



Diocese of Buffalo

## Department of Lifelong Faith Formation

A member of the Division for Evangelization and Catechesis

The following are the best practices of Confirmation formation programs that will set the stage for a formative experience that engages teens with the Catholic faith and the life of the parish. These best practices have proven effective in many parish Confirmation formation programs, and all parishes are encouraged to engage teens in these ways. Confirmation formation programs:

- Are evangelizing and welcoming
- Target head, hands, and heart
- Utilize multiple formats and methodologies to meet different learning styles, i.e. face-to-face gatherings, small group discussions, large group discussions, individual reflection, online resources, videos, skits, dramas, reading, journaling, etc.
- Incorporate hands-on service that occurs both within the parish and out in the community
- Include intentional prayer time in which candidates and catechists pray with and for one another
- Provide opportunities to experience the Sacraments, especially the Sacraments of Eucharist and Reconciliation
- Provide opportunities for engagement with parish life, including but not limited to: Mass, prayer services, Eucharistic adoration, retreats, seasonal celebrations, social gatherings, etc.
- Involves Confirmed youth and young adults in roles, including but not limited to: co-catechists and peer witnesses
- Involves mentors in faith, including Confirmation sponsors, families, and catechists
- Include one-on-one follow ups with candidates to ensure they are being supported in both personal and spiritual matters after receiving the Sacrament of Confirmation
- Include mystagogical events, programs, or practices for the Confirmandi
- Lays a foundation for ongoing faith formation after the Sacrament

For assistance, especially if unsure of how to best applying these practices at your parish, please contact Kaitlin Garrity at (716) 847-5521 or [kgarrity@buffalodiocese.org](mailto:kgarrity@buffalodiocese.org).