Confirm not Conform (CnC) was developed by the clergy and Director of Family Ministries at St. John's Episcopal Church in Oakland, CA. Originally published in 2007, and revised in 2012 and 2016, *Confirm not Conform Episcopal* retains a strong Anglican ethos, deeply exploring Scripture, Tradition, and Reason. Holy Comforter has been using CnC since 2008.

Who? Young adults in their sophomore year are eligible. We often have juniors and seniors and occasionally make an exception and allow a freshman to sneak in if they are ready and have a sibling in the class. CnC is taught by two lay leaders and the Rev. Jon Strand, and Rev. Ann Gillespie We also have a strong cadre of back-up teachers and mentors. Beginning in January each young adult is assigned a mentor to help them on their spiritual journey to decide if they will be confirmed in the Episcopal Church.

What? CnC meets about twice a month on Sunday nights at 6:30 for two hours starting in October . The program consists of roughly 14 sessions. Young adults are expected to participate and attend all sessions and are assigned homework for some of the sessions. Fieldtrips include McLean Bible, Temple Rodef Shalom and the National Cathedral. In the spring semester we have an overnight retreat that focuses on what your faith means to you. Students participate in our "Service of Wisdom" during which they share a reflection on a Bible passage. Students who successfully complete CnC are expected to participate in a church-lead mission trip prior to high school graduation.

When? Confirmation is usually on Pentecost Sunday each year. Confirmation is a sacrament in the Episcopal Church and involves the laying on of hands by the Bishop. Because each Bishop can trace his or her ordination back to Christ, the rite takes on an even deeper meaning.

Where? We meet in McGill Hall or the Mary and Martha Ministry Center.

How? We embark on a journey of discovery together as we explore Scripture, Tradition and Reason in an open and thoughtful way through the Confirm not Conform Episcopal curriculum. As caring adults, we travel this path with our youth and encourage them to conduct an honest self-examination of their own faith and relationship with God and come to their own understanding of this relationship. Our goal is to have students think about the decision to be confirmed, to talk about their faith with each other, and to make an adult decision to confirm. Class attendance and the Service of Wisdom are required. Confirmation is NOT. Young adults are prepared to make their own decision. Although we rarely have anyone choose not to confirm, we are adamant that it is their decision, not ours or their parents. We ensure a safe classroom at all times and practice confidentiality regarding classroom discussions. We foster an environment that encourages exploration and discussion regarding their faith, just as we all struggle.

Why do you wait until the young adults are 16? About two thirds of Episcopal Churches confirm at the age of 13. We prefer to wait until our young adults are older and more able to make the adult decision to confirm. The discussions that we have in class bear this out.

My young adult is already loaded up with classes, sports, and other outside activities. How can they fit this into their schedule? After many years of successful classes, we can tell you that for most young adults, CnC helps them cope with their busy schedules and the pressure that is part of the Northern Virginia culture. Most find the class to be a reprieve from academic stress and a respite from the incredible pressure we put on them—and they put on themselves.

My son or daughter is too young/old for CnC, but I want to help. How can I help? We are always looking for mentor volunteers. We try and carefully match mentors to mentees to ensure comfortable interactions and communications. We often need adults to drive to field trips. If you cannot do either of these tasks, we ask that you pray for the young adults on their journey and support them by attending church on Pentecost.