



Office of Youth and Young Adult Ministry
 St. Joseph Parish
 721 Chemeketa St. NE
 Salem OR 97301
 (503)581-1623
 Youth and Young Adult Coordinator – Sarah Kresse -
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Sacramental Preparation
 2011-2012

The Sacraments of 1st Holy Communion and Confirmation are wonderful and exciting events in our faith journey! Through these sacraments we are fully initiated into the Catholic Church, receive the Body and Blood of Christ, and receive the gifts of the Holy Spirit which enable us to live out our faith to the fullest. With these awesome milestones in our journey comes great responsibility and these sacraments should not be taken lightly. Our sacramental preparation program is open to youth in grades 7-12. Sacramental preparation is a two year commitment.

Listed below are the expectations of the youth and parents. Please read through the expectations carefully. If you have questions, please feel free to contact me.

*Please note that youth must be in 9th grade or higher to receive the Sacrament of Confirmation.

Therefore, if a youth starts preparation in 7th grade for 1st Holy Communion and Confirmation, they are eligible to receive their 1st Communion in their second year of formation, but will need to wait until 9th grade to receive the Sacrament of Confirmation. If this is the case, expectations will be adjusted to meet the needs of the youth: 7th and 8th grade youth in their second year of formation will be expected to attend the 7-8 retreat in February and attend two meetings with their parents (dates TBD).

God's Love and Light
Sarah Kresse

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There is more in us than we know. If we can be made to see it, perhaps, for the rest of our lives we will be unwilling to settle for less. - Kurt Hahn



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Year 1

Regular Mass attendance on Sunday and Holy Days of Obligation is something we are called to, and in order for youth to gain a better understanding of the Mass, youth are expected to participate in the liturgy as an altar server, lector, gift bearer, Sacristan, or usher.

Those planning to receive the Sacraments of 1st Holy Communion and/or Confirmation are expected to be actively involved in the parish community the year prior to receiving the sacrament. Active involvement includes, but is not limited to regular attendance (weekly commitment) of one of the following:

Sunday - High School Youth Gathering 5:30pm - English

Sunday – 7-8 Grade Youth and High School Youth Gathering 11:30am – Spanish

Wednesday - High School Youth Night 6:45pm - English

Wednesday – 7-8 Youth Night 6:45pm - English

Saturday – Exodo (7-8 Grade Youth and High School Youth) 5pm - bi-lingual

Saturday - La Vid (11-12 grade youth) 5pm - Spanish

Teen catechist for Wed Night Faith Formation, RCIA, Children’s Liturgy of the Word, etc.



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Year 2

After having completed one year of active involvement in the parish community, the following requirements need to be met in the second year of formation (dates correspond to those on track to receive sacraments Spring 2012 and subject to change):

1. Regular Mass attendance – The Mass is our ultimate prayer as Catholics and unites us to the Body of Christ. As practicing Catholics we are expected to attend Mass each Sunday and holy days of obligation; please note that attending Mass includes a willingness to contribute to the Eucharistic celebration by praying, listening, responding, and singing.
2. Monthly meetings with parents (sponsors will be expected to attend periodically but always welcome) – 1st Sunday of the month at 3:30pm starting October 2, 2011.
3. Weekly reading/homework assignments – at each monthly meeting parents and youth will receive a short reading along with discussion questions to go over and prepare them for the next meeting.
4. Turn in copy of Baptismal certificate at time of registration.
5. Choose a sponsor – a sponsor is someone who will support you in living the Christian life and will pray with and for you. Please read the attached information regarding how to choose a sponsor and requirements of sponsors. **Due Nov 6, 2011**
6. Choose a Confirmation name - One of the traditional practices in the Church at the time of Confirmation is choosing a name that will remind you of this sacrament. Please read the attached information regarding choosing a Confirmation name and turn in name by **Jan 8, 2012**.
7. Attend 2 retreats – retreats are an amazing opportunity for participants to dig deeper into their faith lives and get to know one another a little better (**High School Advent Retreat Dec 9-11, 2011; High School Theology of the Body Retreat Feb 10-11, 2012; 7-8 Grade Retreat Feb 24-25, 2012; Rise Up Rally March 10, 2012; High School Food Fast March 31-1, 2012; Archdiocesan Youth Walk April 28, 2012; or Pascua Juvenil TBD**).
8. Read Gospel of Mark – presents a good basic understanding of whom Jesus is and his invitation to faith.
9. Written reflection on community service – service is part of our call as Catholic Christians, upon completing at least 4hrs of community service with the organization of your choice (if looking for service opportunities please speak with Sarah Kresse) a written reflection based on provided questions is **due April 1, 2012**
10. 2 Interviews with catechist team – all youth will sign up for a time to meet with catechist team at the start and end of the school year and be expected to know Apostle's Creed, Seven Sacraments, Gifts and Fruits of the Holy Spirit, Ten Commandments, and Our Father.
11. Letter to Archbishop Vlazny indicating desire to be confirmed – goal is to help Archbishop Vlazny know a little about you as he prepares to celebrate the awesome sacrament of Confirmation. **Due May 6, 2012**
12. Lastly, continued weekly involvement in parish life through one of the above mentioned activities required first year (e.g. continue to attend Wed High School Youth Night) is expected.