# Saint Theresa Parish
# Confirmation Booklet



***"You will receive power when the Holy Spirit comes upon you; then you are to be my witnesses." (Acts 1:8)***

_____

Baptismal Name

_____

Confirmation Saint Name

_____

# Confirmation Sponsor

Due Date for booklet _____

# Introduction



Congratulations! You are beginning a journey of faith as you prepare to receive the sacrament of Confirmation. Confirmation preparation involves learning, sharing, fellowship, and spiritual growth. You will have the opportunity to learn more about your Catholic faith and what it means to be a disciple of Jesus Christ.

"Confirmation is the sacrament by which the baptized are more perfectly bound to the Church and are enriched with a special strength of the Holy Spirit. Hence they are, as true witnesses of Christ, more strictly obliged to spread and defend the faith by word and deed. The reception of Confirmation is necessary for the completion of baptismal grace." (CCC 1285)

Confirmation perfects Baptismal grace; it is the sacrament which gives us the Holy Spirit in order to root us more deeply as children of God, incorporate us more firmly into Christ, strengthen our bond with the Church, associate us more closely with her mission, and help us to bear witness to the Christian faith in words accompanied by deeds.

Confirmation, like Baptism, imprints a spiritual mark or indelible character on the Christian soul; for this reason one can receive this sacrament only once.

A Christian does not live as a child of God through his or her own efforts alone, but through the grace of God. We see this in a practical way, when we look back on our own lives and the lives of others, even the lives of saints. Therefore, it is our duty to seek the grace that God offers us in order to live our lives as Christians in the way that God intends.

**Expectations of the Confirmation Candidate:**

- Participate in weekly Mass and receive the sacraments of Communion and Confession regularly
- Attend and participate in class, either through Saint Theresa School or the parish Religious Education Program
- Attend and participate in scheduled activities, including the Rite of Intention, the retreat, and rehearsal
- Perform community service during the two years leading to Confirmation

- Meet all requirements as defined in this handbook
- Submit this completed handbook as requested by the Director of Religious Formation prior to the scheduled date of Confirmation

## Roles and Responsibilities of Parents

"As the primary educators of their children, parents are to be intimately involved in the catechesis for Confirmation. This will help them renew and strengthen their own faith, besides enabling them to set a better example for their children." (NCD 119)

**Because parents:**

- Are the primary educators of their children
- Are responsible for initiating their children into the sacramental life
- Serve as models for their children by being committed Christians

**Parents should expect to:**

- Worship with your families regularly
- Attend the scheduled parent meetings
- Be actively involved in the Confirmation preparation of the candidate
- Engage in discussions about the material being studied including sharing your understanding and perspective
- Encourage your child to reflect and thoughtfully consider the decision to receive the sacrament of Confirmation
- Pray for your child's spiritual growth every day
- Support and encourage completion of assignments, activities, and expectations
- Emphasize the importance of the sacrament of Confirmation by taking an active part in the preparation for and celebration of Confirmation
- Assist in retreats, service work, meetings, classes, spiritual events, and social events
- Faithfully bring your child to classes, programs, and events that are planned to help your child prepare for the sacrament of Confirmation



**To be completed in preparation for the reception of the Sacrament of Confirmation:**

- € Attendance at 2 years of Religious Education (either through Catholic school or REP)
- € Attendance at 40 hours Rite of Intention during seventh grade year
- € Attendance at Confirmation Retreat during eighth grade year
- € Attendance at a minimum of 7 devotions during two year preparation period
- € Complete Confirmation Booklet including:
  - o Confirmation Name page
  - o Christian Service Reflections
- € 3 separate faith discussions with sponsor
- € Letter to Pastor asking to be Confirmed
- € Reception of the Sacrament of Reconciliation prior To Confirmation



- € Attendance with sponsor at Confirmation rehearsal and prayer service

# The Confirmation Sponsor

Each candidate for the sacrament of Confirmation must choose a sponsor. Sponsors are chosen because they are seen as persons who can be role models of the Catholic Faith. The Rite of Confirmation expresses that the sponsor has a three-fold purpose in support of the one to be confirmed. "The sponsor brings the candidate to receive the sacrament, presents the candidate to the minister for anointing, and will later help the candidate fulfill his/her baptismal promises faithfully under the influence of the Holy Spirit." (Introduction, Rite of Confirmation)

Requirements of the Sponsor

- They must be 16 years of age or older
- They must be fully initiated into the life of Christ by having received the sacraments of Baptism, Holy Communion, and Confirmation
- If married, they must be married with the Catholic sacrament of Matrimony
- They must be a registered member of a Catholic Parish and a practicing member by participation in the celebration of Mass each weekend, by the reception of Holy Communion and Confessions on a regular basis, and by living a life in conformity to faith and morality as taught by Christ in the Gospels

Restrictions concerning Sponsors

- A parent **cannot** be a sponsor
- If a person has not received all 3 sacraments of initiation (baptism, confirmation, communion) they **cannot** be a sponsor
- If a person was baptized and raised Catholic but now belongs to another faith, they **cannot** be a sponsor
- If a person is in an invalid marriage, or if a person is cohabiting with another person in a relationship without the sacrament of Marriage, they **cannot** be a sponsor
- If the person rejects the teachings of the Gospel and the Catholic Church, they **cannot** be a sponsor
- If the person was denied a sponsor certificate in another parish and they join Saint Theresa Parish to obtain one, the judgment of the previous pastor will be enforced and there will be a one year waiting period before they are eligible to receive a sponsor certificate

**It is the responsibility of the sponsor to obtain a <u>Sponsor Certificate</u> from their home parish, including sponsors from Saint Theresa Parish**.

# Faith sharing prompts
## For Confirmation candidates and sponsors

You have already selected your sponsor, someone with whom you have a special relationship. Your sponsor is someone who can be a spiritual mentor to you as you learn more about your faith and develop an ever closer relationship to our Lord.
Over the next few months, you will engage in some faith-based conversations with your sponsor. You may communicate by phone, in person, or by email, depending on your individual circumstances. You should ask the sponsor the question and listen carefully to the answer. You should then share your response to the question with your sponsor.
Things to remember:

--These questions are only a starting point, so feel free to use them as a springboard to other faith topics!

--**You do not need to write any responses**; just listen carefully and speak sincerely.

--Do not attempt to answer all the questions in one session…it is better to break them up and to give yourself time to reflect on what was discussed.

--Record the date and method of communication. You, your sponsor, and your parent, sign this paper as witness to the completion of the sessions.




**Session 1**

1. *At what point in your life so far have you felt closest to God? Was there a reason why?*

2. *How do you give witness to your faith on a day-to-day basis? Do you think it makes you a better person? Why?*

3. *Is there something that you would like to do to strengthen your relationship with the Lord? What?*

**Date session was held** _____

**Method of communication** _____

**Session 2**

1. *How do you participate in the Mass so that you reap the full spiritual benefits?*
2. *What part of the Bible is your favorite? Is there a certain Gospel, passage, or verse that stays with you?*
3. *Do you have a favorite saint or a holy person that you try to imitate spiritually?*

**Date session was held** _____

**Method of communication** _____

**Session 3**

1. *Have you ever been called to defend your faith/ your beliefs to other people? Explain. If not, under what circumstances would you feel that it is absolutely necessary to speak up to defend the Catholic faith?*
2. *What part of the Catholic faith would you want to learn more about?*
3. *What is your understanding of heaven?*

**Date session was held** _____

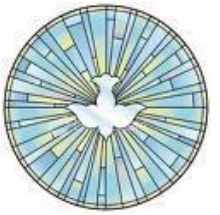
**Method of communication** _____

*By signing this paper, we state that we have completed the faith sharing sessions.*

***Student signature*** _____

***Sponsor signature*** *(if possible)*_____

***Parent signature***_____



# Christian Service

Throughout 7th and continuing in 8th grade, those preparing for the Sacrament of Confirmation are to seek out ways to show Christian love and care in their homes and community, following Jesus' command to love God and to love your neighbor as yourself on an on-going basis.
There are not a specific number of hours of service required for each confirmand, rather they are asked to identify opportunities for service in their families, schools, and communities and incorporate service into their lives.
Listed below are some suggested service activities based on the **Corporal Works of Mercy**:

Hold a food drive for a local food pantry
Volunteer at a Soup kitchen
Clean yards for elderly neighbors
Make blankets for Project Linus (no sew ones!)
Make rosaries
Make valentines for veterans
Collect food or money for a local animal shelter
Volunteer at vacation bible school
Become a prayer partner with an elderly person
Complete a walk for life
Hold a baby shower for a pregnancy center
Sew pillow cases for children with cancer
Make sandwiches for the homeless
Collect toiletries for the needy
Create cards for the sick
Collect clothes for a clothing drive
Collect supplies for Interfaith Shelter
Play bingo at a local nursing home
Prepare care packages for college students
Assist a catechist as a classroom aide
Make scarves for children this winter
Prepare lunch bags for the homeless
Tutor other students
Read to younger students
Write letters to seminarians
Plan summer service trips
Sing Christmas carols for shut-ins
Help with Family Fun Fest
Collect socks for the homeless
Decorate pumpkins for residents in a nursing home
Make tray favors for local hospitals or nursing homes
Have a manicure day in nursing or assisted living homes
Provide free babysitting for young parents to have "date nights"

**Spiritual Works of Mercy:** The Spiritual Works of Mercy are kind acts by which we help our neighbors with their everyday spiritual and emotional needs. Some examples are:

Instructing - Commit yourself to learning about the Catholic Faith and share your understanding of the faith with others and with those who welcome it
Advising - Respond to negative and prejudicial comments with positive statements; put an end to gossip by walking away; set a good example to others
Consoling- Work at being optimistic and avoiding cynicism; ask people about their hopes and support them in trying to attain them
Comforting- Offer words of encouragement to those who seem discouraged; offer positive words to fellow students who are having a difficult time with their tasks; offer sympathy to those who are grieving
Forgiving- Pray for those who have wronged you and pray for the courage to forgive; ask forgiveness from others; let go of grudges; go out of your way to be positive with someone you are having a difficult time with
Bearing wrongs patiently- Work at being less critical of others; overlook minor flaws and mistakes; pray for those who have wronged you

# Service Reflection – First Year

Describe below some of the service completed during your **first year (7th grade)** of preparation for the sacrament. Reflect on how your acts of service benefitted those you served, what you learned by serving, and how you can continue to live out a life of service as a Catholic Christian.

About how many hours of service did you complete in 7th grade? _____

*"Do good, hoping for nothing thereby, and your reward shall be great." Saint Therese of Lisieux*

# Service Reflection – Second Year

Describe below some of the service completed during your **second year (8th grade)** of preparation for the sacrament. Reflect on how your acts of service benefitted those you served, what you learned by serving, and how you can continue to live out a life of service as a Catholic Christian.

About how many hours of service did you complete in 8th grade? _____

## Confirmation Name

The confirmand may choose to take a new Confirmation name or may choose to use his/her baptismal name (first or middle) for Confirmation. The chosen name must be a Saint's name or a name in Christian tradition, such as a biblical name.

Using the baptismal name at Confirmation serves as a link between the sacraments of Baptism and Confirmation. Choosing a new saint's name allows the confirmand to adopt a new patron or to honor a saint to whom he/she has a special devotion.

It is important that the candidates know the relationship of the name to Christian religious tradition.

My Confirmation name is _____

Three things this saint is known for are:
1._____
_____
2._____
_____
3._____
_____

The reason I chose this name is:
_____
_____
_____
_____
_____

The virtue of this saint I would most like to emulate is _____,
because _____
_____
_____
_____

"Fear not,
I have redeemed you. I have called you
by your name. You are mine." Isaiah 43:1

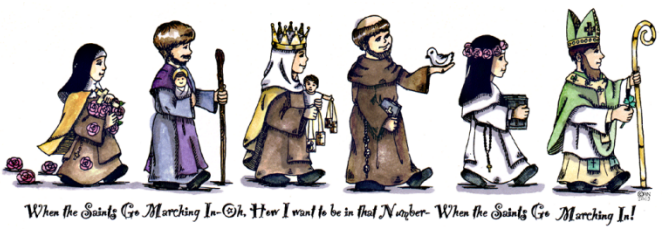
# Catholic Devotions

Spending time in prayer and reflection does not end when we leave the church on Sunday. It is so important for the candidates to become aware of the many opportunities that are available for them to meditate, celebrate, and further their relationship with God.
The confirmation candidates are asked to attend a minimum of 7 different Catholic devotions during the two year preparation program. These devotions can include but are not limited to: A Holy Hour at Adoration, 40 Hours, Stations of the Cross, the Rosary, the Chaplet of Divine Mercy, Holy Thursday Mass, Good Friday liturgy, a parish mission, vespers, a Holy Hour, a novena, a pilgrimage.

List below the devotions and the date attended:

| **Devotion** | **Date Attended** |
|---|---|
| 1. _____ | _____ |
| 2. _____ | _____ |
| 3. _____ | _____ |
| 4. _____ | _____ |
| 5. _____ | _____ |
| 6. _____ | _____ |
| 7. _____ | _____ |

The devotion I liked best was _____



## The Letter to the Pastor

Prior to Confirmation, the candidate will present a letter written to Father Sahd expressing his/her desire to be confirmed and willingness to make this commitment. The letter should be written or typed neatly and can include the following:

Introduce yourself and share some information about yourself, such as your family, your interests and hobbies, a little about your background, and your current faith practices.

State that you would like to receive the sacrament of Confirmation and explain why you want to be confirmed. It may help you to think about the ways in which this sacrament will strengthen your relationship with Jesus, the role of faith in your life, or what it means to you to be a part of the parish community of Saint Theresa Parish.

Conclude with your expectations as to how the sacrament will impact your life both now and in the future.

Close by signing your full name.



## Final Preparation

For proximate preparation, a Penance Service, group gathering, practice and prayer service will be scheduled in the fall immediately prior to the date of Confirmation. The Bishop also requests letters from the candidates, instruction for those will be given about a month prior to the date of Confirmation.

# Prayers for Confirmation

## Holy Spirit Prayer

Come Holy Spirit, fill the hearts of your faithful and kindle in them the fire of your love. Send forth your Spirit and they shall be created. And You shall renew the face of the earth.

O, God, who by the light of the Holy Spirit, did instruct the hearts of the faithful, grant that by the same Holy Spirit we may be truly wise and ever enjoy His consolations, Through Christ Our Lord, Amen.

## Prayer of Saint Augustine

Breathe into me, Holy Spirit, that my thoughts may all be holy.
Move in me, Holy Spirit, that my work, too, may be holy.
Attract my heart, Holy Spirit, that I may love only what is holy.
Strengthen me, Holy Spirit, that I may defend all that is holy.
Protect me, Holy Spirit, that I may always be holy. Amen.

## Confirmation Prayer

O Holy Spirit of God; take me as Your disciple.
Guide me, illuminate me, sanctify me.

Bind my hands, that they may do no evil.
Cover my eyes, that they may see it no more.

Sanctify my heart, that evil may not dwell within me.
You are my God.
You are my guide.

Whatsoever You forbid me, I will renounce.
And whatsoever You commend me, in Your strength I will do.
Lead me then unto the fullness of Your truth. Amen.



# *My Confirmation*



*According to the Rite of the Roman Catholic Church*

_____

*was sealed with the Gift of the Holy Spirit*

*on the _____ day of _____, _____*

*at _____*

*by _____*