

St Luke Catholic Parish Confirmation Preparation Packet



St. Luke Catholic Parish Confirmation Preparation

Dear parents,

Just as your child grows physically, intellectually, and emotionally, so too, he or she grows spiritually. As a parent responsible for the development of your child, you try to meet all h/her changing needs. You foster and direct spiritual growth by the atmosphere in your home, the witness of your life, and the celebration of the sacraments. You have seen that your child has been initiated into the faith through Baptism and the Eucharist. Now your young teenager is at the stage of strengthening h/her commitment to the faith through the Sacrament of Confirmation.

Our goal is to help our young parishioners to be receptive and responsive to the graces and challenges of the Sacrament of Confirmation. They will become more aware of the presence and action of the Spirit and his gifts in their lives, which will empower them to live the way God willed for them. They will discover ways to fulfill the specific responsibilities that are theirs as Christians.

As our young people struggle to identify their own convictions, attitudes and values, parents remain their chief witnesses. Faith is caught more than it is taught!

Within this packet, you will find various pieces of information that you will need to complete this important year. Please make sure you take the time to cover this information with your Confirmation candidate and store it in a place where you both can locate it.

Know that you and your child will be in the prayers of the entire parish community during this special time of preparation for the Sacrament of Confirmation.

May the blessings of our loving Father be poured out upon your candidate and your family during this preparation period. We are so excited to embark on this journey towards Confirmation with each candidate.

In the peace of Christ,
Kim Zarif, DRE
Director of Faith Formation
kzarif@stlukeoc.com

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LET'S GET STARTED!

Please completely and legibly fill out the 'Confirmation Registration Form' and turn this into us.

As we approach the start of our Religious Education year, you will receive a link to set up an account for you and your Candidate. This account is free, and will give you access to the videos, which accompany the textbook, CHOSEN.

Our preparation program is a family-centered program. We recognize that God is actively present in family life, and that the family is the first community in which God forms His young people. In this way, all family members are engaged in a lifelong faith journey. The schedule for the year is included in the packet. **Sunday, in-person family sessions are mandatory (please see our handbook for further information)**-the entire family will be present for these sessions (including grandparents/little ones!). For the rest of the month, scheduled lessons will be completed at home. All work in the textbook must be completed fully.

Now is the time to talk to your Candidate about choosing a Sponsor. The 'Confirmation Sponsor Form' is included in this packet and is due to us no later than **Jan 21st**. If the Sponsor is NOT a parishioner of St. Luke's, they must obtain a 'Sponsor Letter' from their **home parish**.

All candidates must complete (3) service projects (for project #1, #2, a service journal entry must be completed after the end of the service). These forms are included in the packet.

Please note the due dates for the 'Saint Report' (information included in the packet), as well as the letter to Father Jennings requesting the Sacrament of Confirmation, from the schedule. Our Confirmation pilgrimage is mandatory; the Sponsor or parent must attend with the Candidate.

For parents-please note in the packet your homework! 'Letters of Support' are so vital to our Candidates; the outline for these is included in the packet. Please note the due date.

Please email me with any questions/concerns.

In the peace of Christ,
Kim Zarif, DRE

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Grade 8/Confirmation Prep	
August 15, 2023	Holy Day of Obligation: The Assumption of the Blessed Virgin Mary
August 22, 2023	Welcome back/Family orientation to Family Catechesis
Sept 10th	Lessons #1 & 2
Sept 17	Lesson #3 & Catechetical Sunday
Sept 24th	Lesson #4
Oct 1st	Lesson #5
Oct 8th	Review/GWG #2; Service Proj/Journal entry #1 due
Oct 15th	Lesson #6
Oct 22nd	Lesson #7
Oct 29th	Mass + All Saint's Celebration; send GWG #6 home
Nov 1st	Holy Day of Obligation: All Saint's
Nov 5th	Lesson #8
Nov 12th	Lesson #9
Nov 19th	Review/GWG #1; Service Proj/Journal entry #2 due
Nov 26th	Lesson #10
Dec 3rd	Lesson #12
Dec 8th	Holy Day of Obligation: Immaculate Conception of Mary
Dec 10th	Advent Penance Service & Lesson #13; Service Proj/completed form due
Dec 17th	Christmas Pageant, St. Luke's
January 1, 2024	Holy Day of Obligation: Mary, Mother of God
Jan 7th	Lesson #16
Jan 14th	Lesson #17
Jan 21st	Review/GWG #3; Sponsor Form/letters due
Jan 28th	Lesson #11
Feb 4th	Work on Saint report/letter to Fr. Jennings
Feb 11th	Review/GWG #4; Saint report due
Feb 14th	Ash Wednesday
Feb 18th	Lesson #19
Feb 25th	Lesson 20
March 3rd	Work on Letter to Fr. Jennings
March 10th	Review/Prep for Confession/ Lenten Penance Service; Letter to Fr. Jennings due
March 15th	Family Living Stations, St. Luke's
March 17th	Lesson #21
March 24th	Palm Sunday &
March 28th	Holy Thursday
March 29th	Good Friday
March 30th	Holy Saturday/Easter Vigil
March 31st	Easter Sunday
April 7th	Lesson #23
April 13th	Confirmation Pilgrimage

April 14 th	Review/Lesson #24 & Interviews with Father Jennings
April 28 th	(Confirmation families only) Prayer Service/Review for Mass Interviews with Father Jennings
TBA	Rehearsal for Celebration of Reception of Sacrament of Confirmation
TBA	Celebration of Reception of Sacrament of Confirmation



St. Luke Catholic Parish Sponsor Registration Form

Eligibility requirements for becoming a Confirmation Sponsor:

- ✓ Parents, stepparents, guardians **cannot** be Sponsors.
- ✓ Sponsors must be at least 16 years old and Confirmed.
- ✓ Sponsors must be a practicing Catholic, and a working relationship with the candidate's readiness for the reception of the Sacrament.

CONFIRMATION SPONSOR INFORMATION *(please print)*

FULL NAME OF SPONSOR: _____
First Last

SPONSOR'S EMAIL ADDRESS: _____

RELATIONSHIP TO CANDIDATE: _____

NAME OF SPONSOR'S PARISH: _____

CITY, STATE OF PARISH: _____

As a Confirmation Sponsor, I pledge...

- ☐ to be a living example of faith for my candidate,
- ☐ to discuss on a regular basis what my candidate is learning in class,
- ☐ to reflect with my candidate on the meaning of Confirmation in the Catholic life,
- ☐ to participate as much as possible in candidate events, and prayer experiences,
- ☐ to be open to growing in my own faith as I journey with my candidate.

I am a Baptized, Confirmed, practicing Catholic, at least 16 years of age, and eligible to receive Communion.

Sponsor's signature: _____

Thank you for filling this important role!



Selecting Your Confirmation Saint Name **Saint Report**

Your parents chose a name for you at Baptism; now you will choose a name for Confirmation! This name will be announced at Confirmation. Writing this report will show us how you discerned a saint whose life is important to you.

When selecting a Confirmation saint, you can either choose your Baptismal name (to represent the continued growth connect to your Baptism), or chose a saint who's life inspires you. Sometimes Confirmation candidates often take the name of significant people who influenced their lives, or a name of a patron saint based on their interests, strengths/virtues of that saint. It is okay for a guy to choose a female saint and for a girl to choose a male saint. All Marian names will be listed/announced as Mary.

How do you start?

- Pray to the Holy Spirit and ask Him for help in choosing a saint you would like to imitate. Remember: this saint will provide a special bond and they in turn will be praying for you!
- Check out Catholic websites (please avoid Wikipedia): Americancatholic.org, etc.
- Once you have narrowed it down to two, think about which saint you have a special connection...or sometimes you just have to choose!

Next....

- Write a report on your saint (12 pt font, double spaced). One page is enough.

Questions to reflect on when writing your saint report:

- *Why did you choose this saint?*
- *What contribution to the world did your saint make that resonated with you?*
- *What is your saint's feast day? For what are they patron saints?*
- *Was this saint a martyr, and if so why/how did h/she die?*
- *How old was this saint when they devoted their life to Christ?*
- *How do you relate to this saint? Are you similar/different?*
- *Do you think it would be possible today to live out the Christian life this saint promoted?*

Creative ways to Complete Your Service Hours

Category	Definition	Example Activities
Community	Community service is given to the greater Worcester County, MD/Sussex County, DE areas. This type of service connects with our brothers and sisters who are in need in our area, and often allows us to work with other churches, for Jesus call us to make disciples of all people and one way to bring Jesus to others is through lovingly working with and through others.	Worcester Cty GOLD, Diakonia, MD/DE Food Banks, assisting KoC with projects, attending a friend's play or recital
Parish	Parish service is carried out by helping your parish family! When we serve our St. Luke family, we help to build our Catholic community, and grow closer to Jesus together through acts of charity. There are many parish ministries/ways to help our St. Luke family!	Assisting RE as a hall monitor or aide, helping in parish liturgies, dinners, Holy Season liturgies
Spiritual	Spiritual service hours are also very special as they are special time spent with the Lord. These hours engage us in prayer and strengthen our reliance on the Lord, thus making us better disciples. Spiritual service is of great benefit for the worldwide Catholic Church and can bear incredible fruit that attests to the power of prayer.	Become an altar server, lector or usher
Mercy	Services of mercy provides assistance to our most needy; it is beyond community service but actually entering into the suffering of another. These services help us to be merciful as 'our Father is merciful', by sacrificing our time and talent for those with little means or physical capabilities. Often, it is just about initiating a conversation and letting them know someone is listening or even to pray with them.	Visit a sick relative/friend in the hospital, send a box of cards to patients at a nursing home, volunteer with Special Olympics, leave thank you notes on cars of workers in hospital, etc.
Family	Service to your family allows you to strengthen the relationships within your family! Even the smallest gesture done with love for another will bear much fruit and will help you grow in charity. Plus, serving your family will in turn strengthen your family as a whole. Win-win!	Participate in a service project as a family together, help your parent/guardian with their chores without being asked, take the time to clean your room, clean the dishes, vacuum, etc.

If you are having any problems, email Mrs. Zarif: kzarif@stlukeoc.com

Confirmation Service Reflection Journal

Candidate Name: _____

*Below you will think about two service areas that appealed to you most and this journal should be completed with your parent or guardian. Please take your time answering these questions. We serve others not to make 'us' feel good or simply to merely make someone feel better but rather because we are called as Christians to **step outside of ourselves and serve another!** Following Jesus means doing as*

He has done—He went out to the margins—those who were the farthest from God! As you have experienced, there are many different ways to serve. Following your Confirmation, you can continue to help build God's kingdom by serving others. This reflection journal will allow you to recognize how God has gifted you in certain areas of service with the hope that you will accept His invitation to continue to follow in His footsteps, but in a way that is uniquely your own.

Service Category (circle one)

Community Parish Mercy Spiritual Family

*Bearing fruits of the Holy Spirit are affirmations that we are following God's will. Service can help produce these fruits, which are **charity, joy, peace, patience, kindness, faithfulness, gentleness, goodness, generosity, modesty, chastity, and self-control.***

1. Name one of the projects you completed in the area you circled:

-
- Which fruits of the Holy Spirit do you associate with this project? (circle each that applies)

Charity Joy Peace Patience Kindness Modesty
Faithfulness Gentleness Goodness Generosity Chastity Self-Control

2. How did it make you feel to serve others? _____

3. How was God present in the service you performed?

4. What did you learn about Jesus through this service project?

5. What did you learn about yourself through this service project?

6. Is this kind of service project something you would like to do again? Why or why not?

For the Parent/Guardian only (in their handwriting):

1. How do you feel your child has changed by virtue of the project mentioned above?

2. How did you support them through the project?

Candidate Name: _____

Confirmation Preparation Service Hours Log

*As Catholic Christians, we believe that not only are we called to have faith and trust in God, but to follow Jesus Christ and to perform acts of service in His name. When we do this, we help to put the Gospel into action by becoming an authentic disciple of Christ. As a candidate for Confirmation, we are asking you to be creative in sharing your God-given gifts and talents, putting your faith in action! There are 5 service categories to consider: Community, Parish, Spiritual, Mercy, and Family. (See attached for definitions and examples of each category) You will also need to complete a 'Service Reflection Worksheet' for each project. **There is no maximum or minimum of hours to complete.***

Note: **The Confirmation Service Hours Log /Reflection Worksheets are due: December 10th**

Community Service

Date	Name of the Service Project/Activity	No. of hrs	Signature of Service Leader

Parish Service

Date	Name of the Service Project/Activity	No. of hrs	Signature of Service Leader

Spiritual Service

Date	Name of the Service Project/Activity	No of hrs	Signature of Service Leader

Mercy Service

Date	Name of the Service Project/Activity	No of hrs	Signature of Service Leader

Family Service

Date	Name of the Service Project/Activity	No of hrs.	Signature of Service Leader

Confirmation Preparation

Letter to our Pastor, Requesting the Sacrament of Confirmation

When you were Baptized, your parents decided for you, to live and grow as a Catholic Christian. Now, as you about to be Confirmed, it is your decision, to freely respond to God's invitation to live out your faith more deeply—to worship and serve as a Confirmed Catholic Christian.

If you wish to receive the Sacrament of Confirmation, write a letter to our pastor, Father Paul Jennings, expressing this desire.

Your letter is due: **March 10th**

Guidelines for writing this letter:

- Address your letter as follows:
Rev Paul F. Jennings, Jr., Pastor
St. Luke's Catholic Parish
14401 Sinepuxent Ave.
Ocean City, MD 21842
- Begin the letter, 'Dear Father Jennings,'
- Paragraph #1: *Introduce yourself to Father Jennings: write some things you would like him to know about you.*
- Paragraph #2: *Begin the paragraph requesting to be Confirmed. Explain how you have been preparing for the reception of this Sacrament: your service projects (and what you learned through doing them), giving more attention to a deeper prayer life, developing your personal relationship with Jesus, etc.*
- Paragraph #3: *Conclusion: Conclude by: 1) describe what you like about being a Catholic, how you believe you have grown during this preparation process into a greater understanding of your faith, and name one way you believe you can make a difference in this world as a Confirmed Catholic Christian.*
- Sign as follows: 'Yours sincerely in Christ,' and then sign your complete name.



Letters of Support/Palanca Letters

There is a tradition that before candidates are confirmed, they receive letters of support and congratulations from their parents, other family members, friends, and Sponsors. Sometimes, these letters are called *Palanca letters*. The word, 'Palanca' is Spanish for 'lever.' Just as a lever enables a person to move something which is beyond normal strength, so the Palanca letters are meant to show the candidate that they are not alone on this journey. They have the support of their loved ones and God. The candidates will receive their letters on their Confirmation pilgrimage.

Letters should be placed in a sealed envelope with the candidates name on it. Please submit all letters of support no later than **April 1st**.

Writing tips:

As you sit down and write your letter, keep these tips in mind:

- Say a quiet prayer to the Holy Spirit. Ask Him to help you say what He wants you to say.
- Simple, genuine encouragement is best. Even brevity is not a bad thing! Don't pressure yourself to write deep or profound thoughts. The best that you can give is to share what the mercy and love of Christ has done for you, and to share this love. Share events in your family life that shows this!
- Don't preach! The good news is that this burden is not on you. Just encourage, build up, affirm, and express confidence in the plans God has for this beautiful young person.
- Share a quote or prayer. There are many powerful and comforting words from Scripture and from the many saints of the Church. Sometimes Google or Pinterest will give you some ideas.
- Assure the recipient of your prayers.