



St. Helen

YOUTH MINISTRY

Confirmation Preparation Requirements

Year 1

The process for Preparation for the Sacrament of Confirmation at St. Helen is a 2-year journey that may begin as soon as a youth is a freshman.

**Prior to entering the Confirmation Year 1
Youth must be simultaneously enrolled
and attending faith formation**

- Students and Parents attend a confirmation intro meeting in September.
- All students must attend Sunday Mass every week:
Saturday 5:00PM Vigil English
Sunday 7:30am, 9:00am, 10:30am, 5:00pm
Sunday Noon Spanish
- Attend Holy Days of Obligation
- Students must attend 80% of YDisciple – Highschool faith formation.
- Students will participate in at least one volunteer opportunity hosted through St. Helen's Youth Ministry
- Students must attend a day retreat (NET, or in-parish day retreat)
- Students must attend one summer retreat in 2023 (AYC or Brave the Wilderness).

For more information or if you're not sure about the sacrament pathway for your teen, please contact Miriam Escobar – Director of Youth Ministry