

CONFIRMATION COMMITMENTS

AT ST. BERNARD OF CLAIRVAUX

We aim for every confirmation candidate to become a disciple of Jesus Christ and embrace the fullness of his Church. The essence of the Catholic way of life is summarized by the four pillars of the Catechism. Our confirmation program provides meaningful and well-rounded formation based on these four pillars.

Here are our program requirements for 2025-2026:

The Creed

Christ has revealed the hidden plan of God for our lives. The Creed we profess together each Sunday contains the essential truths of God's designs and provides the foundation for catechesis. These truths are central to preparation, therefore candidates and their parents are expected to attend formation sessions faithfully. Each gathering is unique and important, so being present each time is an essential part of your journey toward Confirmation.

Sacraments

Christ encounters us in the Sacraments of the Church and pours out upon us powerful and transformative graces. Every candidate must be baptized, attend Sunday Mass, and observe holy days of obligation. We request that each candidate regularly participate in the Sacrament of Reconciliation, which frees our hearts from sin, strengthens us, and opens us more fully to the power of Christ's love.

Christian Living

Christ calls us to imitate him in a life of charity and service to others. In serving those in need, we witness to the love of Christ and prepare our hearts to receive the grace of Confirmation. As part of this commitment, families will participate in our Blessing Bag Project, which provides care items for those experiencing homelessness. Families will help by donating items, joining us to assemble the bags, and sending them out with parishioners to distribute. If a family cannot attend the bag-building day, they may prepare 7–10 bags at home and bring them to the parish.

Christian Prayer

Christ draws us into his own closeness with the Father and the Holy Spirit through Christian prayer. Families will be guided in deepening their prayer life at home through the Quest box.

In addition, each candidate is expected to participate in the Confirmation Retreat at St. Bernard's on Saturday, April 18, from 8:30 AM–12:30 PM. Together, these practices will help families grow in daily prayer and prepare the candidates to receive the Sacrament of Confirmation with open and ready hearts.

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Here are the Confirmation session dates for parents and candidates:

Schedule

CANDIDATES

Fall

- October 5
- November 2 & 16
- December 7

Winter

- January 18
- February 1 & 15

Spring

- March 1, 22 & 29

Mass

April 26, 2026
8 am or 11:15 am

PARENTS

Fall

- October 5
- November 2
- December 7

Winter

- January 18
- February 15

Spring

- March 1

RETREAT

**Saturday, April 18th
8:30-12:30**

at St. Bernard's

Parents and candidates
attend together.

Siblings are invited.

Sponsors are not
required to come but
are highly encouraged.

SERVICE

A Blessing Bag is a small collection of essential items—such as snacks, water, toiletries, and socks—placed in a bag that can be given to someone experiencing homelessness as a sign of care and dignity. The date for this activity is yet to be finalized, but it is planned for late February or early March.

We look forward to walking alongside your family as we prepare these young disciples for the gifts of the Holy Spirit.

Updates and reminders will be sent via Flocknote; please contact Mary Poston with any questions. Email: maryp@stbernardstulsa.org