

Diocese of Monterey

Confirmation Guidelines

The following is a summarization of the diocesan guidelines for adolescent confirmation. For a complete explanation please refer to the Diocesan Confirmation Handbook.

- **The Confirmation process is a two calendar year process.** Sessions can be scheduled in a variety of ways (i.e. one week-one hour sessions, bi-monthly three hour sessions, etc.) The process should not be a 6-9 week course done prior to the confirmation ceremony.
- **Candidates to be confirmed should be no younger than 16 or at the end of their sophomore year.**
- **Anyone who has been confirmed as infants or young children should be encouraged to participate in the process.** At the ceremony the Bishop will give them a special blessing. We do not re-confirm.
- **Sessions should be scheduled throughout the two years for both the sponsors and parents.** Sponsors and parents do not need to meet at the same time.
- **Confirmed youth should be encouraged to act as mentors for those to be confirmed.**
- **Retreats should be offered at least once a year.** A day retreat for first year candidates and an overnight retreat for the second year candidates is recommended.
- **Candidates should write letters to the Bishop expressing their desire to be confirmed.** These letters should be turned into the Bishop one month before the date of the ceremony.
- **Candidates are encouraged to take saint names,** choosing a saint whose life is one the candidate would like to emulate. The candidate would be confirmed using this name.
- **Liturgy Planning Sheet should be turned into the Diocesan office of Divine Worship** one month prior to the date of the confirmation ceremony.
- **The Confirmation Ceremony should not look like a graduation.** This means that the use of stoles and gowns are not allowed. It is inappropriate to distribute certificates during liturgy.
- **There should be sessions scheduled following the ceremony.** Candidates should be allowed the opportunity to meet after, reflecting on the experience.