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Confirmation Prep Timeline

SPRING 2023	
<i>Date due</i>	<i>Form/Assignment/Event</i>
NOW	Information Form
NOW	Baptism Certificate (if you were baptized at a different parish)
June 1	Sponsor Affidavit
FALL 2023	
September 15	Apostolic Project FINAL Report
October 1	Saint Report
October 7	Retreat
October 12	Letter to Father Kelly
October 22, 6:30 pm	Rehearsal
October 23, 7:00 pm	CONFIRMATION

The Rite of Confirmation

After his homily, the Bishop questions those to be confirmed, who stand, as he says:

Do you renounce Satan, and all his empty promises?

Together, all those to be confirmed reply: **I do.**

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

Those to be confirmed: **I do.**

Bishop: *Do you believe in Jesus Christ, His only Son, our Lord, Who was born of the Virgin Mary, suffered death and was buried, rose again from the dead and is seated at the right hand of the Father?*

Those to be confirmed: **I do.**

Bishop: *Do you believe in the Holy Spirit, the Lord, the Giver of life, Who today through the Sacrament of Confirmation is given to you in a special way just as he was given to the Apostles on the day of Pentecost?*

Those to be confirmed: **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?*

Those to be confirmed: **I do.**

The Bishop gives his assent to the profession by proclaiming the faith of the Church:
This is our faith. This is the faith of the Church. We are proud to profess it in Christ Jesus our Lord.

The gathering of the faithful gives its assent by replying: **Amen.**

The concelebrating priests stand near the bishop. He faces the people and with hands joined, sings or says:

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.

All pray in silence for a short time.

The bishop and the priests who will administer the sacrament with him lay hands upon all the candidates (by extending their hands over them). The bishop alone sings or 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 express clearly 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’” (Introduction 9).

The deacon brings the Chrism to the bishop. Each candidate goes to the bishop, or the bishop may go to the individual candidates. The one who presented the candidate places his right hand on the latter’s shoulder and gives the candidate’s name to the bishop; or the candidate may give his own 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: “(Name), be sealed with the gift of the Holy Spirit.”*

Newly confirmed: **Amen.**

Bishop: *Peace be with you.*

Newly confirmed: **And with your spirit.**

Universal Prayer

The universal prayer, or prayer of the faithful, follows.

CONFIRMATION in Code of Canon Law

The law of the church explains the Sacrament of Confirmation.

The Sacrament

Canon 879

The sacrament of confirmation impresses a character and by it the baptized, continuing on the path of Christian initiation, are enriched by the gift of the Holy Spirit and bound more perfectly to the Church; it strengthens them and obliges them more firmly to be witnesses to Christ by word and deed and to spread and defend the faith.

The Candidate

Canon 889-2

Outside of the danger of death, to be licitly confirmed it is required, if the person has the use of reason, that one be suitably instructed, properly disposed and able to renew one's baptismal promises.

Very helpful in figuring out the meaning of confirmation are the offices and responsibilities that require confirmation. Each is a public commitment to share in the responsibility for the salvation of another person.

Confirmation in Religious Life

Canon 645 §1

Before candidates are admitted to the novitiate they must produce proof of baptism and confirmation, and of their free status.

Confirmation in Role of Godparent

Canon 874 -3

To be admitted to undertake the office of sponsor [for baptism], a person must: be a Catholic who has been confirmed and has received the blessed Eucharist, and who lives a life of faith which befits the role to be undertaken.

Confirmation in Role of Confirmation Sponsor

Canon 892

As far as possible the person to be confirmed is to have a sponsor. The sponsor's function is to take care that the person confirmed behaves as a true witness of Christ and faithfully fulfils the duties inherent in this sacrament.

continued on next page

Canon 893 §§1-2

A person who would undertake the office of sponsor must fulfill the conditions mentioned in can.

It is desirable that the sponsor chosen be the one who undertook this role at baptism.

According to our local Church of Arlington and the universal Church, your SPONSOR:

- v Must be a practicing Catholic who has received the Sacraments of Baptism, Penance, Eucharist and Confirmation
- v As a practicing Catholic s/he will be expected to receive Communion at the Mass of Confirmation
- v If married, must be in a valid Catholic marriage
- v Must sixteen years of age or older
- v Must not be your father or mother
- v May be male or female
- v May be your Baptismal Sponsor
- v Must have every intention of fulfilling his/her role of Sponsor

Confirmation in Role of Holy Orders

Canon 1033

Only one who has received the sacrament of sacred confirmation may lawfully be promoted to orders.

Confirmation in Role of Holy Matrimony

Canon 1065 §1

Catholics who have not yet received the sacrament of confirmation are to receive it before being admitted to marriage, if this can be done without grave inconvenience.

Faith and Prayers Mastery Sheet

7th Grade Confirmation Preparation

FAITH AND PRAYERS	Date Mastered	Parent Signature
7 Sacraments		
7 Gifts of the Holy Spirit		
8 Beatitudes		
10 Commandments		
Christ's 2 Great Commandments of Love		
5 Precepts of the Catholic Church		
6 Holy Days of Obligation (Attend Mass)		
7 Spiritual Works of Mercy		
7 Corporal Works of Mercy		
7 Deadly Sins		
3 Theological Virtues		
4 Cardinal Virtues		
3 Evangelical Counsels		
4 Marks of the Catholic Church		
Explain Revelation		
Explain The Incarnation		
Explain The Immaculate Conception		
Explain How the Sacrament of Confirmation is Conferred		
Know the Liturgical Year (<i>Advent to Feast of Christ the King</i>)		

Prayers:

Sign of the Cross		
Our Father		
Hail Mary		
Glory Be		
Apostles Creed		
Act of Contrition		
Prayer before meals		
Come, Holy Spirit		
20 Mysteries of the Rosary		
Fatima Prayer (an optional prayer at the end of a decade of the Rosary)		
Hail Holy Queen		
St. Michael the Archangel		
Angelus		
Memorare		

return to the Religious Education Office ASAP!

SPONSOR AFFIDAVIT

TO BE COMPLETED BY SPONSOR'S CHURCH

I, _____ will be the Sponsor/Proxy for the Confirmation of
_____ at Blessed Sacrament Church in Alexandria, VA.

According to Diocesan regulations and Canon Law, I must meet the following qualifications:

- | | | |
|------------|-----------|---|
| yes | no | must be a practicing Catholic who has received the Sacraments of Baptism, Penance, Eucharist and Confirmation |
| yes | no | As a practicing Catholic, I will be expected to receive Communion at the Mass |
| yes | no | If I am married, my present marriage must be a valid Catholic marriage |
| yes | no | I must be at least 16 years old |
| yes | no | I must not be the mother or father of the candidate |
| yes | no | I must have every intention of fulfilling my role as Sponsor |

If I am a Proxy for the Sponsor, I must meet the following qualifications:

- I must be designated by the Sponsor
- I must have the same qualifications as the Sponsor
- I may be a parent of the candidate

I am an active registered member of _____ Catholic Church in _____ (city and state). In accepting the role as Sponsor or Proxy, I hereby assure that I am a committed and practicing Roman Catholic. I have been Baptized, received first Holy Communion, and Confirmation in the Roman Catholic Church. I am not married outside the Church. I meet all the requirements to be a Sponsor or Proxy.

Sponsor/Proxy's Signature

Priest's Signature

Date

Date

TO: Those Accepting Role of Sponsor

FROM: Blessed Sacrament Church

Dear Friend in Christ,

Congratulations on having been asked to serve as sponsor for Confirmation! This is a wonderful privilege and not one to be taken lightly.

I offer the following to you for your consideration as you become more involved in this new role. You are called—

1. To witness, by your life, how a Catholic Christian lives in today's world. Your concern for life, justice, and peace, for the poor and oppressed, and your involvement in doing good for others are the strength of your life as a witness.
2. To guide in times of doubt, indecision, confusion, to be a good listener, ready to give advice as a Christian adult when asked.
3. to be a friend, one who is “there” when needed, one who can be trusted,
4. to take an interest in the Confirmation program your young friend is involved in,
5. to get to know the candidate in a new way, as a sincerely interested young Catholic, freely coming to Confirmation, and ready to take on a mature responsibility as a Catholic in his or her sphere of influence,
6. to be ready to publicly vouch for the candidate's readiness to take on the role of one sent forth to bring the Good News of Jesus Christ to others by the quality of his or her Catholic life.

Above all, it is expected that, as a person of regular prayer, one who celebrates the Sunday Mass with a parish church and leads a sacramental life, you will begin to pray each day for your young friend that, filled with the Holy Spirit, s/he will be a light to others, just as you are to the candidate.

APOSTOLIC PROJECT

THE APOSTOLIC PROJECT:

- **consists of 20 hours service**
- **incorporates corporal and spiritual works of mercy**
- **has for its goal the salvation of another soul** (*you want person(s) involved to know of God's love!*)

You do not have to volunteer with an agency, and it's fine to split the hours among a variety of activities.

Consider—

tutoring or reading with a younger student

coaching a team of younger kids

helping a teacher set up a classroom

make lunches to drop off at Christ House

babysit for free, even if the parent(s) can afford to pay, or donate the \$

volunteer with a camp this summer

*Altar serving “works” if you count training and serving Masses outside your Sunday obligation (weddings, funerals). If you are “counting” a wedding or funeral Mass which you’ve served, and you are given a stipend, you should donate that stipend.

*Because the apostolic project has the salvation of souls for its goal, animal and environmental service will not meet the requirements.

Apostolic Project Report

Due at start of School/Religious Education

Minimum 20 hours.

Name: _____ Date: _____

Parent/guardian signature _____

My Apostolic Project included the following works of mercy (please check all that apply):

Corporal Works of Mercy

- Feeding the hungry.
- Giving drink to the thirsty.
- Clothing the naked.
- Sheltering the homeless.
- Visiting the sick.
- Visiting the imprisoned.
- Burying the dead.

Spiritual Works of Mercy

- Counseling the doubtful.
- Instructing the ignorant.
- Admonishing sinners.
- Comforting the afflicted.
- Forgiving offenses.
- Bearing wrongs patiently.
- Praying for the living and the dead.

What specific work(s) did you complete?

What was easy or difficult about it?

Who benefited from your work?

How are they now closer to God and His Church because of your work?

In what ways were they in a position to thank you?

How are you now closer to God and His Church because of your work?

What would be a more challenging work of mercy for you?

Why?

What works of mercy do you think you could do on a regular basis?

Which works of mercy is your Confirmation Saint known for?

What would it take for you to do the same work(s) of mercy?

SAINT REPORT INSTRUCTIONS

Taking on a new name has been a sign of mission since the days of the Old Testament. It is customary that the candidate for Confirmation select a patron saint with whom s/he identifies for that same purpose, as a sign of the mission God intends for the candidate.

Students of Blessed Sacrament School will perform extensive research on a Saint and submit a report in the spring before Confirmation.

Students in Religious Education will research independently and submit a one-page report at the first class of Fall '23. The report should include at least one paragraph summarizing the life of the chosen Saint, and one paragraph explaining why the particular Saint was chosen by the candidate.

PASTOR’S LETTER—Due October 12

SAMPLE LETTER TO THE PASTOR

“Sample” means you may use this for ideas, but your letter should NOT look exactly like this!

Date

*Reverend John D. Kelly
Blessed Sacrament Church
1427 W. Braddock Rd
Alexandria, VA 22302*

Dear Father,

[open with a greeting such as, “God bless you as you lead us our parish” or “The purpose of my letter is to request the Sacrament of Confirmation”]

During this past year, I have studied the Catholic Faith, and it is very important to me because...

The saint that I chose for my patron for Confirmation is Saint/Blessed...

St. _____ is well known for...

The reasons I chose St. _____ for my patron are...

As a requirement in preparation for Confirmation, I have participated in an apostolic project.

My project involved...

I wish to be confirmed because...

Thank you, Father Kelly, for...

Please say a prayer for me as I continue preparing for the coming of the Holy Spirit in the Sacrament of Confirmation. I will pray for you and your intentions.

God bless you.

Sincerely,