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# PARISH WORKSHOP/S FOR FAMILIES

## CONFIRMATION

The following are suggested outlines to assist you in planning one or more parish workshops for children and their families preparing for the sacrament of Confirmation. There are a different options depending on the number of families participating and the needs of your faith community.

Through out each workshop outline, you will find presentation notes and hyperlinks to more detailed explanations or resources needed for activities.

### AIMS OF A WORKSHOP

The key purposes of these workshops include:

- provide an interactive formation experience that complements preparation resources completed at home (e.g. my sacramental journey Confirmation).
- create an opportunities for children and parents to experience encounter with God through prayer.
- engage parents and children in shared sacramental preparation formation.
- connect sacramental families with each other and with other members of the parish community.
- to familiarise children and parents with any practical considerations such as where to sit, what to say etc.

### TIPS FOR FACILITATING A SUCCESSFUL WORKSHOP

Remember our 'why' - Workshops are not just delivering content—we are helping families encounter Jesus. Let that shape our tone and presence

Prepare with Prayer - Take time as a team to pray for the families attending. This simple act grounds our intentions and invites the Holy Spirit to be a part of the whole process.

Communicate with Care - Use a mix of communication platforms to reach parents—different generations connect in different ways. Lead with joy and warmth, especially for families reconnecting with the Church. Smile, be patient, and let God's love shine through our words and actions.

Create a Welcoming Space - Set up the room to support engagement—chairs for input, tables for activities, space for children. Encourage parents and children to sit together. Invite parish priest, past participants, or parishioners to greet and orient families. Play gentle music and offer refreshments.

Include a variety of activities in the workshop - avoid simply standing at the front and talking especially when interactive experiences can both deliver content and engage families in a much more dynamic way.

Encourage further engagement - At the end, share ways families can stay connected—Children's Liturgy, Family Mass, or other parish activities.

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# CONFIRMATION WORKSHOP OUTLINE ONE

## TWO 1 HOUR WORKSHOPS

The outline below includes suggested input and activities to choose from. Adapt these according to your context. In some cases you may prefer to send some activities home for families to follow up later. All activities are hyperlinked for easy access.

### WORKSHOP ONE

#### INTRODUCTION

- 5mins
- Welcome families and address any housekeeping.
  - Introduce the team and explain the structure for the workshop

#### INPUT

10 mins [Why was I baptised?](#)  
Play [Stand up Sit down](#)

10 mins [Through baptism, I became a part of God's story](#)  
Choose from these activities:

- Invite the parents to share a story or memory with their child about the day of their baptism.
- Watch the [Flame of Faith Baptism video](#)
- Do the [Baptism of Jesus Guided Meditation](#)

10-15 mins [Let's get to know the Holy Spirit better!](#)

The Holy Spirit is the third person of the Holy Trinity. Demonstrate using the [Three in one stimulus pictures](#) and discuss - these images help us to ponder the mystery of the Holy Trinity.

The Holy Spirit has been present and active all through God's story! Throughout the scriptures the Holy Spirit is often manifest in different ways - wind, fire, oil, laying on of hands etc. Show the [Holy Spirit in scripture stimulus pictures](#) (symbols of the Holy Spirit) and discuss - these images help us to reflect on the ways in which the Holy Spirit has been manifest throughout scripture.

Follow this up and choose from one of the following activities (alternatively, these could be given as take home activities):

- [Holy Spirit chatterbox](#) - make the chatterbox and recognise the ways in which the Holy Spirit has been manifest throughout scripture.
- [Holy Spirit History minibook](#) - make the minibook and reflect on the presence and action of the Holy Spirit throughout scripture and tradition, including our own lives through the Sacraments of Baptism and Confirmation.

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10-15 mins God sends the Holy Spirit

Before Jesus died, he promised his disciples that God would send the Holy Spirit to help them live as he had shown them and share the Good News with others (John 14:15-17). And the Holy Spirit did come - at Pentecost!

Read the Story of Pentecost from scripture and follow up with one of the activities below (all include the account of Pentecost from scripture):

- **Pentecost flame crowns** - make the crowns and imagine what the day of Pentecost might have been like.
- **Pentecost Liquid Picture** - use this biblical storytelling technique to reflect on the coming of the Holy Spirit at Pentecost.
- **Pentecost flames craft** - make paper-strip flames like those that settled over the disciples.

5 mins The effects of Pentecost:

- The Holy Spirit changed the disciples in some very important ways:
  - When the Holy Spirit came upon the disciples, they:
    - became more closely united with God.
    - were more closely united with one another.
    - were empowered with gifts and courage to be witnesses for Jesus.
    - they were marked by the Holy Spirit (they took on the 'aroma' of Christ), they lived like Christ Jesus. The fruit of the Holy Spirit was evident in their lives - love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control (Galatians 5:22-23).
  - That's what happens for us, through the Sacrament of Confirmation. We'll talk more about that next time!

10 mins Finish with Prayer

Here are a few options to choose from:

- **A Litany to the Holy Spirit for Kids** (2.5min video)
- **Holy Spirit Prayer for Kids** (1min video with actions)
- Prayer to the Holy Spirit or Come Holy Spirit prayer (included in the **Prayers for Children and Families** cards)

Give any housekeeping notices or take home activities.

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# CONFIRMATION WORKSHOP OUTLINE ONE

## TWO 1 HOUR WORKSHOPS

### WORKSHOP TWO

#### INTRODUCTION

- 5mins
- Welcome families and address any housekeeping.
  - Introduce the team and explain the structure for the workshop

#### INPUT

5 mins Briefly recap the last workshop and any engagement families have had since then (e.g. family activities in the *my sacramental journey - Confirmation* book at home).

- 5 mins The Holy Spirit, Pentecost and Confirmation
- Pope Paul VI said that 'Confirmation makes the grace of Pentecost perennial in the Church' (DCN, 1971). That word 'perennial' means 'lasting or existing for a long or apparently infinite time; enduring or continually recurring'. So, just as the disciples were changed at Pentecost, so too are we through the Sacrament of Confirmation.
- When the Holy Spirit came upon the disciples, they:
- became more closely united with God.
  - were more closely united with one another.
  - were empowered with gifts and courage to be witnesses for Jesus.
  - they were marked by the Holy Spirit (they took on the 'aroma' of Christ), they lived like Christ Jesus.
  - They didn't walk around with flames on their heads but people could tell they had the Holy Spirit because the fruit of the Holy Spirit grew in their lives - love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control (Galatians 5:22-23).

That's what happens for us, through the Sacrament of Confirmation.

- 5-15 mins What happens when I make my Sacrament of Confirmation?
- Watch the **Flame of Faith Confirmation video**
  - If you wish, follow up with these **Confirmation sorting cards** activity
  - You may like to incorporate a practice or rehearsal at this point.

- 15-20 mins 'Be sealed with the gift of the Holy Spirit' - The Gifts of the Holy Spirit
- Complete the **'Be sealed with the Gift of the Holy Spirit'** activity to reflect on all that God is doing in the Sacrament of Confirmation.

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5 mins Finish with Prayer

Here are a few options to choose from:

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