

## **GUIDELINES FOR CONFIRMATION OF PRACTICING CATHOLIC ADULTS**

The Office of Faith Formation and Lay Ecclesial Ministry and the Office of Worship recommend that adult Catholics, faithfully practicing yet without reception of the Sacrament of Confirmation be invited to prepare and celebrate the Sacrament of Confirmation.

### **INVITATION**

- Practicing Catholic adults may be identified as candidates for the Sacrament of Confirmation through pastoral contact, engaged couple marriage preparation, expectant parents, prospective godparents, parents of children preparing for sacraments, or by general invitation through the parish bulletin and pulpit announcements.

### **CANDIDATES**

In order to receive the Sacrament of Confirmation, the adult must be:

- A baptized Catholic who is not yet confirmed and who has requested the sacrament;
- If married, witnessed by the church;
- Suitably instructed, properly disposed and able to renew baptismal promises;
- Provided with the opportunity to celebrate the Sacrament of Reconciliation;
- Determined by their pastor to be an eligible candidate.

### **SPONSORS**

Sponsor eligibility for Confirmation of Adults is the same as for children:

- Preferably one's baptismal godparent;
- Catholic, confirmed, and has already received the Eucharist;
- At least 16 years of age;
- Leads a life in harmony with the undertaking of this duty including participating in the sacramental life of the Church;
- If married, witnessed by the church.

### **PREPARATION**

- Candidates will be accompanied as individuals and respected for the diversity of their previous catechetical and formational experiences.
- Candidates will be provided with the opportunity to discern with their pastor or parish staff person their readiness and desire to celebrate the sacrament.
- Candidates will be provided with a formational process that deepens their understanding of the seven sacraments, the creed, and contemporary Catholic teachings, according to their level of desire and their articulated needs.

The Rite of Christian Initiation of Adults is intended for persons who are not yet Catholic. It is inappropriate for practicing Catholics to participate in the RCIA as candidates for the Sacrament of Confirmation. A simple process acknowledging their previous formation should be provided.

## **RECOMMENDED OUTLINE**

1. Initial Session  
Identify the background of the candidates and previous catechetical and formational experiences. The process will allow the facilitator to prepare the content of the following sessions.  
Topics for discussion should include: what it means to be Catholic; the Church universal, diocesan Church, and parish community.
2. Catholic Belief And Practice  
The Catholic Creed  
Church teaching and Tradition  
Catholic understanding of Scripture  
Liturgical year, Prayer and Worship.
3. The Sacraments of Initiation  
Overview of the seven Sacraments  
Presentation on the Sacraments of Initiation
4. The Sacrament of Confirmation  
The role, fruits, gifts of the Holy Spirit  
Theology of the Sacrament of Confirmation  
Review of the rite (may include rehearsal)

## **CELEBRATION**

There are several options for the celebration of the Sacrament of Confirmation with adult Catholics:

- Celebration of the Sacrament of Confirmation at St. Columba Cathedral;
- Annual or bi-annual parish celebration of the Sacrament of Confirmation with prepared youth according to the bishop's calendar;
- By pastor on Pentecost, during the Easter Season, or another appropriate time. In order to confirm baptized Catholics, the pastor must request in writing the permission of the bishop;
- Annual or bi-annual celebration of the Sacrament of Confirmation in a neighboring parish.