



High School Faith Formation Guide

What Parents Need to Know about the Program

Grades 9–12 | Sundays, 3:00–4:45 p.m. | Classes held in English

Our High School Faith Formation program helps teens grow in their understanding of the Catholic faith, deepen their relationship with Christ, and live as active disciples in the Church and the world. For registration questions please contact us at

faithformation@sugarlandcatholic.com

Each weekly session includes:

- Engaging catechesis and discussion
- Opportunity for Confession during class
- Eucharistic Adoration led by one of our priests (10–15 minutes)

Attendance & Communication:

If a student must miss a class, an email must be sent to the Director of High School Faith Formation at highschool@sugarlandcatholic.com to arrange a make-up session or for any other program-related questions.

Parent Orientation – Mandatory Meeting

All parents of 1st- and 2nd-year students are required to attend an orientation meeting. This meeting will help parents understand the expectations, important milestones in sacramental preparation, and ways to support and walk alongside their teen's faith journey.

1st-Year Faith Formation for High School Students (Grades 9–12)

For students beginning their first year of parish-based faith formation (regardless of whether they are preparing for a sacrament).

Attendance Requirements: At least 80% attendance is required for all 1st-Year classes.

Focus areas include:

- Core Catholic teachings
- Prayer and spirituality
- Introduction to the Sacraments
- Living as a disciple in daily life
- Optional retreats and parish events to deepen faith and build community



2nd-Year Faith Formation and Confirmation Preparation for High School Students (Grades 10-12)

For students in grades 10–12 who have completed one full year of parish-based High School Faith Formation (or attended a Catholic high school). This is the final year of preparation for the Sacrament of Confirmation.

Students on this track must attend both:

1. Sunday Faith Formation Classes

- Sundays, 3:00–4:45 p.m.
- Includes catechesis, adoration, and Confession opportunities
- Meets in the Community Center

2. Confirmation Classes (Wednesdays)

- Bi-weekly on Wednesdays, 6:30–8:00 p.m.
- Meets in the Community Center

2nd-Year Confirmation Requirements:

- 100% attendance at Wednesday Confirmation classes
- Participation in 2 mandatory retreats
- Completion of 10 volunteer service hours
- Personal interview with a parish priest
- Submission of a short saint essay
- Participation in Confirmation rehearsal and Mass (May)

3rd & 4th-Year Faith Formation for High School Students

Open to students who have already received Confirmation and wish to continue deepening their faith.

Attendance Requirement: At least 80% attendance is required for all 3rd/4th-Year classes.

This track includes:

- Ongoing faith formation through learning and discussion
- Leadership and discipleship development
- Opportunities to serve in the parish and take part in youth ministry activities