

Session	Description	Why cover this?	Suggested session in....
Introductory or Gathering session	A very informal gathering to enable young people to get to know each other and their catechists.	An essential element of any programme enabling young people to find a way in to the parish and Confirmation. Also a great way for the parish to identify young people and discover the needs of young people.	Included with this resource.
Introduction to Confirmation	This is your first proper session outlining what Confirmation is and what young people are called to be.	This gives a good starting place for formation and another opportunity to get to know the young people.	
Baptism	Discovering their Christian identity – they are valued and chosen by God.	An essential element that shows Confirmation as a point on their faith journey.	I am Confirmed.
<i>Rite of Enrolment</i>	An opportunity for the candidates to be called by name in their parish.	A strong witness for young people and for the parish community.	Included with this resource.
Eucharist	Focus on the Mass and Christ present in the community, in the Word, the presider and truly present in the Blessed Sacrament.	An essential element following on from Baptism, enabling young people to see that they are the Body of Christ and that receiving Communion at Mass is the high point of our faith.	YouCat Confirmation programme
Prayer	Introduce different ways of praying, dispelling myths and empowering young people into a prayer life.	An essential element. This session can give a young person the confidence to pray, deepening their prayer life, helping them to experience that genuine encounter with Jesus.	YouCat Confirmation programme & Life in Christ DVD.
The Church	Discover more about the early Church and Pentecost. Find similarities between Pentecost and today. Where do young people see themselves in today's Church (global & local)?	This session gives young people a background to their faith and why we celebrate as we do. It also gives a chance to reflect on how they live out their own faith.	Transformed in Christ.

Holy Spirit	Explore the fruits and gifts of the Holy Spirit. Recognition of the individual graces God gives us through Baptism, Eucharist and Confirmation.	An essential session to give young the chance to explore Grace in their lives.	CAFOD Confirmation resources.
Sin, forgiveness and Reconciliation	This session should aim to give young people an understanding of reconciliation and should focus more on how to rebuild broken relationships, including their relationship with God.	Another essential element in Confirmation. This session often has a big impact on young people as sin and reconciliation is something they live with every day. Giving them a clear way of unloading that particular baggage will be a significant stage in their journey towards Confirmation.	YouCat Confirmation resource, Life in Christ DVD & Truth Confirmation Course.
<i>Service of Reconciliation</i>	An opportunity for young people to reflect and receive the Sacrament of Reconciliation.	After covering Reconciliation in your Confirmation programme it is vital that the parish offer young people the opportunity to receive the Sacrament.	A Service of Reconciliation, examination of Conscience, accompanying prayer stations and a guide for young people are all available from www.cliftondiocese.com/youthministry
Communion of Saints & living as a young Catholic	Why do we have a saint's name for Confirmation? Living as Catholic young people in today's world. What are the joys and challenges we face?	For some, this may be the most important session in any Confirmation programme enabling young people to see how they can live their lives in the faith, using the example of the saints and taking on the responsibility of being 'ready & willing'! How to live as young disciples is at the heart of the formation of our young people.	Truth Confirmation Course
<i>Rehearsal</i>	A chance to go through the different stages of the the Rite of Confirmation, where to sit, when to come forward etc.	This takes the stress out of the Mass itself enabling the young people to focus on and enjoy the experience. There is an opportunity	

		here not to just focus on the practical elements, but on formation of the young people through exploring the Rite and Mass.	
<i>Confirmation Mass</i>	Invite the whole parish to attend the Mass and reception!		Liturgical support is available from the Diocesan Liturgy Office.
Retreat experience or Day of Recollection	A chance to gather the group together after Confirmation to recall their formation and focus on living out their faith.	An essential element that should be part of the programme and not an after-thought. Use this opportunity to offer post-Confirmation social and formation gatherings – could this be the beginning of your sustainable parish youth group?	Contact Clifton Diocese Youth Ministry for retreat opportunities and Days of Recollection that can be offered.