



Confirmation Preparation



Youth Director Contact Information

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*Contact Stephanie by email, office phone, or FlockNote (this is a messaging app that Stephanie will send reminder via phone number and email.) Please note that Stephanie is off Saturday and Sunday, so if you have any questions, messages, etc that you send, she will respond promptly the following day she is in the office.

Take Note:

The process of Confirmation preparation is meant to be supplemental to what you are already doing at home, while seeking to introduce candidates to their Catholic peers. This is a great time for your FAMILY to deepen your relationship to God alongside your son or daughter as they prepare for the Sacrament of Confirmation.

This year, to make a more family-oriented program, we will be incorporating parent sessions for Confirmation. These will take place at the same time as Confirmation class, with both the students and parents receiving content that are for their age demographic, and that will help further their own prayers lives, along with implementing more prayer in the home. Here at St. Mary's, we believe that this sacrament is not just to impact the students, but also their entire family! The calendar attached to this packet has all the dedicated days that parents will be required to attend class (a star is next to the sessions on the calendar).

"Since parents have given children their life, they are bound by the most serious obligation to educate their offspring and therefore must be recognized as the primary and principal educators." ∞ Pope Paul VI

From the Rite of Confirmation:

Send your Holy Spirit to be their helper and guide. Give them the spirit of wisdom and understanding, the spirit of right judgement and courage, the spirit of knowledge and reverence. Fill them with the spirit of wonder and awe in your presence. Through Christ our Lord.

Amen.



Confirmation Class Schedule

2027



Students meet in the St. Mary's Catholic School Cafeteria from
7:00PM-8:00PM.

All meetings and classes are mandatory.

January

14– Introduction & Lesson 1*

28– Lesson 2

February

11–Lesson 3*

25–Lesson 4

27- FAMILY RETREAT 8AM-11AM (required)

March

11– Lesson 5*

18– Lesson 6

April

8– Lesson 7

22–Lesson 8*

May—TBD

Parents must attend classes marked with *

Please Note: If a class is missed by a Confirmation candidate, that candidate and their sponsor/parents must complete make-up work. Each lesson is crucial to this preparation process. Mrs. Lyons will have the work available, but the candidate is responsible for reaching out to receive the make-up work.



What is Confirmation?



The theology of confirmation is articulated clearly in the Catechism of the Catholic Church (CCC) 1285-1321, and it is expressed in the actual Rite of Confirmation. The regulations for its celebration are presented in the Code of Canon Law. These resources offer the best guidelines for understanding the four essential aspects of the theology of confirmation.

1. Confirmation is a **sacrament of Christian initiation**: As such, its effects are necessary for our on-going conversion as Christians. Confirmation, along with the Sacraments of Baptism and Eucharist, initiate us into the fullness of the Christian life. It is true that the sacrament is only celebrated once, but its effects are applicable throughout the life of the believer who is disposed to responding to the graces it confers.
2. Confirmation completes the baptismal graces (1285), but not initiation. A common misconception is that one needs confirmation to be fully initiated. In a sense, confirmation “completes” the set of three sacraments of initiation for someone who have already been baptized and received First Eucharist. Nevertheless, it is imperative to understand that Eucharist, not confirmation, completes initiation. The initiatory process is ordered to the Eucharist, the Sacrament that is the source and summit of the life and mission of the Christian and the Church. The completion of baptismal graces does not mean that the graces in baptism are insufficient or partial; rather, the effects of confirmation complete the effects of baptismal graces. In baptism, we are born again of water and the Spirit, receive the Spirit of adoption, are forgiven of original and actual sin, receive the call to discipleship and holiness, and are incorporated into the visible body of Christ; whereas in confirmation, we are strengthened to live the life of discipleship to which we are called to in baptism. (Debroeck, 3*).
3. Confirmation is a seal with the Gift of the Spirit. During the Rite of Confirmation, the bishop (or designated priest) anoints the forehead of the candidate, with the words, “Be sealed with the Gift of the Holy Spirit”. With the confirmation anointing, what is being confirmed, or being sealed, is our baptismal calling. While it is true that the candidate needs to be willing to enter into this sacramental relationship and thus confirm the creed received at baptism, it is important not to center the theological meaning of confirmation on the candidate’s profession of faith. Doing so would inadvertently distort the understanding of who is confirming whom in the sacrament. A similar misunderstanding would happen if we were to teach the theology of the Eucharist consists of our acceptance to all teachings, expressed in our “Amen”. Although our stating of “Amen” prior to receiving the Eucharist signifies that we believe all that the Church teaches, that is not the theology of the Eucharist.

*above notes are from Dr. Ximena DeBroeck’s *Confirmation: Initiation not Completion*. The Catechetical Review

4. CCC 1308 states, "Although Confirmation is sometimes called the "sacrament of Christian maturity", we must not confuse adult faith with the adult age of natural growth, nor forget that the baptismal grace is a grace of free, unmerited election and does not need "ratification" to become effective. St. Thomas reminds us of this:

Age of body does not determine age of soul. Even in childhood man can attain spiritual maturity: as the book of Wisdom says: "For old age is not honored for length of time or measured by number of years. "Many children through the strength of the Holy Spirit they have received, have bravely fought for Christ even to the shedding of their blood." 126 St. Thomas Aquinas, STh III, 72,8, ad 2; Cf Wis 4:8.

The Effects of Confirmation

CCC 1303

Confirmation brings an increase and deepening of baptismal grace by:

- Strengthening our identity as children of God
- Uniting us more firmly to Christ
- Increasing the gifts of the Holy Spirit within us
- Giving us a special strength of the Holy Spirit to spread and defend the faith as true witnesses of Christ

By Confirmation, Christians, that is, those who are anointed, share more completely in the mission of Jesus Christ and the fullness of the Holy Spirit with which he is filled, that their lives may give off the "aroma of Christ". ∞ CCC 1294



Requirements for Receiving Confirmation



These are not to be intended as hoops to jump through, but are markers to show the progression of the Confirmation candidate, because receiving a sacrament is not a “rite of passage”, but rather a big decision to walk into discipleship within the Church. This is beautifully written in a quote by St. Theresa of Avila:

“Christ has no body but yours, No hands, no feet on earth but yours, Yours are the eyes with which he looks Compassion on the world, Yours are the feet with which he walks to do good, Yours are the hands, with which he blessed the world. Yours are the hands, yours are the feet, Yours are the eyes, you are his body...” (Teresa of Avila 1515-1582)

Therefore, candidates MUST:

- Have been Baptized (and must provide a baptismal certificate to the Parish Office)
- Have a sincere desire to be confirmed
- Attend Sunday Mass on a WEEKLY basis
- Have a basic understanding of the pillars of the faith
- Attend a weekly class (if missing a class, will be required to do make-up work)
- Write a letter to Bishop about your confirmation preparation
- Complete 4 service hours, that are tied to St. Mary's
- Select a sponsor & talk with the sponsor about class once a week (Parents CANNOT be sponsors, see sponsor guidelines)
- Select a Saint Name
- Attend a Retreat

Family Holy Hour

It is highly encouraged and recommended to make a weekly holy hour as a family to support your candidate spiritually and intercede for them in this preparation to receiving this Sacrament. This is not just an individual preparation; it is a communal one. Your candidate is being fully initiated into the body of Christ. **Please consider making this a priority of praying as a family in this process of preparation.**

Please Note: If a class is missed by a Confirmation candidate, that candidate and their sponsor/parents must complete make-up work. Each lesson is crucial to this preparation process. Mrs. Lyons will have the work available, but the candidate is responsible for reaching out to receive the make-up work.



Choosing a Saint Name



Every candidate is asked to take the name of a recognized saint or blessed. This saint will serve as a model of holiness for the candidate to encourage them to “persevere in running the race” (Hebrews 12:1). Candidates do not have to take the name of a new saint if their first or middle name is that of a recognized saint but is encouraged to still do so. Saints can be chosen based on a particular devotion the candidate has and can be of the opposite sex. Candidates should make this decision with prayer and consider saints they have a particular connection or devotion to. DO NOT USE WIKIPEDIA!!

Please note: Mrs. Lyons will also have a whole Confirmation class in the schedule to go over some saints and be available for questions and helping the candidates if they are struggling to pick one.

Please do pray for your candidates to pick a saint who will be their lifelong saint devotion and one who will intercede for them.

Some options for saints to either think about or pick can include but are not limited to:

- St. Maria Faustina Kowalska
- St. Padre Pio
- St. Augustine
- St. Gemma Galgani
- St. Francis of Assisi
- St. Boniface
- St. Theresa of Avila
- St. Therese of Lisieux
- St. John Paul II
- St. Josephine Bakhita
- St. Joseph
- St. Catherine of Siena
- St. Margaret Mary Alacoque
- St. Clare of Assisi
- St. John of the Cross
- St. Benedict



Choosing a Sponsor



Sponsors act as spiritual role models and guides for the candidates while they prepare for Confirmation. They should also take care that the confirmed person behaves as a true witness of Christ and faithfully fulfills the obligations inherent in this sacraments (*Code of Cannon Law 892*).

In order to be a sponsor a person must be (from *Code of Cannon Law 847- this means NO exceptions*):

- Baptized, received First Holy Communion and Confirmation in the **Catholic Church**
- If Married, married according to the laws and teachings of the Catholic Church
- If single, not cohabitating with someone without the benefit of Marriage
- Regularly attending Holy Mass every Sunday and Holy Days of Obligation
- Receive the Sacrament of Penance at least once a year, as necessary

With choosing a sponsor, your teen should begin with prayer, asking God for His guidance in making this important decision. A good starting place for your teen to start are:

- Baptismal godparents
- A relative
- A family friend
- Your candidate's teacher
- An active parishioner you admire

Make sure this person is chosen by the Confirmation Candidate, and not the parents. This should be someone your child is comfortable with and sees as a role model in being an active witness to others in Christ.

When you have selected a suitable sponsor, provide them with the *Application to serve as Godparent/Sponsor* form. This form is to be completed by the prospective sponsor and then given by the sponsor to the office of the parish they attend. Once signed and sealed by the sponsor's Pastor, it should be returned to the St. Mary's Parish Office.



Application to serve as Godparent/**Sponsor**

Please PRINT. Upon completion, return in person or by mail to the Parish Office.

Name: _____

Address: _____

Phone: _____ E-mail: _____

Date of Birth: _____ Person Sponsored: _____

I understand that The Code of Canon Law (CIC 874) defines the requirements for Godparents/Sponsors for the good of the person receiving the Sacrament. Therefore, I affirm before God the following:

*Please **initial** each statement. These statements may not be amended in any way.*

_____ I have been Baptized, and I have received First Holy Communion and Confirmation in the Catholic Church.

_____ If married, I am validly married according to the laws and teachings of the Catholic Church.
or

_____ If I am single, I am not cohabiting with someone without the benefit of Marriage.

_____ I regularly attend Holy Mass every Sunday and Holy Day of Obligation.

_____ I receive the Sacrament of Penance at least once a year, as necessary.

_____ I, to the best of my knowledge, have not incurred any canonical penalty legitimately imposed or declared by the Church.

I, the undersigned, understand and meet the above requirements and accept all the responsibilities entailed in the sacred privilege of being a Godparent/Sponsor:

Godparent/Sponsor Signature: _____ Date: _____

Pastor's Signature: _____

Parish: _____

City: _____ State: _____

Date: _____

Parish Seal



Candidate & Sponsor Information Sheet



Please fill in ALL information competley (first, full middle, and last names, sponsor information, etc). If no middle name, please write N/A. If your child was NOT baptized at St. Mary's, or did not make their first communion at St. Mary's, we have to receive a copy of the originally Baptismal Certificate.

It is a parents responsibility to request a copy of the certificate from the church where the candidate was baptized.

Please Print:

Student Name: _____

Full Address: _____

Phone Number: _____ **Student Birth Date:** _____

Email Address: _____

Were you baptized Catholic?: _____ **Date of Baptism (MM/DD/YYYY):** _____

Place of Baptism:

Church City State

Place of First Communion:

Church City State

Have you made your 1st Confession? _____

Confirmation Name: _____

Fathers Name (First, Middle, Last) _____

Mothers Name (First, Middle, Maiden): _____

Name of Sponsor (First, Last): _____

Sponsor Phone #: _____

Sponsor's Parish: _____
Church City State

Please note: 4 direct service hours must be competed during Confirmation preparation