are required to attend all sessions listed on the schedule. Each lesson is important especially since we only meet twice a month. However, we realize that family life and emergencies occur. As a courtesy, candidates are allowed 3 absences for the year in total. But if candidates have more than 3 absences (excused or unexcused) we will have to ask them to return for an extra year, so please plan ahead of time.

In the event that your candidate is absent please contact Brian Campos at brianc@stacojai.org so he may give them the information that they missed.

Mass Attendance

The Eucharist is the source and summit of our Catholic faith, the inspiration of the Church's work and the direction to where we focus that work. As a result attendance of weekly Sunday Mass is VITAL. It is the expectation of the Catholic Church and this parish that all candidates attend Mass weekly. Keeping the Sabbath holy within family life can be a challenge, but the Lord Jesus asks it of us because it is the main source of His grace, and we must be faithful to His request.

Youth Group nights – Mondays 6:00pm -7:30pm

In addition to the Confirmation classes scheduled on Sundays, *candidates must also attend 8 youth group meetings throughout the year*. Youth group is a way for youth to keep connected to the Church – during and after their Confirmation. However, these gatherings are open to all high school teens so their friends are more than welcome to attend with them. Please plan ahead of time especially if you know that a particular time of the year for your candidate is busier than other times. Attendance will be tracked at the youth group night, so please make sure to have your candidate sign-in when they attend. The schedule for youth group nights are posted on the parish website at www.stacojai.org/youthgroup. Candidates will not move on to the next step if they do not complete this requirement each year.



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Parish service and outreach

It is a part of the Christian life to serve others with love and care so candidates are expected to accept their share of the call of the church to serve others. *Candidates are required to complete a minimum of 5 hours to the parish community each year.* Liturgical ministries like altar serving, children's dismissal, and ushering will count. Candidates should keep track of their service hours through the attached service hours log. A list of volunteer opportunities throughout the year will be posted on our parish website at www.stacojai.org/servicehours. You may also download the service-hours log on the website page. If service hours are not completed by the first weekend of May, candidates must sign-up to volunteer for the parish festival on the weekend of May 2 & 3, 2020.

Field Trip Options

Our confirmation candidate needs to participate in either one of these field trips each year, unless you attend City of Saints which counts as 2 field trips.

- January 25, 2020- Santa Barbara Regional Youth Day in Santa Maria
 - *Registration due December 8, 2019*
- February 20, 2020- LA Youth Day at the Anaheim Convention Center
 - *Registration due January 5, 2020*
- August 2020 – City of Saints 3-day Teen Conference at UCLA (*this one will count for both year's field trip requirement*)
 - *Registration due February 16, 2020*

**If you fail to attend either Youth Day options during the year, you must pre-register for the City of Saints Teen conference in order to move-on.*

Sacrament of Reconciliation

At the request of the Archbishop, candidates must receive the Sacrament of Reconciliation periodically during their preparation for Confirmation. We will have opportunities in the Advent and Lenten seasons for them to receive this sacrament.

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

1. a practicing, confirmed Catholic, who is at least 18 years of age. He/she may not be the candidate's mother or father (Canon 874). A godparent is a good choice as it emphasizes the relationship between Baptism and Confirmation (Canon 893).
2. Ideally someone close by in order to help foster a good relationship with them. The sponsor should be a person who is prayerful, open, dependable, loving, and is comfortable sharing his or her faith with young people.
3. In good standing with the Catholic Church so that they may receive communion during the Confirmation Mass. This means that if they are married, that they are married in the Catholic Church.



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Saint Name & Report – Year 1

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 Simon became 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. Candidates will be asked to choose a patron saint and submit a saint report during Year 1 of their preparation. More information on this will be given to them in class. We highly encourage our candidates to pray to their patron saint often as they prepare to receive Confirmation.

APPENDIX

Mass Schedule at St. Thomas Aquinas Church

Daily Mass:	Saturday Vigil Mass:	Sunday Mass:
Weekdays 9:00am	5:00pm (English)	7:30am (English)
Saturday 8:00am	6:30pm (Spanish)	9:30am (English)
		11:30am (Spanish)

Sacrament of Reconciliation

Saturdays 3:30pm- 4:30pm or by Appointment (805) 646-4338

Adoration of the Blessed Sacrament

Thursday 9:00am – Saturday 8:00am at the Mother’s Chapel in the side of the church.

Websites/Social Media

www.stacojai.org --- Parish Website

www.facebook.com/STACojai --- Parish Facebook Page

www.facebook.com/STACkids --- Religious Education Facebook Page

Important Contact Information:

Brian Campos 646-4338 x 102 brianc@stacojai.org

Aina Yates 646-0307 aina@stacojai.org

Parish office 646-4338 office@stacojai.org