

# The Quest

## St. Thomas Confirmation Preparation Winter & Spring 2026

### Introduction

*The Quest*, St. Thomas' Confirmation preparation class, will take place from February through June 2026. The Quest is for any teen ages 13–18 who is discerning whether or not to be confirmed in the Episcopal Church.

Youth who wish to be confirmed **must** participate in the class; however, participation in *The Quest* does **not** obligate anyone to be confirmed. Our hope is that, regardless of the decision each participant ultimately makes, the class will provide a safe, authentic, and thoughtful space in which to explore faith, ask real questions, and reflect on what it means to follow Christ in today's world.

*The Quest* may also serve as preparation for anyone who is discerning baptism.

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### Calendar & Topics

Question Sessions take place on the following Sundays from **11:30am–12:30pm**:

- **March 1** – Session 1: Who Is God to You?
- **March 15** – Session 2: Why Baptism & Confirmation?
- **March 29** – Session 3: Prayer, Eucharist & Worship
- **April 12** – Session 4: Belief & the Creeds
- **April 19** – Session 5: The Episcopal Tradition: Scripture, Tradition, Reason
- **May 3** – Session 6: The Saints
- **May 24** – Ethics and Morality: As Christians, How Do We Live in the World?
- **May 31** – Calling, Vocation & Discipleship in the World
- **\*\*June 7 – Visitation of the Bishop & Confirmation Day\*\***

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### Expectations

The Quest is a shared commitment—to one another, to honest conversation, and to showing up with intention. These expectations are meant to support that shared journey.

### Class Attendance

Participants are expected to attend sessions regularly and arrive ready to engage. Because each

session builds on the last, consistent attendance matters. If a participant must miss a session, families are asked to communicate ahead of time whenever possible.

### **Church Participation**

Participants are expected to attend Sunday worship on days when there is a Quest session and are strongly encouraged to attend regularly throughout the season. Confirmation preparation is not only about learning *about* the Church, but about living within the worshiping community.

### **Engaged Participation**

Participants are expected to listen respectfully, ask honest questions, and engage thoughtfully. No one is expected to have answers, but everyone is expected to be present, curious, and respectful of others' experiences and beliefs.

### **Sharing of Faith Stories**

At the beginning of each session, one participant (adults included) will share a brief personal faith autobiography (5 minutes or less), reflecting on who they are and how they have experienced God—or struggled to. Participants will sign up for these during the first session.

### **Respect for the Space**

Participants are expected to help maintain an atmosphere of trust, confidentiality, and care. This includes honoring the covenant below, being mindful of language, and supporting one another's vulnerability.

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## **What Confirmation *Is* / What It *Is Not***

### **Confirmation *is***

- A public, personal affirmation of baptismal promises
- A meaningful “yes” to faith as it is understood now
- A sacramental rite marked by prayer and the bishop’s laying on of hands
- An act of ownership of faith, not inheritance alone
- One step in a lifelong journey of discipleship

### **Confirmation *is not***

- A graduation from church or formation
- A test of belief, certainty, or holiness
- A requirement for belonging
- A promise of perfect faith or no doubt
- Something you do because of pressure or expectation

Confirmation is offered to those who feel ready to say *yes*—and it is just as faithful to say *not yet* or *not now*. The Quest exists to help each participant discern that decision honestly and faithfully.

## Frequently Asked Questions (FAQ)

### **Do I have to be confirmed if I take The Quest?**

No. Participation in The Quest does not obligate anyone to be confirmed. The class is about discernment, not pressure.

### **What if I'm not sure I believe in God?**

You are welcome here. The Quest is a place for honest questions, doubt, curiosity, and exploration. You do not need to have firm beliefs to participate.

### **What if I decide not to be confirmed this year?**

That is completely okay. Choosing not to be confirmed—or choosing to wait—is a faithful decision. You are still fully welcome in the life of the church.

### **What if I've already been confirmed in another tradition?**

Please talk with the clergy. In many cases, reception into the Episcopal Church, rather than confirmation, may be appropriate.

### **What if I haven't been baptized?**

The Quest can also serve as preparation for baptism. Please speak with the clergy if baptism is part of your discernment.

### **What if I miss a session?**

Occasional absences are understandable. Please communicate ahead of time when possible. If multiple sessions are missed, we may follow up to make sure you're able to get what you need from the process.

### **Is Confirmation required to be a full member of St. Thomas?**

No. Baptism is the full initiation into the Church. Confirmation is an important and meaningful step, but it is not required to belong, participate, or be loved and welcomed here.

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## Covenant

- This is a journey we are on together. Our hope is that, by the end, you will know more about God—and more about yourself.
- This is a safe space where we can bring our whole selves. We will make room for everyone and honor each person in the fullness of who they are.
- None of us—including the facilitators—has all the answers. We need one another's questions and perspectives to come closer to truth.
- We will avoid making assumptions about one another and about God.
- It is okay if you don't know what you believe about God. It is okay if you are unsure whether you believe in God at all. You are welcome here.
- We will not share others' stories outside of this space without their permission.

- This is a judgment-free space. We are all in different places on our journey, and that is okay.
- It is okay if you choose to be confirmed. It is okay if you choose not to be confirmed. You are fully welcome here, no matter what you decide.