
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 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.



CONFIRMATION WORKSHOP OUTLINE ONE

SINGLE 1.5-2 HOUR WORKSHOP

INTRODUCTION

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

INPUT

10-15 mins Why was I baptised?

mins 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**

10-20 mins Let's get to know the Holy Spirit better!

The Holy Spirit is the third person of the Holy Trinity. The Holy Spirit has been present and active all through this story!

- Choose from these activities:
 - **Three in one stimulus pictures** - these images help us to ponder the mystery of the Holy Trinity.
 - **Holy Spirit in scripture (symbols) stimulus pictures** - these images help us think about the ways in which the Holy Spirit has revealed itself in scripture.
 - **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.

10-15 mins The Holy Spirit and Pentecost

Present: 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!

- Choose from these activities (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 Holy Spirit, Pentecost and Confirmation

Present: 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. 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.

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.

5 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.