

Welcome! Thank you for choosing the confirmation preparation program at the pastorate of St Francis de Sales and Prince of Peace. We look forward to walking with you on this leg of your faith journey. Confirmation preparation involves learning, sharing, serving, fellowship, spiritual growth, and fun! You will be given the opportunity to learn more about your Catholic faith and what it means to be a disciple of Jesus Christ.

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

Confirmation, like Baptism, imprints a spiritual mark or indelible character on the Christian soul; for this reason, the sacrament can only be received once. A Christian does not live as a child of God through their 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 to live our lives as Christians in the way that God intends.

In both Baptism and Confirmation, we become members of the Church – a community that shares in both faith and life. This faith is shared and supported in the community and lived out amid the community. The Church can be described as the Body of Christ and in confirmation we are made part of one Body. We are linked to one another so deeply that, Paul tells us, if one part of the body suffers, the whole body feels its pain, and if one part of the body is honored, the whole body shares its joy! When you are confirmed and anointed in the Holy Spirit, you are called to live by that Spirit, listening daily for the guiding voice of the Holy Spirit and drawing strength from the Holy Spirit dwelling in their heart.

Baptism and Confirmation lead us to the table of the body and blood of the Lord. It is the table that is the goal in the initiation process... we gather to be nourished and strengthened for carrying on the mission of the Lord... we embrace the death and resurrection of the Lord ... we are transformed more fully into the body of Christ. Through Eucharist we continuously renew our covenant with God, which was established in baptism and sealed in Confirmation. It reminds us of our commitment and mission! The Sacraments of Initiation are sacraments of beginning. They initiate us in a way of life, shared and common. They start us on a lifetime journey of faith and service. Living up to the commitments they entail is our way to holiness and to life everlasting. As you prepare to receive the sacrament of Confirmation, remember it is linked with your Baptism and is renewed through the Eucharist.

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## 1. Who May Be Confirmed?

Anyone who:

- Has received the sacraments of Baptism, Reconciliation, and Eucharist
- Participates in reconciliation just prior to receiving Confirmation
- Practices their faith
- Demonstrates knowledge/understanding of the Catholic Church member's responsibilities
- Understands the initiation aspect of the Sacrament of Confirmation and commits to continuing the faithful practice and study of our religion
- Has a sincere desire to receive the sacrament and an appreciation of sacramental life
- Has completed the parish Confirmation preparation program

## 2. Roles and Responsibilities of Candidates

A candidate:

- Participates in weekly Mass
- Actively participates in confirmation preparation classes
- Chooses a qualified sponsor and meets regularly
- Chooses a Confirmation name
- Participates in the Confirmation retreat
- Participates in service-learning activities
- Participates in spiritual activities
- Completes Worthy of the Call training
- Writes a letter to the Bishop
- Participates in the Confirmation rehearsal
- Participates in the Confirmation liturgy

The following explains each of the expectations of a Confirmation candidate and the reasons those expectations are important. Please remember that while we list a minimum requirement for Confirmation, the candidates are encouraged to make many of these activities a regular part of their religious practices.

### I. Participate in weekly Mass

The Confirmation candidate and their parents (along with the rest of the family) must have a sincere intention of participating in Mass every week. Participating in the Eucharistic life of the community is both a privilege and an obligation of Confirmed Catholics. This is also an important way that parents demonstrate to their children the importance they place on the faith they are handing down to their children. Worshipping as a community we build up the Body of Christ. If your family has not attended Mass regularly in the past, we are confident that by doing so you will notice many benefits by the time Confirmation approaches.

### II. Participate in confirmation preparation

Formation is more than information. It is a process by which a person accepts the responsibilities of their faith commitment and learns what it means to be a disciple of Christ. The objectives for Confirmation preparation are to intentionally lead youth to a deeper relationship with Jesus Christ, to community involvement, and to search for a stronger faith through continuing study and reflection.

Attendance at Confirmation class is extremely important in preparing the candidates for reception of the sacrament. When a class is missed, the candidate loses time for fellowship and prayer as well as the material covered that day. We only meet once a month, so we expect that you will make these gatherings a priority, making a sincere effort to balance your other obligations accordingly. The goal of confirmation/faith formation classes are to help the candidate discern their relationship with Jesus Christ, how they have come to know Him more

intimately, and how they can take what they have learned and use it in their life-long journey of faith. Therefore, excessive absenteeism can affect the candidate's ability to enter fully into this important period of preparation. Please be aware that we may not allow you to be confirmed if you miss too many classes. There is no specific number, it's a conversation that we'll all have if the time comes. That said, we want to partner with you, so please let us know if you are going to miss a class.

III. Choose a qualified sponsor and meet regularly

The confirmation sponsor should be a person who is a strong role-model as a faith-filled Catholic. This person will be a companion in your faith journey and will vouch for your readiness to receive the sacrament. The sponsor should be willing to journey with the candidate during the preparation process, accompanying them as they continue to encounter Jesus Christ and deepen their relationship with Him. The sponsor should be willing to help the candidate prepare for the sacrament through prayer, study, service, discussion, and be in physical attendance at the rehearsal and the confirmation. Attendance by proxy is allowed in certain situations, such as the sponsor living out-of-town and being unable to travel to the celebration. Requests for proxy should be directed to the Youth Minister (Maddie Frick). Post Confirmation, the sponsor should be willing to continue to support the candidate by helping them fulfill the baptismal promises faithfully in the life-long journey of faith.

The sponsor (\*per Canon Law)

A sponsor must be at least sixteen years of age, having completed the sacraments of initiation (Baptism, Confirmation and Eucharist), leading a life of faith (canon 874 §1,2 and §1,3) which is in keeping with the teachings of the Catholic Church.

To express more clearly the relationship between Baptism and Confirmation and to make the duty and function of the sponsor more effective, "It is desirable that the godparent at Baptism, if present, also be the sponsor at Confirmation." (canon 893, §2) This ideal expresses clearly the relationship between Confirmation and Baptism.

There is to be only one male sponsor or one female sponsor (canon 873).

Neither the father nor the mother of a confirmand may be a sponsor (canon 874 §1, 5) nor a proxy at the confirmation mass.

Each sponsor is asked to provide a letter of good standing, they should contact their local parish to request one. This is not needed if Sponsor is a registered SFdS parishioner.

May assist the candidate in choosing and carrying out the candidate's service project commitment.

May accompany the candidate to special liturgies and preparation programs.

Should be sufficiently mature in their own faith commitment.

Supports the person to be confirmed in their commitment to a Christian life.

Assists in determining the candidate's readiness for the sacrament.

Presents the candidate to the bishop at Confirmation.

PROXY: If you are using a proxy sponsor, they must also meet the above criteria.

IV. Choose a Confirmation name

In both the Old and New Testament, when God had a new mission for someone, He often gave them a new name. Even without a new name, your name has always told others who you are. God calls on each of us to fulfill a special mission. It may be converting nonbelievers, helping the poor, being a peacemaker or one of many other callings. Confirmation may be the continuation of a mission you began at Baptism, or the beginning of a new mission. Therefore, there are two options when deciding on a Confirmation name:

First- Because Confirmation is the strengthening of the work that God began in your life at your Baptism, it is recommended that you give first preference to using your Baptismal name for

Confirmation. This shows the integral link between Baptism and Confirmation (note: this applies only if your Baptismal name was a Saint's name.)

Second- Perhaps you see Confirmation as the beginning of a new mission for you and a fresh beginning in your faith journey. Then you may choose a new name for Confirmation. Your Confirmation name should be that of a saint you admire or the saint's name of someone you know and look up to as a Christian role-model. Also, consider how this Saint will inspire you to lead a Catholic Christian Life. The communion of saints provides a reliable source for models of discipleship.

When you have selected your Confirmation name, take time each day to pray to your Saint to help guide you in your final preparation.

Dear Saint \_\_\_\_\_

In Confirmation, your name will become my name, and you will become my patron.

Please pray for me as I live my life each day and help me to honor you by following your example of faithfulness to Jesus.

Amen.

V. Participate in the Confirmation retreat

Retreats provide a unique opportunity for the candidates to spend an extended time in discernment, reflect on the gifts of the Spirit, and reflect on their relationship with God and their faith life. It is therefore required that each candidate attend a retreat during their Confirmation journey. Young people who participate in formative experiences, such as retreats, tend to nurture a deeper sense of spirituality. Candidates are expected to attend an overnight retreat in the Winter/Spring.

VI. Participate in service-learning activities

Performing service to others is critical in preparing the candidates for Confirmation. Throughout Scripture we are called to love our neighbor and stand up for justice and peace. Since service and justice are so important to who we are as Catholic Christians, we ask that the candidates make their service learning projects a priority. Serving others is not something we do "to get it over with". It is something we do because we recognize the presence of Jesus in all persons and in all of God's creation. Service-learning opportunities are ways to live the Gospel through action. Therefore, it is encouraged that the candidates get involved in many different service-learning activities to experience the variety of ministry areas in need of their help. Post confirmation it is expected that service becomes an ongoing, regular commitment.

Some things to think about when considering service learning:

-What are people's needs or problems and what can I do to help?

-Who needs time, effort, work, or service from me?

-What unique gifts or talents has God given me that can be used to serve others?

Once you identify where service is needed, make specific plans, and follow through with those commitments. There are many, many opportunities to serve at the church and in the community. Opportunities will be listed in the parish bulletin, the youth service Sign Up Genius, and the provided service calendar. You can also complete outside service activities.

Your time must be documented on Track It Forward. Reference the guide on how to sign up and record your service.

VII. Participate in spiritual activities

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. Therefore, we request that you participate in at least one spiritual activity that is new to you.

The following is a partial list of spiritual activities:

Attend daily Mass

Participate in Advent and/or Lenten preparations  
Participate in Stations of the Cross  
Participate in the Triduum services- Holy Thursday, Good Friday, or Easter Vigil  
Attend Adoration  
Attend Reconciliation  
Reflect on Scripture- in a journal for three minutes each Sunday.  
Pray the Rosary  
Participate in Bible study

VIII. Complete Worthy of the Call Training

Before you can volunteer to serve, all youth ages 14-17 must complete Worthy of the Call training per Archdiocesan requirement. Training dates are September 21 from 9-10a or September 24 from 6:30-7:30p

IX. Write a letter to the Bishop

It has been customary for the Bishop presiding at the Confirmation Mass to request that each candidate write a personal letter to him requesting Confirmation. The students will be given more information about this letter at a future Confirmation session. This letter will be due at some point the month before their confirmation date. More information to come.

X. Attend Confirmation Rehearsal

All candidates and their sponsors (or a proxy) must attend the Confirmation rehearsal. Date and time will be relayed later on, but please be aware that this is a requirement, not an option

XI. Attend and Participate in the Confirmation Mass

Confirmation will occur in the spring, the exact date will be announced, as it needs to be approved by the bishop's office. As soon as the date is confirmed, it will be communicated.

**3. Roles and Responsibilities of Parents**

Because parents:

- Are the primary educators of their children and responsible for initiating their children into the sacramental life serve as models for their child by being a committed Christian.

Parents should expect to:

- Worship with your family regularly.
- 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 celebration of Confirmation.
- Assist in retreats, service work, meetings, classes, spiritual events, and social events.
- Faithfully bring yourself and your candidate to meetings, programs, and prayer services that are planned to help your child prepare for the sacrament of Confirmation.
- During the retreat, candidates will be given time to reflect on their faith journey. We are requesting parents write a letter of encouragement to their candidate. The letter can describe the candidate's faith journey from the parent's perspective. More information to come on this.

**4. Sacrament of Confirmation and Catholic School Youth**

Confirmation is a sacrament of the parish; therefore, the parish community is the best location for preparation and celebration of Confirmation. Candidates for the Sacrament of Confirmation in

Catholic Schools are encouraged to enroll in sacramental preparation programs in their respective parish communities.

## **5. Sacrament of Confirmation and Youth With Disabilities**

The requirement for youth with special needs participating in any sacramental preparation is they know who God is and, to the extent that they are able, have a relationship with Jesus. “Persons who because of developmental or mental disabilities may never attain the use of reason are to be encouraged either directly or, if necessary, through their parents or guardian, to receive the Sacrament of Confirmation at the appropriate time” (Guidelines for the Celebration of the Sacraments with Persons with Disabilities, USCCB, 1995, n. 16)

## **6. Rite of Confirmation**

The rite of Confirmation takes place at Mass “in order that the fundamental connection of this sacrament with all of Christian initiation may stand out in a clearer light. Christian initiation reaches its culmination in the communion of the Body and Blood of Christ. The newly confirmed therefore participate in the Eucharist, which completes their Christian initiation”. The bishop is the ordinary minister of Confirmation.

### **Presentation of the Candidates**

After the Gospel the bishop takes his seat. The Parish Pastor presents the candidates for confirmation, according to the custom of the bishop. The candidates will be called as a group or each candidate may be called by name. For either method, the candidates will stand in place.

### **Homily or Instruction**

The bishop then gives a brief homily. It is not unusual for the Bishop to cite quotes from the candidate’s letters.

### **Renewal of Baptismal Promises**

After the homily the candidates stand and the bishop questions them:

Bishop: Do you reject Satan and all his works and all his empty promises?

Candidates: I do.

Bishop: Do you believe in God the Father almighty, creator of heaven and earth?

Candidates: I do.

Bishop: Do you believe in Jesus Christ, his only Son, our Lord, who was born of the Virgin Mary, was crucified, died, and was buried, rose from the dead, and is now seated at the right hand of the Father?

Candidates: I do.

Bishop: Do you believe in the Holy Spirit, the Lord, the giver of life, who came upon the apostles at Pentecost and today is given to you sacramentally in confirmation?

Candidates: I do.

Bishop: Do you believe in the Holy Catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and life everlasting?

Candidates: I do.

Bishop: This is our faith. This is the faith of the Church. We are proud to profess it in Christ Jesus our Lord.

All present: Amen.

### **The Laying on of Hands**

“The laying of hands on the candidates by the bishop represents the biblical gesture by which the gift of the Holy Spirit is invoked”.

Bishop: My dear friends, in baptism God our Father gave the new birth of eternal life to his chosen sons and daughters. Let us pray to our Father that he will pour out the Holy Spirit to strengthen his sons and daughters with his gifts and anoint them to be more like Christ the Son of God.

The bishop lays hands upon the candidates (by extending his hands over them).

The bishop says:

All-powerful God, Father of our Lord Jesus Christ,  
by water and the Holy Spirit you freed your sons and daughters from sin  
and gave them new life.  
Send your Holy Spirit upon them to be their Helper and Guide.  
Give them the spirit of wisdom and understanding,  
the spirit of right judgment and courage,  
the spirit of knowledge and reverence.  
Fill them with the spirit of wonder and awe in your presence.  
We ask this through Christ our Lord.  
All: Amen.

### **The Anointing of Chrism**

“The anointing with chrism and the accompanying words clearly express the effect of the giving of the Holy Spirit. Signed with the perfumed oil, the baptized receive the indelible character, the seal of the Lord, together with the gift of the Holy Spirit that conforms them more closely to Christ and gives them the grace of spreading ‘the sweet odor of Christ’”.

The deacon brings the Chrism to the bishop.

The Sponsor places their right hand on the candidate’s right shoulder and presents the candidate to the bishop by stating “Bishop, I present (Confirmation Name).

Bishop: Dips his right thumb in the Chrism and makes the sign of the cross on the forehead of the one to be confirmed, as he says: “(Confirmation Name), be sealed with the gift of the Holy Spirit.”

Newly confirmed: Amen.

Bishop: Peace be with you.

Newly confirmed: And with your spirit.

The bishop will generally congratulate the candidate and shake hands with both the candidate and sponsor.

## **7. Confirmation FAQ**

a. What is the dress code?

The Sacrament of Confirmation takes place during mass, with the bishop presiding. It is expected that the candidate and sponsor wear their Sunday best! Gentlemen – slacks, shirt and tie, jacket optional. Gentlemen please no tank tops, jeans, shorts, flip flops, tennis shoes, or t-shirts. Ladies- dress or dress pants please. Ladies please no strapless or thin strap dresses/tops without a sweater or jacket, no mid drifts, jeans, flip flops, shorts, or low-cut tops/dresses. Beware of spike heels as you will need to process in and up to bishop. Also, beware of short dresses as you will need to bow. If your outfit is questionable, please get it approved by your youth minister. If you report to confirmation out of dress code, you will be asked to change and may be asked to leave.

b. What is a sacrament?

A sacrament is an outward sign made by Christ to give grace.

c. What is grace?

Grace is any gift from God.

d. What is sanctifying grace?

Sanctifying grace is God’s life in our souls.

e. Name the seven sacraments.

Three sacraments of initiation – Baptism, Eucharist, and Confirmation

Two sacraments of healing – Reconciliation and Anointing of the Sick

Two sacraments of service – Matrimony and Holy Orders

f. What is the first sacrament you receive?

Baptism

g. What did the sacrament of Baptism do for you?



Through Baptism, Jesus cleanses us of all sin. We are born again as a child of God and become a member of the Church.

- h. How many times can you receive Baptism?  
Once
- i. What is the outward sign/symbol of Baptism?  
Water
- j. What words are used at Baptism?  
“I baptize you in the name of the Father, Son and the Holy Spirit.”
- k. What happened when you were baptized?  
Original sin was washed away, and you became united with Jesus in his death and resurrection, and a member of the Body of Christ, Church, Christian Faithful.
- l. What else does baptism do for you?  
Incorporates us into the Body of Christ by conferring upon us an indelible seal – the chrism oil is used as an outward sign of this seal. Unifies us with Christ and his death and resurrection – with the submersion and emerging through the water. We become members of the Church and become part of the people of God.
- m. What is Confirmation?  
Confirmation is the sacrament that makes us more perfect Christians and witnesses of Christ by the gifts of the Holy Spirit. Confirmation confirms and strengthens baptismal grace. It is our own Pentecost where the Holy Spirit gives us the seven gifts, which enable us to better show witness to Christ and his Church.
- n. What are the outward signs of Confirmation?  
The anointing with Chrism oil and the laying on of hands.
- o. What is Chrism Oil?  
It is the oil that is consecrated during Holy Week each year used for the sacraments of Baptism, Confirmation, and Holy Orders. It is a symbol of joy and abundance.
- p. What is the laying on of hands?  
The laying on of hands is a powerful symbol of healing, blessing of being set apart. During this rite, the Bishop prays that you will receive the gifts of the Spirit. You are blessed and empowered to develop your own unique gifts.
- q. What is Epiclesis?  
The calling down of the Holy Spirit when hands are extended over confirmation candidates (laying of hands), over the Eucharist at the consecration, or over a priest at his ordination.
- r. Name the 7 gifts of the Holy Spirit.
  - i. Wisdom  
This gift helps us look upon life as a great and remarkable gift from God. It helps us judge all the events in our lives according to our belief in God.
  - ii. Understanding  
This gift leads us beyond knowing the beliefs of the Church. It helps us grasp the meaning of what we believe so that our Christian faith makes a difference in the way we live.
  - iii. Knowledge  
This gift helps us to be certain in our minds and hearts that God calls us to live a life of goodness and love wherever we are – at home, school, on the sports field, with friends, etc.
  - iv. Right Judgement

This gift helps us to see the right and good things to guide our actions in the many choices we must make every day. It helps us choose the right way to act when we must decide.

v. Courage

This gift helps us to be strong in our beliefs as Christians. It helps us choose what is right in spite of the hardship we might suffer for having chosen what is good.

vi. Reverence

This gift helps us to see God as a most loving Father and all people as our brothers and sisters. It encourages us to praise God freely and respect all people.

vii. Wonder and Awe

This gift helps us respect the goodness and majesty of God. It helps us value God's plan for the world and desire to build up the kingdom of God on earth.

s. Name the 12 Fruits of the Holy Spirit.

i. Kindness

The strength of Christ's love, which leads us to a greater service to one another

ii. Joy

The ability to celebrate life even in the midst of pain and confusion because of our deep spiritual belief

iii. Peace

Quiet, inner confidence in God's care that keeps us from feeling uptight and anxious

iv. Patience

A staying power that enables us to handle frustration and conflict without becoming edgy or annoyed

v. Goodness and Generosity

A real desire to live a holy life, to set a good example

vi. Long-Suffering (Positive Attitude)

Because we know we are loved and whole and complete with God's extraordinary gift, we can put up with the injuries, slights, and outrages of life.

vii. Humility

An inner strength that permits us to be gentle in our relationships, open and aware of our own abilities without having to make a show of them

viii. Faith/Fidelity

The ability to stick to our work and be counted on to stay firm in our commitment to God and to God's people

ix. Modesty

When the spirit of Love fills our lives, we no longer need to impress other people with our power, connections, or wealth

x. Self-Control

Learning to be disciplined with our time, energy, and desires to reflect our spiritual values and priorities

xi. Chastity

The ability to form loving and caring friendships, which help us to act appropriately with our gift of sexuality

xii. Love

Quick to sense the needs of people and respond as Jesus would

- t. What does the Holy Spirit do for you in the sacrament of Confirmation?  
The Holy Spirit strengthens you, so you can lead a holy and apostolic life.
- u. When do we promise that we will never give up the practice of Catholic faith?  
At our Baptism and Confirmation
- v. Why is the Church catholic?  
The Church is catholic, that is, universal, because she was instituted for all men, is suitable for all men, and has been extended over the entire world.
- w. Why is the Church apostolic?  
The Church is apostolic because she has been founded upon the apostles and on their preaching, and because she is governed by their successors, the bishops, who continue to transmit both doctrine and power without interruption or change.
- x. What was Pentecost?  
Pentecost was the holy event of the descent of the Holy Spirit upon the apostles, ten days after the Ascension and fifty days after Easter. Pentecost is the “birthday of the Church.”
- y. What is the communion of saints?  
“The communion of saints is the Church” (Catechism of the Catholic Church, No. 946). It has three states or divisions, the communion of saints of the living, those who are still on their pilgrim journey on earth; and the communion of saints of the dead or the faithful departed, some of whom are being purified, those in purgatory, and the ones who are enjoying eternal glory in the presence of God, those in heaven (Catechism, No. 954).

## 8. Service-Learning Guidelines

God calls us to serve others. Jesus shows us how to serve. Throughout His life, He reached out to the sick, the dying, the outcasts, the poor, the hungry and all who were in need. Through the parables, Jesus teaches us what His Father calls us to do as His followers. In the parable of the Good Samaritan, Jesus shows us not only how the Samaritan was willing to take time away from his busy schedule to care for someone in need, but he truly gives of himself. He does not take the easy way out and just give money to help the man, he gave of himself. This is what God calls you to do as you prepare for the sacrament of Confirmation.

Candidates must complete 1 service activity a month (Sept-May) for a total of 8 activities. Candidates will receive 1 ‘free’ month where they do not have to complete an activity so long as they are up to date. Candidates may ‘work ahead’ aka complete more than one activities in a month.

The following is the procedure that should be followed to complete your service requirement for Confirmation.

- All candidates are required to complete the Worthy of the Call training and submit required paperwork prior to starting their service hours.
- Select the project(s) you would be interested in volunteering for. If you are having a tough time deciding, discuss the matter with your Youth Minister.
- Speak with the Contact Person. Discuss with them when you can volunteer and what service you will be able to provide.
- If you are unable to fulfill your volunteer responsibility you are to notify the person in charge as soon as possible.
- You will not receive credit if when volunteering the supervisor feels you did not participate fully and with the proper attitude.
- Do not forget to document your service-learning experience on Track It Forward
- Service activities should be documented as they are completed. Please do not wait until the last minute to record all of your activities