

**Exerpt from Guidelines for Adult Confirmation Sacramental Preparation
Diocese of Honolulu
December 12, 2016**

Short-Term, Small Group Faith Sharing Opportunity

Recommended for those who might benefit from and respond to the invitation to a faith-sharing process to reconnect them to their faith. Six to twelve small group, faith sharing sessions are recommended, although this process could be adapted as a one or two day retreat or similar. Faith sharing groups should cover the six essential teachings given below as well as one or more of the following possible topics:

- Role of the Mass, perhaps including some introduction into the various parts of the Mass and how to more actively participate in the Mass
- Prayer and Spirituality, including both individual and communal types of prayer
- Background on the importance of the sacraments in living out the faith, perhaps including sessions on one or more specific sacraments
- Components of the creed, the core tenets that make up our profession of faith
- Christian morality – why what we do as part of the Body of Christ matters, for us and for others, perhaps including aspects of outreach and Catholic Social Teaching

Sample Resources that Can Be Used for Small Group, Faith Sharing:

DeSiano, Rev. Frank (2011). *Seeking Christ*. Paulist Evangelization Ministries, Washington D.C.

DeSiano, Rev. Frank and Boyack, Rev. Kenneth (2008). *Awakening Faith: Reconnecting with Your Catholic Faith*. Paulist Evangelization Ministries, Washington D.C.

Lori, Most Rev. William E. (2015). *The Joy of Believing: A Practical Guide to the Catholic Faith*. Word Among Us Press, Frederick, Maryland.

Rolheiser, Rev. Ronald (2009). *Longing for the Holy: Spirituality for Everyday Life*. Renew International, Plainfield, NJ.

**Essential Teachings for Adult Preparation of the Sacrament of Confirmation:
Immediate Preparation**

Recommend 3-5 sessions, although sessions could be combined based on the needs of the confirmation candidates. Sessions should include the following topics:

1. Confirmation, Baptism and Eucharist as constituting the sacraments of initiation (CCC 1285)
2. The Signs and the Rite of Confirmation; the celebration of Confirmation (CCC 1293-1301)

3. The Effects of Confirmation; the gifts and fruits of the Holy Spirit (CCC 1302-1305, 1830-1832)
4. Who Can Receive the Sacrament (CCC 1306-1310)
5. The Bishop as the Ordinary Minister of the sacrament (CCC 1312-1313)
6. A (re)introduction to the apostolic life, to a life of stewardship, of sharing one's time, talents and treasures (CCC 898-900)

Adapted from *Sacramental Catechesis: An Online Resources for Dioceses and Eparchies*, 2012.
Available at www.usccb.org

Potential Resources For Immediate Preparation

Birmingham, Mary (2013). *Confirming Adult Catholics: Five Sessions for Preparation and Reflection*. World Library Publications, Franklin Park, Illinois.

Mann, Patricia, M. (2012). *Sent Forth in the Spirit: A Confirmation Text for Adults*. Leonine Publishers, Phoenix, Arizona.

Swain, Sharon (2008). *Confirmation Book for Adults*. Society for Promoting Christian Knowledge. London.