



## Confirmation Handbook

2025-2026



“Be sealed with the gifts of the Holy Spirit.”

Confirmation Date: Sunday, April 26<sup>th</sup> 2026 at 10:30 AM

## To Do:

- ✓ Complete the Enrollment for Confirmation. If you were not baptized at IC Church or did not receive First Eucharist at IC Church, you must also provide a copy of your Baptismal Certificate and First Eucharist Records – See Enrollment for Confirmation.
- ✓ Discuss your faith journey and the Sacrament of Confirmation with your parents – See Parent/Candidate Confirmation Discussion.
- ✓ Review the Christian Living Assignment, and plan for how you will meet these 10 simple expectations of adult Catholics. Keep track of your progress – See Christian Living Assignment.
- ✓ Choose a Confirmation Sponsor – See Role and Purpose of a Confirmation Sponsor.
- ✓ Set a time to meet with your sponsor to discuss your faith journey – See Confirmation Sponsor discussion.
- ✓ Choose a patron Saint and begin praying for their intercession in your faith life – See Choosing a Saint
- ✓ Pray about and determine how you might serve the community with your gifts and talents – See Post Confirmation Time and Talent
- ✓ Participate in the Confirmation Retreat on March 23<sup>rd</sup>
- ✓ Let your light SHINE on Confirmation Day – April 26<sup>th</sup> at 10:30 AM Mass.

## Enrollment for Confirmation

Dear Fr. Tom Heathershaw and the Faith Community of Immaculate Conception,

Together with my parents, I am seeking full initiation into the Parish Community through the Sacrament of Confirmation. I understand that by enrolling in the confirmation process I am expected to uphold the promises and commitments outlined for me. I ask that you accept my enrollment in the Confirmation program and I seek the prayer and support of our IC Parish Community.

Candidate Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_

### ENROLLMENT INFORMATION

Name: \_\_\_\_\_  
First Middle Last

Student phone # \_\_\_\_\_ Student email address: \_\_\_\_\_

Do we have permission to contact your son/daughter directly regarding Confirmation – please circle?      **Yes**      **No**

Birth Date: \_\_\_\_\_ Age: \_\_\_\_\_ Grade level: \_\_\_\_\_

Place of Birth: \_\_\_\_\_

Mother's Name: \_\_\_\_\_

Father's Name: \_\_\_\_\_

Baptism date: \_\_\_\_\_ Parish: \_\_\_\_\_  
name, city, and state

Godparents: \_\_\_\_\_

First Eucharist Date: \_\_\_\_\_ Parish: \_\_\_\_\_  
name, city, and state

***If you were not baptized or did not receive your First Eucharist at I.C. Church, please provide a copy of your Baptismal and First Eucharist records.***





## Parent/Confirmation Candidate Discussion

Please set aside an adequate time to discuss your faith journey, your son or daughter's faith journey, and their feelings about the Sacrament of Confirmation. Begin with prayer and ask the Holy Spirit to guide your discussion. Suggested scripture readings include: Romans 12:3-21, Ephesians 4:7-16, or 1 Corinthians 12:7-30.

Here are some suggested discussion points:

1. How would you explain what it means to be a Catholic? How is that different from other faiths?
2. What are your feelings about the Catholic Church? How do you feel about being raised Catholic by your parents?
3. Why did your parents think it was important to have you Baptized? How does that relate to your Confirmation in the Church?
4. Do you feel pressure to be Confirmed?
5. Why have you chosen to become a Confirmed Catholic? What is it that you like about your faith?
6. Why might somebody want to become Catholic? This is a good place to discuss any interfaith differences within the household or extended family.
7. How do you feel about participating in weekly Mass? Why do you think participating in Mass as an individual or a family may be important? If your family does not consistently attend weekly Mass, how might you do that – plan.
8. After Confirmation, what do you see as your ongoing participation in the Church and your faith formation?
9. How have your parents grown in faith through the years? What have been some positive experiences of faith and what has held them back?
10. Look ahead 5 or 10 years. Do you see your participation in your faith being different than it is today? How?

Students should be aware that faith is a journey that never ends. Share with them your own faith journey – the high points and the pitfalls. What would your wish be for your son or daughter and their journey of faith?

Once you have had this discussion, share any insights you may have had in a short summary:

We have discussed Confirmation and our son/daughter's faith journey. \_\_\_\_\_  
(name of candidate) understands his/her faith and is open to receive the gifts of the Holy Spirit through the Sacrament of Confirmation.

Signature of Parent/Guardian: \_\_\_\_\_ Date: \_\_\_\_\_



## Christian Living Assignment

The following is a list of ten simple expectations of all adult Catholics. Your task is to complete 100 acts of Christian Living. Complete each expectation at least once. See how many you can do! This list is based on the precepts of the Church as well as the teachings of Jesus Christ.

1. Attend weekend Mass (every week) and Holy Days of Obligation
2. Seek spiritual direction (meet with Father, go to Confession, discuss faith with mentors, etc.)
3. Give to the Church (time, talent, and treasure)
4. Give to the poor (donate clothing or money, volunteer time to an organization that helps the poor)
5. Set time aside for prayer (journal, read Scripture, say the prayers of the Church)
6. Love your neighbor as yourself (serve those who are close to you)
7. Love your enemies (be the face of Christ to someone who you do not like, make amends for a past error or grievance)
8. Forgive people who hurt you
9. Pursue a deeper understanding of your faith (go to class, participate in faith activities the church offers, read books, join FORMED and watch faithful movies or documentaries)
10. Spread the Gospel (talk to your friends and relatives about faith in Jesus Christ)

[illegible]

[illegible]



## Choose a Confirmation Sponsor

The role of the sponsor is to be the official representative of the entire Catholic Church.

*"The sponsor brings the candidate to receive the sacrament, presents him/her to the minister for the anointing, and will later help the candidate to fulfill his/her baptismal promises faithfully under the influence of the Holy Spirit."* Rite of Confirmation #5

The purpose of the sponsor is three-fold:

1. To be a representative of the Catholic faith community.
2. To act as a role model and witness to the faith.
3. To be of support to the parents/guardians and the candidate on the faith journey.

### Guidelines for choosing your sponsor:

- A sponsor must be at least 16 years old and sufficiently mature for this role.
- They must be a fully initiated Catholic in good standing with the Church. (canon 893 and 874)
- They must not be prohibited by law from exercising the role of sponsor.
- A parent may NOT be the sponsor of his or her child. (canon 874.5)
- Persons with disabilities MAY be a sponsor for the sacraments of initiation.
- It is desirable that one of the baptismal godparents be the confirmation sponsor to highlight the relationship of the sacrament of baptism. (canon 893.2)
- In the case of unavailability of the selected sponsor, a proxy may be used. The proxy must fulfill all the criteria of a sponsor.
- It is also desirable that the sponsor be a member of the parish community who can share the continued faith journey of the candidate.

With the above information in mind, I, \_\_\_\_\_ (candidate's name),

choose \_\_\_\_\_ (name of sponsor) to be my Confirmation Sponsor.



## Confirmation Sponsor Discussion

Now that you have chosen your sponsor, it is time to spend a little more time with him/her to really understand their faith journey. You may find some common ground with your own journey or struggles you may be facing, and learn what may lie ahead for you! Make this an enjoyable experience, as well as a learning experience. Say a prayer to the Holy Spirit to guide you in your discussion. Use the following questions for guidance.

1. How did you become Catholic? Were you baptized when you were a baby or did you go choose to become Catholic later in life. Tell me about your experience learning about the Catholic faith.
2. When were you Confirmed? Who did you have as your sponsor? Do you remember what Saint name you chose? Why did you choose that Saint?
3. In what ways have you grown in your faith since Confirmation? What has helped you the most with that? IE: Mass attendance, prayer, service, study, changes in life
4. How would you define the word "holy?" How would you describe someone you think is holy? What challenges do you face in life when trying to lead a life of holiness?
5. Tell me about a time in your life when it may have been difficult to be Catholic. Was there a time when you may have been ridiculed about your beliefs and how did you respond. Was there a time you struggled with the teachings of the Church? If so, how did you work through that? How did you "keep your faith" during those times?
6. How do you make practicing your faith a priority in your life? Do you attend Mass weekly or even daily and why do you think this might be important? Did you have a time when you did not go to Mass as often as you should, or you did not necessarily like going to Mass? How has that changed? What helped you make that change? Tell me your thoughts on Real Presence in the Eucharist. Do you feel receiving the Eucharist is important to your spiritual growth?
7. What is your understanding of sin and forgiveness in the Catholic Church? What are your thoughts and feelings about the Sacrament of Reconciliation? Is it difficult for you to participate in the Sacrament or was there a time when it was? How has that changed as you have grown in your faith? What have you done when you find it difficult to forgive others or yourself...how do you ask for and receive forgiveness?
8. Tell me about your prayer life. How do you pray, when, where and how often? Do you think prayer is important? What type of prayer experiences have been most fruitful for you on your faith journey? Are there any recommendations you would give me to help develop a fruitful prayer life?
9. Have you ever had a time in your life when you really struggled to believe in God? Tell me about it and how did you keep your faith in the end? Have you ever had a time in your life when you felt particularly close to God? Tell me about that.

10. Who has been a good role model for you in your faith journey? What has he/she taught you or shown you to help deepen your faith? In what ways do you think you still need to grow in your faith?
11. Through the Sacrament of Confirmation, the gifts we received at Baptism are strengthened and increased in us. We may experience the gifts of Wisdom, Understanding, Right Judgement (Counsel), Courage (Fortitude), Knowledge, Reverence (Piety), and Wonder and Awe (Fear of the Lord). These seven special gifts represent all the gifts and blessings that God gives us to lead a good and holy life. They are special graces that are given to us through the Holy Spirit to enable us to respond to God's call to holiness. Reflect on your life experiences and decisions; which gifts have you used a lot. How have they benefitted you in your life?
12. What do you think is the greatest challenge to living as a Catholic Christian? What is the best part of being a Catholic Christian?
- 13. Feel free to ask your own questions, and let your Sponsor ask some too!**



## Choosing a Saint

Choosing a Saint for your Confirmation is more than just taking their name. By studying the lives of the Saints, we can accept our own humanity (they shared our struggles!) and find our road to holiness. Find a Saint whose path to holiness and charitable works inspires you and/or may reflect the struggles you have in your own life or the values you strive for. Pray to this Saint as an intercessor, asking them to help you on your faith journey or with difficulties or struggles you may have in your life. You will take this Saint's name as your own when you are anointed at Confirmation.

### Saint vs. saint

Any person in heaven is a saint; our grandparents, aunts, uncles, friends...anyone who has led a life of holiness and has gained the glory of heaven. We can ask these people to intercede for us and they may be personal examples of holiness.

A Saint – with a capital “S” is a person who has been canonized in the Catholic Church and recognized officially as an example of holiness. A Saint is a holy person who is known for his or her “heroic sanctity” and who is deemed by the Church to be in heaven. Their holiness is recognizable through their lives and by miracles attributable to them; which makes them examples for all of us on how to live and bear fruit for Christ. The Church recognizes these Saints on different feast days throughout the year.

### How do I pick a Confirmation Saint?

1. Pray. Ask the Holy Spirit for guidance in choosing a Saint that will best reflect your own personal faith journey.
2. Were you named after a Saint? If so, who was that Saint and why did your parents choose that Saint name? This may be a good Saint name for Confirmation!
3. Consider your interests and passions...or your personal struggles...and find the Patron Saint for that.
4. Consider which Saint you might look up to, or one you might want to emulate your faith life toward. How might this Saint intercede for your spiritually or help you when you are struggling?
5. Do some research on the lives of Saints:
  - a. [www.catholic.org/saints](http://www.catholic.org/saints)
  - b. [www.mycatholiclife/saints](http://www.mycatholiclife/saints)
  - c. [https://en.wikipedia.org/wiki/List\\_of\\_Catholic\\_saints](https://en.wikipedia.org/wiki/List_of_Catholic_saints)
  - d. [www.ewtn.com/catholicism/saints](http://www.ewtn.com/catholicism/saints)
  - e. <https://ourcatholicfaith.org/?s=patron+saints>
  - f. <https://catholicsaints.info/>
  - g. We have many Saint dictionaries and encyclopedias available upon request...just ask!
6. Once you have chosen your Saint continue to read and learn about him or her and pray for their intercession and guidance as you prepare for Confirmation...this is your advocate in heaven!





Candidates Name: \_\_\_\_\_

I choose St. \_\_\_\_\_ as my Confirmation Saint.

Their feast day is on \_\_\_\_\_ (Feast Day on the Church Calendar).

They are the Patron Saint of \_\_\_\_\_

**Give a brief description of how this Saint lived their life and how they responded to God's call for holiness.**

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## Post Confirmation Time and Talent

*"His master replied, 'Well done, good and faithful servant! You have been faithful with a few things; I will put you in charge of many things. Come and share your master's happiness!'" Matthew 25:23*

You will be Confirmed as part of our faithful community on April 26, 2026. As a member of our community, you are called to share our time, talent, and treasure as a disciple of Christ. All gifts have been given to you from God and should be used to better His kingdom! Please let us know how you plan to share your gifts with our parish community.

**Name:**

**Address:**

**Cell phone:**

**E-Mail (print clearly):**

I am interested in sharing my talents with my IC community. I prefer to be scheduled for the following Mass time:

- ☐ Saturday at 4:30 PM
- ☐ Sunday at 8:00 AM
- ☐ Sunday at 10:30 AM

Please let us know what ministries you may be interested in. We promise to train you and provide a schedule in advance for your service.

- ☐ **Lector (reader)**
- ☐ **Eucharistic Minister:**
  - ☐ Weekend Mass
  - ☐ I would be interested in taking Eucharist to Care Centers
- ☐ **Usher**
- ☐ **Music Ministry:** I would like to help the music ministry in the following way:
  - ☐ Cantor
  - ☐ I can play \_\_\_\_\_ (instrument)
- ☐ **Faith Formation:** I am interested in sharing my talents for Faith Formation:
  - ☐ Help with Wednesday night Faith Formation Classes
  - ☐ Help with youth service projects or activities
  - ☐ Summer Vacation Bible School helper

