

# Confirmation Preparation

St. Leo's Catholic Church  
2018-2019

***All sacraments are an encounter with Christ.***

YOUCAT 193

Dear parents/guardians,

Confirmation is often misunderstood as the moment when the confirmed become “adults in the faith” or “graduates” of religious education. The Youth Catechism of the Catholic Church (YOUCAT) says that it is more like:

*When a coach sends a soccer player into the playing field, he puts his hand on his shoulder and gives him final instructions. We can understand Confirmation in a similar way. A hand is placed upon us. We step out onto the field of life. Through the Holy Spirit we know what we have to do and we have been given the power to do it...we will win the game for Him. (YOUCAT 203)*

Much like the start of a game, Confirmation, as a Sacrament of Initiation, marks the beginning of something. **It begins our mission to be daily witnesses of our faith, sealed and strengthened by the Holy Spirit.**

This year, your teen is preparing to be commissioned as an evangelist, someone who shares the gospel by the way they live their daily life. This is no small task! Everything that we do to prepare for Confirmation, therefore, seeks to equip them for that purpose. And because this is the most lasting and important thing they will do this year, it deserves the time to prepare well.

Confirmation holds a special place in my heart because it was the turning point for me from a lukewarm faith to an active pursuit of God. My prayer and goal is that it would be just as impactful in the life of your teen as it was and continues to be in mine.

If you have any questions that are not answered in this guide then please feel free to contact me at [stleoyouth@gmail.com](mailto:stleoyouth@gmail.com) or 336-724-9596.

God bless,



Bethany Fischer  
Director of Youth Ministry

# Confirmation Preparation

*For all candidates preparing to receive Confirmation at St. Leo's*

	<b>Day/Time</b>	<b>Where</b>	<b>Due</b>	<b>For more information</b>
<b>Class #1: The Holy Spirit</b>	Sun., Nov. 11th 9am-10:15am	Youth Room	Copy of Baptismal Certificate* & Personal Reflection	see below and pages 4- 5
<b>Class #2: The Gifts of the Holy Spirit</b>	Sun., Dec. 9th 9am-10:15am	Youth Room	Project 4:8	pages 6-7
<b>Class #3: The Eucharist</b>	Sun., Feb. 3rd 9am-10:15am	Youth Room	Sponsor Sheet	8-9
<b>Retreat</b>	Fri., Mar. 1 <sup>st</sup> - Sun., Mar. 3 <sup>rd</sup>	Camp Hanes	\$100 or \$115 with bus transportation due Feb. 15 <sup>th</sup>	4
<b>Class #4: Confirmation</b>	Sun., Mar. 24 <sup>th</sup> 9am-10:15 am	Youth Room	Saint Name Reflection	10-11
<b>Snow Makeup Day</b>	Sun., April 7 <sup>th</sup>	Youth Room		
<b>Interviews</b>	Date TBA 3pm-4pm 6:30pm-7:30pm	Youth Room	Service Hour Log	12-14
<b>Rehearsal</b>	Date TBA 7pm-7:45	Activity Center & Church		
<b>Confirmation Mass</b>	TBA	Activity Center & Church		page 15

\*We **DO NOT** need a copy of the baptismal certificate copy for:

- Candidates that were Baptized and/or received First Eucharist at St. Leo
- St. Leo school students

# Confirmation Classes & Retreat

## Class Set-Up

Candidates are divided into small groups that they will be with for the whole year. Each group will have between 6-8 teens, one adult leader, and one teen leader. They will sit with their groups during class for activities and small group discussions.

## Class Attendance

Candidates should have good attendance in either their Faith Formation or school religion classes. If they are enrolled in a home study program then they should turn in those assignments on time.

Since we only have four confirmation classes, attendance is especially important. Sickness and family events are excusable absences, but any time a class is missed, makeup work will be assigned.

## Makeup work policy

- *First absence:* written makeup work emailed the Monday after class that can be turned in by the following class.
- *Second:* Written makeup work and attending one Edge night (Edge happens on the 1<sup>st</sup> and 3<sup>rd</sup> Sunday on the month)
- *Third:* Meeting with Bethany to discuss if Confirmation preparation should be delayed a year.

## Retreat

This is one of the highlights of our Confirmation preparation. Our theme for the retreat is "Be Not Afraid," and we spend the weekend talking about how God loves us and has a good plan for our lives, one that will make us the happiest. We also go to Mass, have the opportunity to go to Confession, have small groups, and build friendships (some of which have transferred to high school). The cost is \$100 without bus transportation and \$115 with it. Financial assistance is available upon request! For anyone who cannot attend the retreat, they will need to attend another Church's confirmation retreat.



# Project 4:8

*“Draw near to the Lord, and he will draw  
near to you.”  
James 4:8*

*“God did not have to reveal himself to us.  
But he did it- out of love.”  
YOUCAT 7*

God has revealed Himself to us through Jesus Christ, the Bible, the Sacraments, and through the world around us. Whether our response to Him is “yes, I believe” or “no, I don’t” or “I don’t care right now,” we have to respond.

The goal of this project is to help you with that response.

From the 13 options below, **complete 7** of them. Make sure to do the following:

- **Put your name on your work**
- Include the number of each submission
- Make sure your work is legible and well thought out
- Read the instructions carefully for each option and make sure you complete it in its entirety
- Please staple your work together, don’t turn in folders or binders

Any work that does not meet the above requirements will be returned and you will be asked to redo it.

1. Write a letter to God. Tell him anything you want- what’s going on in school, how you feel about Him, what you’re having a difficult time with. God wants to hear from you so it should be at least 150 words.
2. Make an Instagram page for your Confirmation saint. On a piece of computer or construction paper piece together pictures of the saint with captions. Make sure to include their bio!
3. Read Romans 5:8 and Romans 8:38-39. Write a 100-word reflection answering the questions:
  - a. How does it make you feel to know that God loves you so much?
  - b. How can you show Him that you love Him in return?
4. Read and hand write out 1 Thessalonians 5:18 and James 1:17. Under the verses make a list of at least 20 blessings for which you are grateful.
5. Write down 5 questions you have about the Catholic faith. Bethany will get back to you with the answers.
6. Pick a Scripture verse that you can make your personal motto. If you need help finding a verse then go to [www.openbible.info/topics](http://www.openbible.info/topics). Write down the verse you have chosen and answer the following questions:
  - a. Why did you pick it?
  - b. How can you live this verse out in your daily life?

7. Below are a few depictions of Jesus. All of them are great, but which is your favorite? Why? What does it reveal about who Jesus is? Write 100 words.



8. *Using the following definitions*, pick a gift of the Holy Spirit and write 100 words about a person who exemplifies that gift.
- Wisdom- being able to see that the ways of God are best
  - Understanding- getting the “why” of the different truths of our faith
  - Counsel- being able to make the right decision
  - Fortitude- being committed to doing the right thing even if it’s difficult
  - Knowledge- being able to discern if something is right or wrong
  - Piety- acting out of love for God
  - Fear of the Lord- being able to see the glory of God in our world and acting so as not to offend God
9. Pick a Christian worship song. Print the song title, artist, and lyrics. What do you like about this song? What does it tell us about God and/or our relationship to Him? Write 100 words.
10. Interview your sponsor and turn in their responses to the following questions:
- a. What is your favorite thing about being Catholic?
  - b. What is your favorite way to pray? Why?
  - c. How have you grown in your faith since you were confirmed?
11. Read 1 John 4:8-9 (note: this is not the Gospel of John, it’s the Letter of John). Create an art project in response.
12. Create a motivational poster (on computer paper) for each of these Spiritual Works of Mercy: 1. Give comfort to the sorrowful, 2. Bear wrongs patiently, 3. Forgive offenses willingly, and 4. Pray for the living and the dead.
13. Read the readings for Mass on Sunday. Write down the date and then write 50 words on what you got out of the readings. You can find them on the United States Conference of Catholic Bishops website: [www.usccb.com](http://www.usccb.com).

# Choosing a Sponsor

## Why a sponsor?

At Baptism godparents were chosen for you who provided a witness to your entrance into the family of God and who promised to pray for and help guide you in the Catholic faith. A Confirmation sponsor fulfills those same responsibilities.

## Who can be a sponsor?

The Code of Canon Law, in paragraph 893, states, "It is desirable that the sponsor chosen be the one who undertook this role at Baptism." If neither of your godparents is available to fill this role or if you would rather choose someone else then they need to be:

- Be at least 16 years old
- Be a baptized Catholic who has been confirmed
- Not your parent
- A person who lives an authentically Catholic life

## What makes a good sponsor?

The role of the sponsor is to:

1. Assists you in preparing to receive the sacrament
2. Presents you to the bishop at Confirmation
3. Along with your parents/guardians, helps you live out your Christian life faithfully

Pick someone who loves being Catholic, loves Jesus Christ, and is a great example of holiness! They can be a teacher, a relative, a family friend, the mom or dad of one of your friends, a neighbor, etc.

**Confirmation Sponsor Sheet**

**St. Leo the Great Parish**

335 Springdale Ave.

Winston Salem NC 27104

Phone: (336) 724-9596

Fax: (336) 724-7036

*Please Print*

**Candidate's Name:** \_\_\_\_\_

**Sponsor's Name:** \_\_\_\_\_

Address: \_\_\_\_\_

City, State: \_\_\_\_\_

Email: \_\_\_\_\_

**Are you over 16 years of age? (Y/N)** \_\_\_\_\_

**Church and City of your Baptism:** \_\_\_\_\_

\_\_\_\_\_

**Church and City of your Confirmation:** \_\_\_\_\_

\_\_\_\_\_

**Parish where you are now registered:** \_\_\_\_\_

**City, State:** \_\_\_\_\_

\_\_\_\_\_  
Sponsor signature

**Please have this signed by the pastor or an associate from your current parish:**

\_\_\_\_\_  
Pastor or Associate signature

# Choosing a Confirmation Saint Name

*“Fear not, for I have redeemed you; I have called you by name.”  
Isaiah 43:1*

These words of God through the prophet Isaiah are powerful! Through them, God tells us that He knows us personally, he calls us by name, and we are His.

**In the rite of Confirmation you are called by name.** At the moment the Sacrament is conferred you will stand before the bishop, your sponsor will place his or her hand on your shoulder, and give your name to the bishop. The bishop will then make the sign of the cross on your forehead with chrism saying, “(Your Name), be sealed with the Gift of the Holy Spirit.”

The Church encourages you to use the saint’s name given to you at baptism as your Confirmation name to emphasize the strong connection between these two sacraments. If your baptismal name is not a saint’s name then you should choose one for Confirmation.

Why a saint’s name? The saints offer us their powerful intercession; powerful because they are in the presence of God. Their earthly lives also offer us an example of holiness. Bl. Mother Teresa said, “Holiness is not the luxury of a few; it is a simple duty, for you and for me.” Saints show us how to live a life set apart for God and then pray for us to help us along the way!

## **Making the Decision**

Whether you choose to use your baptismal name or a new one, it is important to learn as much as you can about the saint name you are taking. Don’t pick a name just because it sounds good or is popular; pick a saint that you can relate to or who did something that inspires you. Take your time. Pray about it.

## **Saint Information Online**

[www.catholic.org/saints](http://www.catholic.org/saints)

<https://info.franciscanmedia.org/saints>



# Confirmation Service Hours

*“There is a world of difference between a gift and a sacrifice. A sacrifice is a gift plus the love and personality of the giver. A gift comes out of the wallet; a sacrifice out of the heart.”*  
Venerable Fulton Sheen

*“No one has greater love than this, to lay down one’s life for one’s friends.”*  
John 15:13

One of the effects of Confirmation is to strengthen you to be disciples of Jesus, evident in what you say and do. Part of being a follower of Jesus is serving not only the least among us, but also your family and friends and those you don’t really like that much.

In preparation for that mission, you are required to complete 15 hours of service activities. These can be parish or community based projects, **but at least one project/activity needs to be completed within the parish** (because another effect of Confirmation is to unite you more closely to your Church community). Fulfilling family duties such as babysitting younger siblings, mowing grandma’s yard, and the like do not count as service hours.

You will need to complete the Service Hour Log (next page) for all your service projects and turn it in when you come for your interviews in the spring.

The following are some opportunities offered at our parish:

- Christmas and Easter Outreach
- Reconciliation and Eucharist retreats
- Knights of Columbus Lenten Dinners
- Run Leo
- Altar serving
- Choir
- VBS & Works of Mercy Week (summer events)

Bethany will also send out information on service projects as they come up throughout the year.

# Service Hour Log

**YOUR NAME:**

PROJECT NAME AND DESCRIPTION	LOCATION	DATE(S)	HOURS	REFLECTION	SUPERVISOR SIGNATURE
<i>What was the event called and what did you do? For example: Vacation Bible School, crew leader</i>				<i>Write 2 sentences answering <u>any</u> of the following questions: How were the people you served impacted? How did this fulfill Jesus commandment to love our neighbor? How were you impacted/changed by your experience?</i>	

# Confirmation Interview Questions

We will ask the following questions as well as some open-ended questions about the candidate's experience of preparing for Confirmation.

## 1. What is a Sacrament?

Sacraments are holy, visible signs instituted by Christ of an invisible reality, in which Christians can experience the presence of God. This is possible because God's grace works in the sacraments (YOUCAT p. 105).

## 2. What are the seven sacraments?

Baptism, Confirmation, Holy Eucharist, Penance, Anointing of the Sick, Holy Orders, and Matrimony

## 3. What is Confirmation?

Confirmation is the sacrament that completes baptism; in it the gift of the Holy Spirit is bestowed upon us. It secures and strengthens us to be a living witness to Christ (YOUCAT p. 120).

## 4. How does the bishop give Confirmation?

The bishop extends his hands over those who are to be confirmed, prays that they may receive the Holy Spirit and anoints the forehead of each with holy chrism in the form of a cross.

## 5. What are the gifts of the Holy Spirit?

- Wisdom- being able to see that the ways of God are best
- Understanding- getting the "why" of what we believe
- Counsel- being able to make the right decision
- Fortitude- being committed to doing the right thing even if it's difficult or inconvenient
- Knowledge- being able to decide if something is right or wrong
- Piety- acting out of love for God
- Fear of the Lord- being able to see the glory of God in our world and acting so as not to offend God

# Confirmation Mass

Due to our limited church space, aside from the candidates and their sponsors, only two guests per candidate will be allowed to sit in the church. All other family and friends will be invited to sit in our overflow seating in the activity center where the Mass will be broadcast on the overhead screen.

**Dress code:**

Guys: jacket and nice pants, tie, dress shoes

Girls: dress or skirt that reaches to the knees or dress pants with a nice blouse, dress shoes

Please, no bare shoulders, sneakers, flip flops/sandals (no matter how nice they are), or jeans. This dress code goes for Confirmation candidates and their sponsors since both will be approaching the bishop at Confirmation.

**We will not know our Confirmation date until early 2019.**