



Sacred Heart of Jesus Parish

Confirmation Packet

What does the word “sponsor” mean?

The word “sponsor” comes from the Latin word *spondere*, which means to "give assurance, promise solemnly.”

By definition “sponsor” means:

- 1: one who presents a candidate for baptism or confirmation and undertakes responsibility for the person's religious education or spiritual welfare
- 2: one who assumes responsibility for some other person or thing

The word “sponsor” also comes from the same root word as the word “responsible.”

Basic Church requirements to be considered as a sponsor:

To be qualified to be chosen as a Confirmation sponsor an individual must:

- 1) Be at least sixteen years old (by date of Confirmation).
- 2) Have been initiated in the Catholic Church through the three sacraments of Baptism, Confirmation and the Eucharist and be in good standing with the Church.
- 3) Display a visible commitment to living out the Catholic faith and have the ability and intention to carry out his/her responsibility as a spiritual guide in your life.

Other considerations when selecting a Confirmation sponsor:

- A sponsor **CANNOT** be a parent of the one to be confirmed.
- Each Confirmation candidate may only choose **ONE** sponsor
- Because the Sacraments of Baptism and Confirmation are so closely connected, Church teaching states that it is “desirable that the godparent at Baptism also be the sponsor at Confirmation”, however the selection of a special sponsor is also permitted.
- If your sponsor is unable to attend the actual Sacrament of Confirmation, another adult (including a parent), may stand in his/her place as a proxy. The name of your sponsor will still be noted in the official Church record of your Confirmation
- The choice of who should be your sponsor is YOUR decision!

Things to think about before you ask someone to be your sponsor:

- Your sponsor should be willing and able to participate in your formation for Confirmation.
- The person you choose as your sponsor should be someone that you admire and respect and who actively lives out the beliefs of our Catholic faith.

- Your sponsor should be someone that you trust and feel comfortable turning to for help, advice and guidance, especially in regard to your spiritual life.
- Your sponsor should be someone who, through his/her example, shows you what it means to be Catholic and who will take an active role in your preparation for Confirmation.
- After you receive the Sacrament of Confirmation your relationship with your sponsor DOES NOT END! You both are called to lead each other closer to God, to continue to grow in knowledge of your faith, and to challenge one another to lead lives of holiness and service.
- PRAY! Spend some time asking God for guidance on whom to choose as your sponsor.

Choosing a Confirmation Name

“I will give them an everlasting name.” ~ Isaiah 56

What’s in a name?

When you were born, your parents chose your name. They may have chosen your name in honor of a special person in their lives: a grandparent, aunt or uncle, or close friend. They may have chosen your name for the meaning behind it. Perhaps they chose your name because they felt a close connection to a holy man or woman of our faith - one of the saints. Maybe they just really liked your name! Most likely, it was a combination of many factors. If you do not know why your parents chose the name they did for you, why not ask them about it?

Your name gives you an identity; it tells others who you are. Throughout our lives, we will identify ourselves with many names: the name of the mascot of our high school or college; the name of the region of the country we live in; the title of the career we choose.

However, there is a name above all names that, through our Baptism, we should strive to be known to the world by, and that name is *Catholic Christian*. At your Baptism, you were called by name, and christened to become a child of God. You entered into the Catholic community by name.

Now it is your turn!

As part of your preparation to receive the Sacrament of Confirmation, you have the privilege and responsibility, just like your parents did when you were born, to choose a name.

- ***Your Confirmation name should reflect your closer identification as a member of the Catholic Christian community.***
- *“The name you select can be associated with someone in your life, your parish, or your community whom you respect and admire. Many Confirmation candidates select a name from a parent or grandparent, honoring them for their example of love and holiness.*
- **Your Confirmation name should be the name of a saint.**
- *“You **can** choose your baptismal name (Church recommends) or you can choose a new name.*
- *“Your Confirmation name follows your middle name, i.e. “Amy Leigh **Anne** Lashutka”*
- ***PRAY!*** Just as you should pray about any decision you have to make; ask the Holy Spirit to guide you as you choose a saint as your patron.

Where should I begin to choose a Confirmation name?

There are a variety of books depicting the lives of the saints and a book is a great place to start! Some of these books tell the life story of one saint in particular, and others give a brief story about the lives of numerous saints so you can read about many holy men and women all in one place. Check out your local library or use the internet to research the saints.

How to Choose A Saint's Name

During the Catholic sacrament of Confirmation, God the Holy Spirit comes upon you to bestow numerous spiritual gifts and "confirm" the faith given you in Baptism when Original Sin was wiped away. Here's a list of steps that will help you find the right saint for you.

Find a list of canonized saints in the Roman Catholic Church by reading a book or doing online research. Saints are people who have lived holy lives and are now in heaven as members of the Church Triumphant. Their life stories provide examples for others on how to overcome spiritual obstacles on Earth.

Pray to the Holy Spirit, and ask Him for help in finding a saint whose life you'd like to imitate. This saint will be bonded with you spiritually, and in essence becomes your heavenly patron who intercedes for you before God.

Narrow your selection to two saints. One of them will be your new Confirmation name. Think about the specific virtues those saints exhibited, such as patience, perfection, diligence, humility, mortification, meekness, obedience, prayer, charity or simplicity. Find a virtue that connects with you.

Consider the one or two special stories told about those saints on your "short" list to help you *find a spiritual connection*. For example, St. Maximilian Kolbe gave up his life for another person's life in a German concentration camp during World War II, and so showed the virtue of selflessness. St. Francis, a spiritual leader who founded a religious order, led a simple life of poverty and greatly loved animals.

Take your list of two saints to a family member or friend who is a practicing Catholic. Talk about the saints' lives with that person, and *discuss what attracts you spiritually to these holy people*.

Select your Confirmation name, and inform your family and friends. Get used to it by saying it over and over again in your mind. Practice writing it as part of your full name.

Before you are confirmed, *pray to the saint whose name you will be using* as your Confirmation name. Ask this saint to intercede for you, to help you make the right moral choices, and overall to be a powerful spiritual guide the rest of your life.

Buy pictures, holy cards, statues and books associated with your Confirmation's namesake. These *visual reminders of your saint* will help you reflect upon his or her unique virtues.

Check out saints online: www.catholic.org/saints

List of Saints

SAINT

Patron of

Saint Maximilian Kolbe.....Addicts, families, journalists, prisoners, pro-life movement

Saint Padre Pio.....Civil defense volunteers, Adolescents, Stress relief, January blues

Saint Catherine of Sienna.....Against fire, bodily ills, miscarriages, sickness, nurses

Saint Elizabeth Anne Seton.....Catholic Schools

Saint Theresa of Avila.....*Headaches, chess, loss of parents, people in need of grace;*
Saint Therese of Liseiux.....*Crucifix, roses, Missionaries; France; florists and gardeners; loss*
Saint Theresa of Calcutta*Doubters, missionaries*
Saint Francis DeSales.....*Confessors, deaf people, educators, writers, journalists*
Saint Francis of Assisi.....*Animals; the environment; merchants; stowaways; Cub Scouts;*
Saint Clare of Assisi.....*Eye disease, laundry, television, embroiderers, good weather*
Saint Francis Xavier.....*About every single place in Asia, look it up.*
Saint Phillip Neri.....*US Special Forces, laughter, humor, joy*
Saint Maria Goretti.....*Victims of rape, crime victims, teenage girls, modern youth*
Blessed Pierre Giorgio Frassati....*Students, Catholic Action, World Youth Day*
Blessed Chiara Badano.....*None as of yet (died in 1987)*
Saint John Vianney.....*Parish Priests, Confessors*
Saint Anthony of Padua.....*Amputees, animals, elderly people, lost articles, pregnant women*
Saint Cecelia.....*Music, poets*
Saint Mary (Mother of God).....
Saint Joseph.....*Catholic Church, unborn children, fathers, immigrants, workers*
The twelve apostles.....*Various*
Saint Thomas Aquinas.....*Academics, against storms, chastity, learning, students*
Saint Augustine.....*Brewers, theologians*
Saint Monica.....*Difficult marriages, victims of adultery, victims of verbal abuse*
Saint Dominic.....*Astronomers, falsely accused people*
Saint Rita Cascia.....*Lost causes, wounds, marital problems, abuse, mothers*
Saint Rose of Lima.....*Gardeners, for the resolution of family quarrels, against vanity*
Pope Saint John Paul II.....*Young Catholics, Families, World Youth Day*
Pope Saint John XXIII.....*Christian Unity*
Saint Joseph of Cupertino.....*Aviation, astronauts, mental handicaps, test taking, students*
Saint John of the Cross.....*Contemplative life, contemplatives, mystical theology, mystics*
Saint Sebastian.....*Soldiers, archers, holy Christian death, athletes,*
Saint Ignatius.....*Soldiers, Educators and Education*
Saint Patrick.....*Engineers, paralegals, invoked against snakes,*
Saint Faustina.....*Mercy*
Saint Kateri Takewitha.....*Environment, loss of parents, people in exile, Native Americans*
Saint Margaret Mary.....*Those with polio, devotees of the Sacred Heart, loss of parents*
Saint John Bosco.....*Schoolchildren, young people, magicians, juvenile delinquents*
Saint Benedict.....*Dying people, farmers, against temptations*
Saint Veronica.....*Images, laundry workers, pictures, photos, photographers,*
Saint Mary Magdalene.....*Converts, hairdressers, against sexual temptation, women*
Saint Martha.....*Cooks, homemakers, servers, single laywomen*
Saint Josemaria Escriva.....*People who suffer from Diabetes*
Saint Gianna Beretta Molla.....*Mothers, physicians, unborn children*

I, _____, would be honored to sponsor
_____ for the Sacrament of Confirmation, which will take
place at Saint Mary's Church, Bethel, CT on _____

I understand that this honor also implies a lifelong commitment to mentor and encourage him/her to remain active and committed to the Catholic faith.

I publicly affirm that I am a practicing Catholic in good standing. I do not have any disagreements with the teachings of Jesus and the Catholic Church; and I make an effort to be present each week for Sunday Mass, to receive Holy Communion as often as possible and Penance as necessary, to follow the Commandments, and to remain open to God's help and direction in my life.

I promise to pray for my confirmand regularly and support him/her in choosing God's way every day.

Sponsor's Name _____ Phone _____

Sponsor's Signature _____ Date _____

Pastor's Name _____

Pastor's Signature _____ Date _____

****The Pastor's signature needs to be done by the Sponsor's Parish Pastor.***

Print very clearly and neatly! You may use separate sheets of paper if you like.

I, _____, have selected
_____ to be my Confirmation Saint.

CONFIRMATION PREPARATION

1) Choose a Sponsor – Your sponsor is a very important part of Confirmation. Your sponsor will present you to the Bishop at your confirmation and is responsible for your religious education and spiritual well-being. Refer to the sheet I have attached to this packet before choosing your sponsor. Not just anyone can be your sponsor; there are required criteria they must fulfill. Your choice of Sponsor needs to be handed in by _____.

2) The Saint Essay – Confirmation is such a momentous occasion that your name actually changes when you receive it. You will choose a saint and that saint's name will become a part of your name. Take this seriously. Research the saints and figure out which one means the most to you and you would like to emulate and learn from. I have also attached a sheet to this packet that will help you choose your saint.

Once you have chosen the saint you need to write a 3 paragraph essay about him or her. The three paragraphs are: 1. the history of the saint; 2. what the saint is known for (including what he/she is a patron of); and 3. Why you want to take this saint's name for your confirmation name. This is also due _____.

3) The Retreat – Your retreat will be held (To Be Determined) at Sacred Heart of Jesus Parish. As soon as the date is available I will send you the information.

4) Complete your service hours. -- During the course of the formation year, you are expected to complete 10 hours of service. Please fill out the form that follows and return to your Faith Formation teacher. You can be an altar server, set up for meals at the Dorothy Day Hospitality House, or go caroling in December. If you find you need ideas or opportunities, please talk to your teacher or call Debbie in the Office of Faith Formation at 203-743-0689, or email at: faithformation@sacredheartdanbury.org

