

PREPARING FOR THE SACRAMENT OF CONFIRMATION

We are looking forward to sharing with you this journey of faith as you prepare to receive the sacrament of Confirmation. As you will know, 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.

What is Confirmation? Confirmation is one of the Sacraments of Initiation. While Baptism is the first step of initiation into the life of the Church, Confirmation can be seen as the completion of the Baptismal commitment. According to the Catechism of the Catholic Church, "The reception of the sacrament of Confirmation is necessary for the completion of baptismal grace" (no. 1285). There are two primary effects from the sacrament of Confirmation: strengthening of one's bond with the Church, and reception of the gifts of the Holy Spirit.

The following guide details the requirements and expectations of those youth enrolled in Confirmation preparation as well as the expectations of parents and sponsors. This commitment involves the whole family and we ask that you carefully examine the expectations.

WHO MAY BE CONFIRMED?

Confirmation candidates must:

- Have received the sacraments of Baptism and Eucharist.
- Be between the ages of twelve and eighteen.
- Have been adequately catechized (prepared) in the Roman Catholic faith.
This is usually accomplished through ongoing participation in a Roman Catholic parish or school-sponsored religious education program.
- Demonstrate knowledge and understanding of the obligations of a practicing member of the Catholic Church.
- **Have a sincere desire to receive the sacrament** as well as an appreciation of sacramental life.

EXPECTATIONS IN DETAIL

The following explains each of the Confirmation expectations in detail and in some cases, the reasons the requirements are important to the formation of the candidate. Please remember that while in many cases we list a minimum requirement for Confirmation, the candidates should be encouraged to make many of these activities a regular part of their faith practices.

❖ **Completed Confirmation Registration Form**

<http://ststanstrans.org/wp-content/uploads/communion-registration-2017-fillable.pdf>

❖ **Participate in Mass on Saturday evening or Sunday, every week, and Holy Days of obligation**

The Confirmation Candidate (and hopefully 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 baptized Catholics. This is also an important way that parents demonstrate to their children the importance they place on the faith they are handing on to their children. When we worship as a community, we build up the Body of Christ. If your family has not been attending Mass regularly in the past, we are confident that by doing so you will notice many benefits to your family by the time Confirmation approaches.

❖ **Actively participate in Confirmation classes, workshops, retreat and complete at home assignments.**

Attendance at the Confirmation classes 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 educational material covered that day. We expect that you will make these gatherings a priority and therefore make a sincere effort to adjust your other obligations accordingly.

There may be situations (i.e. excessive absenteeism; lack of desire to be confirmed) where, at the Pastor's discretion, it might be deemed prudent to temporarily delay the confirming of a candidate until the candidate is deemed ready. As the pastor must attest to the bishop that the candidates are ready, all final decisions regarding a candidate's readiness are evaluated by the pastor and staff.

❖ **Participate in the Confirmation Retreat**

The retreat provides a unique opportunity for the candidates to spend an extended time in discernment and 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 the Confirmation Retreat. We ask that you make it a priority in your schedule.

❖ **Choose a qualified sponsor**

The confirmation sponsor must be a Confirmed and practicing Roman Catholic and should be a person who has been a strong role-model as a faith-filled Catholic.

What are the qualifications of a sponsor?

Pastors are charged with the responsibility of seeing that the sponsors (chosen by the candidates or their families) are spiritually fit to take on this responsibility.

A sponsor must have these qualities:

- sufficient maturity to fulfill their function (at least 16 years old)
- membership in the Roman Catholic Church - having received the Sacraments of Baptism, Confirmation and Eucharist
- be practicing the Roman Catholic faith; attending Mass regularly (Sundays and Holy Days of Obligation) and living according to their baptismal promises
- freedom from any impediment of [canon] law (ex. irregular marriage) to their fulfilling the office of sponsor.
- **not be a parent** of the Confirmation candidate

(Note that only one sponsor may be designated. We can assist you in finding a qualified sponsor in the parish, if needed.)

The Sponsor needs to provide the candidate with a *Sponsor Certificate* from the sponsor's home parish with the Church seal.

❖ **Complete 30 hours of unpaid community service**; this can be in school, in the parish or in the community. This can include being an Altar Server, a member of the Parish/Children's Choir, a Junior Lector, volunteering in school.

- A log of service hours must be completed and signed by the adult in charge.

To be a Catholic Christian, we need to be more than people who participate in Mass on Sunday. We must be people of action, people of service. Preparing for Confirmation is a process of becoming a fully committed member of the Christian community, sensitive to how the Spirit is moving in one's life. The Spirit moves us to make wise and fair decisions, moves us to pray, and to connect with others and build community. The Spirit also stirs us to serve one another and to free people from injustice as Jesus did. Service is a way of life for committed Christians.

❖ **Confirmation Name.** The candidate is to choose the name of a recognized saint as their Confirmation name and write a report on that saint. The report should be a short biography of the saint in the candidate's own words. Do not cut and paste an article from the internet (this is plagiarism). The *report is to be typed* and include a picture of the saint. A handwritten report will not be accepted. ALL Confirmation names chosen by confirmandi must conform to the following guideline established by Bishop DiMarzio:

In choosing a Confirmation name, confirmandi should adopt a saint's name, a beatified person's name, or a name that has an obvious or direct connection to the Christian faith (e.g. the name of a theological virtue, a biblical name from the Old or New Testament). Approved adaptations and derivatives of a saint's name are acceptable.

Any name that is contrary to the Christian faith or any name that does not have an obvious or direct connection to the Christian faith may not be used as a Confirmation name.

To assist the confirmandi in choosing a saint's name, the name of every canonized saint of the universal Church (together with a brief biography of each saint) is available at several websites:

www.catholic.org/saints
Roman-catholic-saints.com

❖ **Write a letter to the Bishop** describing how receiving the Sacrament of Confirmation will affect the rest of their Catholic Life.

❖ **Write a letter to the Pastor.** As the pastor must attest to the bishop that the candidates are ready and worthy to receive the Sacrament, the Candidate must write a letter to the Pastor explaining why he should be recommended to the Bishop for the sacrament.

The **Saint Report, Letter to the Bishop and Letter to the Pastor** are to be typed with correct spelling, grammar, punctuation and capitalization. It is highly recommended to save these documents on the computer should revisions need to be made. Due dates for these documents will be determined when the school year begins.

❖ **Attend a Confirmation Rehearsal**

All candidates and their sponsors (or another adult) are expected to attend the Confirmation rehearsal, which is typically the week before Confirmation.

❖ **Participate in the Liturgy and Rite of Confirmation**

The exact date and the celebrant will be announced (pending the Diocese's scheduling).

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, no. 119)

All parents are expected to:

- ❖ Ensure that their candidate participates in Mass regularly, ideally with the entire family.
- ❖ Being actively involved in the Confirmation preparation of the candidate.
- ❖ Engaging in discussions about the material being studied, including sharing your understanding and perspective.

- ❖ Praying for your child’s spiritual growth every day.
- ❖ Supporting and encouraging completion of assignments, activities and expectations.
- ❖ Faithfully bringing your teen (and when necessary yourself) to, classes, retreats, meetings and special events.
- ❖ Volunteer for retreats, service work, meetings, classes, spiritual events and/or social events.
- ❖ Model responsible and active church membership for your child.

CONFIRMATION PREPARATION REQUIREMENTS

CONTRACT

“A candidate for Confirmation who has attained the age of reason must profess the faith, be in the state of grace, have the intention of receiving the Sacrament of Confirmation, and be prepared to assume the role of disciple and witness to Christ, both within the ecclesial (Church) community and in temporal affairs” (CCC #1319, on the Responsibilities of the Candidate for Confirmation)

- [After reading the above Confirmation Preparation Requirements, both Candidate and Parent/Guardian is the sign the Confirmation Preparation Requirements Contract.](#)

CONFIRMATION DRESS CODE

Candidates are expected to be dressed in Church attire. The following are some guidelines regarding the dress requirements for Confirmation.

❖ **GIRLS: Dresses with long or short sleeves**

The dress must be a reasonable length – NO shorter than 2 inches above the knee.

- NO SLEEVELESS DRESSES OR TANK TOP
- NO OFF THE SHOULDER(S) DRESSES

Slacks

- NO JEANS OR DENIM PANTS
- NO TIGHT FITTING SLACKS OR LEGGINGS
- NO SHORTS

Dress shoes must be worn with stockings

- NO SNEAKERS, SPORTS SHOES, SANDLES

❖ **BOYS: Dress shirt (solid color) and tie**

- NO BLACK SHIRT/BLACK TIE COMBINATION

Dress pants

- NO JEANS OR DENIM PANTS
- NO TIGHT FITTING PANTS
- NO SHORTS

Dress shoes and socks

- NO SNEAKERS, SPORTS SHOES, SANDLES

