



Blessed Sacrament Church

Confirmation 2025

Name _____

Table of Contents

Confirmation Preparation Timeline3

Rite of Confirmation4

Confirmation in Code of Canon Law6

Paperwork

 Sponsor Affidavit (due May 1)8

 Apostolic Project Final10

 Saint Report (due Oct 1)13

 Pastor Letter (due Oct 1)14

Bishop Burbidge’s Questions for Confirmation15

Confirmation Prep Timeline

SPRING 2025	
<i>Date due</i>	<i>Form/Assignment/Event</i>
NOW	Google Form or hard copy Information Form
NOW	Baptism Certificate (if you were baptized at a different parish)
May 1	Sponsor Affidavit
FALL 2025	
1st week of school/religious ed	Apostolic Project FINAL Report
October 1	(1) Saint Report (2) Letter to Father Kelly (submitted to Susan Doyle)
October 18	Retreat
Sun., Nov. 16, 6:15 pm	Rehearsal in church
Thurs., Nov. 20, 7:00 pm	Mass of CONFIRMATION with Bishop Burbidge

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.



Blessed Sacrament Catholic Church

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www.blessedsacramentcc.org

Sponsor Eligibility Statement

Candidate _____

Sponsor _____

Sacrament _____

As a participating member of the Catholic community of Blessed Sacrament I affirm that:

yes no I am a practicing Catholic who has received the three sacraments of initiation: Baptism, Holy Eucharist and Confirmation.

yes no I participate in weekly Sunday Mass, as well as Holy Days of Obligation, and give witness to my faith in Jesus Christ by regularly receiving Holy Communion.

yes no If I am married, my current marriage is a valid Catholic marriage; I am not cohabitating; that is, living together without marriage.

yes no I am at least 16 years old.

yes no I actively strive to live out my commitment to Christ and to the community life of the Church by my loving response to those with whom I come in contact daily.

yes no I will give support to the person I am sponsoring by my prayers and by the Christian example of my daily life.

Signature of Sponsor

Date

Parish Seal

Signature of Priest

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 '25. 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 1

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,



DIOCESE OF ARLINGTON

Questions in Preparation for Confirmation

Most Rev. Michael F. Burbidge

*By the gift of the Holy Spirit poured out in Confirmation
the faithful are more fully conformed to Christ
and they are strengthened with the power to bear witness to Christ.
(Cf. Order of Confirmation, no. 1)*

1. What is a Sacrament?

A Sacrament is an outward sign instituted by Christ to give grace.

2. What is grace?

Grace is a supernatural gift from God to make us holy and to unite us with Him now and forever. Each sacrament gives and strengthens the active presence, life, and love of the Holy Trinity in us. Each sacrament gives its own special graces.

3. When did Jesus institute the Sacrament of Confirmation?

Jesus promised to the Apostles that he would ask the Father to send the Holy Spirit to enlighten, strengthen, and guide them. At Pentecost (fifty days after Easter), the Holy Spirit descended upon the Apostles. Tongues of fire rested upon their heads and the fire of God's love filled their souls.

4. What are the Seven Gifts of the Holy Spirit?

- | | |
|---------------------|--|
| 1. Wisdom | <i>helps us to know God's will for our lives</i> |
| 2. Understanding | <i>enables us to make the faith our own</i> |
| 3. Knowledge | <i>allows us to come to know and be in relationship with God</i> |
| 4. Fortitude | <i>helps us to be courageous in the defense of our faith</i> |
| 5. Counsel | <i>aids us in making right judgments</i> |
| 6. Piety | <i>assists us in being prayerful, reverent, and holy</i> |
| 7. Fear of the Lord | <i>is a holy awe and reverence for God</i> |

5. What did the Apostles do after Pentecost?

Filled with the gifts of the Holy Spirit, the Apostles went forth to fulfill what Jesus commanded them: “Go forth to all nations. Preach the Gospel. Baptize in the name of the Father, and of the Son, and of the Holy Spirit. Teach everything I have commanded you.” To this day, the Church continues to fulfill what Jesus commanded.

6. What is special about the Church? What are the Four Marks of the Church?

The Church is founded by Jesus Christ. It has four marks:

1. The Church is one because of her source, foundation, and bonds of unity in Christ.
2. The Church is holy because she is united with Christ, who through the Church sanctifies all people and makes possible holiness in life.
3. The Church is catholic because the Church is universal across all times and all places.
4. The Church is apostolic because she traces her teaching and authority to the Apostles.

7. How is the Sacrament of Confirmation celebrated?

Confirmation is celebrated by the community gathered around the Bishop, and it is always celebrated within a Liturgy of the Word.

After the Gospel, the candidates are called and the Bishop instructs them in a homily. The Bishop then asks the candidates to renew their baptismal promises.

Next, the Bishop expresses the Church’s prayer that the Father send the Holy Spirit.

Then, the Bishop places his hand on the head on the candidates, and then he anoints the candidates with Holy Chrism by making the sign of the cross. After the anointing, he offers peace to the candidates.

Finally, the community prays for the newly Confirmed.

8. What is Sacred Chrism?

Sacred Chrism is a perfumed oil blessed by the Bishop. Anointing with Sacred Chrism signifies the outpouring of the Holy Spirit and our being made more like Christ in order to continue his work in the world.

Oils were used by the Jewish people to anoint priests, prophets, and kings. These anointings showed that God called them to a special role of leadership and would empower them with the graces needed to fulfill the responsibilities.

In Confirmation, Christians are anointed with Chrism. By receiving the Holy Spirit, we are made more like Christ and are strengthened in doing Christ's work in the world. The Seven Gifts of the Holy Spirit empower us to fulfill these responsibilities.

Chrism reminds us of the sacred character sealed on our soul (as oil on a garment leaves a permanent mark, so Confirmation leaves a permanent mark on the soul). The fragrance of Chrism reminds us, as St. Paul said, to "put on the aroma of Christ."

9. How will I live the Sacrament of Confirmation?

Be able to tell the Bishop how you will live the Sacrament of Confirmation.

For example,

- *attend Mass each Sunday and Holy Day;*
- *pray each day;*
- *read Sacred Scripture;*
- *go to confession regularly;*
- *continue to learn about the faith;*
- *help in the mission of the Church (for example, by participating in the life of my parish);*
- *faithfully fulfill my vocation (for example, be married in the Church and, God willing, raise children in the faith; for example, say "yes" to the call to be a Priest, Sister, or Brother).*

10. Who is your Confirmation Saint?

Be able to tell the Bishop about your Confirmation Saint, what that Saint did to inspire you, and why you chose the saint.