

# THE SACRAMENT OF CONFIRMATION



Christ the Redeemer Parish  
Atco, NJ

## **Prayer to the Holy Spirit**

Breathe in me, O Holy Spirit,  
that my thoughts may all be holy.

Act in me, O Holy Spirit,  
that my work, too, may be holy.

Draw my heart, O Holy Spirit,  
that I love but what is holy.

Strengthen me, O Holy Spirit,  
to defend all that is holy.

Guard me, then, O Holy Spirit,  
that I always may be holy.

Merciful Father, in the name of our lovable Jesus,  
the Virgin Mary, and all the Saints,  
I ask you to set me on fire  
with Your Spirit of love  
and to grant me the grace  
of making You deeply loved. Amen.

## **The Sacrament of Confirmation**

Catechism of the Catholic Church #1316-1321

Confirmation perfects Baptismal grace; it is the sacrament which gives the Holy Spirit in order to root us more deeply in God, incorporate us more firmly into Christ, strengthen our bond with the Church, associate us more closely with her mission, and help us bear witness to the Christian faith in words and deeds.

Confirmation, like Baptism, imprints a spiritual mark or indelible character on the Christian's soul; for this reason, one can receive this sacrament only once in one's life.

This sacrament is administered when the age of reason has been reached, and its celebration is ordinarily reserved to the bishop.

### **A candidate for Confirmation who has attained the age of reason must**

- profess the faith
- be in the state of grace
- have the intention of receiving the sacrament
- and be prepared to assume the role of disciple and witness to Christ, both within and outside the parish community.

The essential rite of Confirmation is anointing the forehead of the baptized with sacred chrism, together with the laying on of the minister's hand and the words: "Be sealed with the Gift of the Holy Spirit."

When Confirmation is celebrated separately from Baptism, its connection with Baptism is expressed, by the renewal of baptismal promises. The celebration of Confirmation during the Eucharist helps underline the unity of the sacraments of Christian initiation.

### **Candidates Preparing for Confirmation**

According to the Catechism of the Catholic Church, every baptized person not yet confirmed can and should receive the Sacrament of Confirmation. Without Confirmation, Christian initiation remains incomplete. To receive the Sacrament of Confirmation, a candidate must:

- Be baptized (Canon 889.1) and provide a copy of the Baptismal Certificate
- Request to receive the sacrament (Canon 885.1)
- Attend catechetical classes prior to and including 8th grade
- Be suitably instructed, properly disposed, and able to renew baptismal promises (Canon 889.2)

## The Role of Parents

“As the primary educators of their children: parents are to be intimately involved in the catechesis for Confirmation. This will help them renew and strengthen their own faith, besides enabling them to set a better example for their children.”

- National Directory for Catechesis, no. 19

Because parents are the primary educators of their children and serve as models for the Christian life, it is expected that parents will:

- Worship with your families regularly.
- Be actively involved in the Confirmation preparation of your child.
- Engage in discussions about the material being studied including sharing your understanding and perspective.
- Encourage your child to reflect and thoughtfully consider the decision to receive the Sacrament of Confirmation.
- Pray for your child’s spiritual growth every day.
- Support and encourage completion of assignments, activities, and expectations.
- Faithfully bring your child to preparation sessions, retreats, rehearsal and other events planned to help your child prepare for the Sacrament of Confirmation.

Confirmation is an opportunity for parents to reaffirm their commitment to the Catholic faith and to become refreshed and renewed in their faith life. This renewed commitment involves developing a genuine desire to participate in the Eucharist and the sacramental life of the Church as well as a commitment to uphold the **Precepts of the Church**:

- To attend Mass on Sundays and Holy Days of Obligation.
- To receive the Sacrament of Reconciliation at least once a year, especially if aware of committing a mortal sin.
- To receive Holy Communion at least once a year.
- To observe the fast days and abstinence days established by the Church.
- To contribute to the material support of the Church.

## **Preparation Process**

Confirmation at Christ the Redeemer Parish is a **two year process**. The elements of formation include prayer, study and service. Candidates are expected to pray daily, participate in Mass each weekend, and regularly receive the sacraments of Reconciliation and Eucharist.

Candidates and parents are asked to complete during Year 1:

- Confirmation Information Form
- Saint Report
- Sponsor Form

Candidates are asked to complete during Year 2:

- Letter to our pastor requesting the Sacrament of Confirmation
- Letter to our Bishop sharing why you wish to be confirmed and how you have prepared for the sacrament

## **Service**

All Confirmation candidates should participate in service, with an emphasis on living out the Spiritual and Corporal Works of Mercy. The goal of service is to encourage the candidate to serve God and others out of love for and in imitation of Jesus.

A total of at least 3 service projects should be completed each year of preparation as follows:

- Parish service
- Community service
- Family/Neighborhood service

Service forms should be completed for each project and submitted by June 30<sup>th</sup> of the first year of preparation and March 31<sup>st</sup> of the second year of preparation.

Immediately prior to receiving the sacrament of Confirmation, candidates will:

- Participate in a retreat
- Attend rehearsal
- Complete an interview

The dates for interviews and rehearsals will be announced after the date of Confirmation is determined by the diocese. To prepare for the interview, candidates should be able to share how they have grown spiritually through the preparation process and demonstrate knowledge of key elements of our faith.

## **Key Elements of Our Faith**

### **The Ten Commandments (Exodus 20:1-17)**

1. I am the Lord your God: you shall not have strange gods before me.
2. You shall not take the name of the Lord your God in vain.
3. Remember to keep holy the Lord's Day.
4. Honor your father and your mother.
5. You shall not kill.
6. You shall not commit adultery.
7. You shall not steal.
8. You shall not bear false witness against your neighbor.
9. You shall not covet your neighbor's wife.
10. You shall not covet your neighbor's goods.

### **The Greatest Commandment (Mt. 22:36-40)**

You shall love the Lord your God with all your heart, with all your soul, and with all your mind. You shall love your neighbor as yourself.

### **The Five Precepts of the Church**

1. You shall attend Mass on Sundays and on holy days of obligation
2. You shall confess your sins at least once a year.
3. You shall receive the sacrament of the Eucharist at least during the Easter season.
4. You shall observe the days of fasting and abstinence established by the Church.
5. You shall help to provide for the needs of the Church.

### **The Three Theological Virtues (1 Cor. 13:13)**

Faith, Hope, Charity (Love)

### **The Four Cardinal Virtues (Wisdom 8:7)**

Prudence, Justice, Temperance, Fortitude

### **The Eight Beatitudes (Matthew 5:3-12)**

- Blessed are the poor in spirit, for theirs is the kingdom of heaven.
- Blessed are they who mourn, for they will be comforted.
- Blessed are the meek, for they will inherit the earth.
- Blessed are they who hunger and thirst for righteousness, for they will be satisfied.
- Blessed are the merciful, for they will be shown mercy.
- Blessed are the pure of heart, for they will see God.
- Blessed are the peacemakers, for they will be called children of God.
- Blessed are those who are persecuted for righteousness' sake, for theirs is the kingdom of heaven.

**The Seven Gifts of the Holy Spirit** (Isaiah 11:2-3)

Wisdom, Understanding, Counsel, Fortitude (Courage), Knowledge, Piety (Reverence),  
Fear of the Lord (Wonder and Awe)

**The Twelve Fruits of the Holy Spirit** (Gal. 5:22-23)

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

**The Seven Corporal Works of Mercy** (Mt. 25:31-46)

1. Feed the hungry.
2. Give drink to the thirsty.
3. Clothe the naked.
4. Shelter the homeless.
5. Visit the sick.
6. Visit the imprisoned.
7. Bury the dead.

**The Seven Spiritual Works of Mercy**

1. Counsel the doubtful.
2. Instruct the ignorant.
3. Admonish sinners.
4. Comfort the afflicted.
5. Forgive offences.
6. Bear wrongs patiently.
7. Pray for the living and the dead.

**The Seven Sacraments**

Initiation: Baptism, Confirmation, Eucharist (Holy Communion)

Healing: Reconciliation (Penance or Confession), Anointing of the Sick

Service and Vocation: Holy Orders, Matrimony (Marriage)

**Prayers**

Candidates should also know the following prayers:

Our Father  
Hail Mary  
Glory Be  
Apostles Creed  
An Act of Contrition

## **The Confirmation Liturgy**

The Sacrament of Confirmation is a once-in-a-lifetime special event during which the candidates will solemnly profess their personal belief in Christ and be fully initiated into the Catholic Church. Candidates should review the Renewal of Baptismal Promises and the Anointing with Chrism to be familiar with what they will be professing.

### **A. Renewal of Baptismal Promises**

Do you renounce Satan and all his works and all his empty promises?

Candidates: I do.

Do you believe in God, the Father almighty, Creator of heaven and earth?

Candidates: I do.

Do you believe in Jesus Christ, his only Son, our Lord, who was born of the Virgin Mary, suffered death and was buried, rose again from the dead and is seated at the right hand of the Father?

Candidates: I do.

Do you believe in the Holy Spirit, the Lord, the giver of life, who came upon the Apostles at Pentecost and today is given to you sacramentally in Confirmation?

Candidates: I do.

Do you believe in the holy Catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and life everlasting?

Candidates: I do.

## **B. The Anointing with Chrism**

The Sponsor places his/her hand on the candidate's shoulder. They approach the Bishop and the Sponsor says:

Bishop, I present N. (Confirmation name) for Confirmation.

The Bishops makes the sign of the cross with chrism on the candidate's forehead and says:

N. be sealed with the gift of the Holy Spirit.

The newly confirmed responds: Amen.

The Bishop says: Peace be with you.

The newly confirmed responds: And with your spirit.

## **C. Dress Code for Candidates and Sponsors**

Out of respect for the importance of the event and the guests in attendance, we request that candidates and sponsors adhere to the following dress code.

### **Ladies**

Dresses or skirts of a modest length (no shorter than 1" above the knee) may be worn. No bare shoulders or plunging necklines please. Spaghetti straps or sleeveless dresses must be covered by a sweater, cardigan, or jacket. Dress pants may be worn.

### **Gentleman**

Dress pants, dress shirt and tie should be worn with dress shoes. Suits and suit jackets are also permitted. NO black on black, however you may wear a black shirt with a different color tie. NO jeans or athletic apparel, please.

### **Shoes**

NO flip-flops, sneakers or tennis shoes

**Confirmation Information Form  
Christ the Redeemer Parish**

Candidate Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ City and State of Birth: \_\_\_\_\_

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

\_\_\_\_\_

Telephone: \_\_\_\_\_ Email address \_\_\_\_\_

School \_\_\_\_\_ Current Grade: \_\_\_\_\_

How many years of Religious Education? \_\_\_\_\_

Date of Baptism: \_\_\_\_\_ Parish: \_\_\_\_\_

Date of Eucharist: \_\_\_\_\_ Parish: \_\_\_\_\_

Confirmation Name: \_\_\_\_\_ **(Saint Report Must Be Completed)**

Name of Sponsor: \_\_\_\_\_ Sponsor's Parish \_\_\_\_\_

**Eligibility form is required if sponsor is not registered at Christ the Redeemer Parish.**

Sponsor's Parish Eligibility Form: Y (\_\_\_) N (\_\_\_)

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

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

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

Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_

***This form and the activity fee of \$30 is due by January 31, 2022.***

***Please be sure to complete all information.***

***If you have any questions, please call the Office of Religious Education at 767-3414.***

## Saint Report

Your report should be 3-5 paragraphs in length. It should be typed, include a cover with a picture of your saint and your full name. The following questions will help you prepare to write your report:

The saint I chose for Confirmation is \_\_\_\_\_

I chose this saint because \_\_\_\_\_

\_\_\_\_\_

Some key events of the saint's life story include \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

What event in the life of this saint most impressed you? Why? \_\_\_\_\_

\_\_\_\_\_

What special virtues did this saint have? \_\_\_\_\_

\_\_\_\_\_

How could you imitate this saint today? \_\_\_\_\_

\_\_\_\_\_

Explain why your Confirmation name is meaningful to you: \_\_\_\_\_

\_\_\_\_\_

## **The Role of a Confirmation Sponsor**

A sponsor should be a person who knows the candidate, can help the candidate on his/her spiritual journey and can share his/her own faith. This sponsor should be selected during the first year of preparation (7<sup>th</sup> grade), so he or she can play an active part in the preparation process. Ideally, it should be someone who has been involved already in the candidate's spiritual formation, such as a godparent, a family member, or a member of the local parish.

A sponsor must:

- Be a practicing Catholic in good standing with the Church (Canon 874.3)
- Be at least 16 years old (Canon 874.2)
- Belong to the Catholic Church and have been fully initiated (have received the Sacraments of Baptism, Confirmation, and Eucharist) (Canon 874.3)
- Not be the biological parent of the candidate (Canon 874.5)

A sponsor may:

- Be the same sponsor the candidate had for Baptism (a godparent)
- Be a new sponsor selected specifically for Confirmation
- Be either male or female for any candidate

## **Suggestions for Sponsors**

• Be a good Catholic role model. The primary job of a sponsor is to show a candidate how to live the faith as an adult. This includes going to Mass every Sunday and Holy Day, going to Confession regularly, and praying daily. But it also means bringing your faith into the ordinary situations in daily living: being a model of forgiveness, compassion, and personal sacrifice. If you are not growing in holiness yourself, you will not be able to help your candidate grow in holiness.

• Offer prayer support. Remember to pray for your candidate every day. It can be as simple as offering a Hail Mary every morning or as complex as creating your own prayer routine. Remember your candidate in your Mass intention each weekend and let your Confirmand know that you are praying for him/her.

• Mark the Confirmation Anniversary. Remember the date that your candidate is confirmed and celebrate it each year. Send a card, make a phone call, or go out to dinner. Do something to remind your candidate (and yourself) that this is a major event in both of your lives.

## Sponsor Form

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

Sponsor's name \_\_\_\_\_

Describe the qualities of the person you have chosen for your sponsor, a person committed to traveling the way of Christ with you.

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Please ask your sponsor to sign below acknowledging that they are fully aware of the responsibilities of the sponsor and that they are willing to participate in the preparation process.

### Sponsor Agreement

I have read and understand the role of the sponsor. I understand the importance of being a role-model to the candidate and I will also abide by the policies of the Parish which includes the dress code for the Confirmation liturgy.

I am an active Catholic worshipping at \_\_\_\_\_ Parish.

I will agree to sponsor \_\_\_\_\_ in the Sacrament of Confirmation.

Signed \_\_\_\_\_ Date: \_\_\_\_\_

## Letter to the Pastor Requesting the Sacrament

You are free to respond to God's call to live your faith more deeply. If you wish to receive the sacrament of Confirmation, write a letter of request to your pastor stating your desire. Follow these guidelines.

**Greeting:** Begin your letter with the greeting:

Dear \_\_\_\_\_,

### Body of the letter:

**Paragraph 1:** Introduce yourself. Tell something about your family, where you attend school and what your interests are.

**Paragraph 2:** Request the sacrament of Confirmation. Give several reasons why you would like to be confirmed.

**Paragraph 3:** Explain how you have prepared for the sacrament. It is important that you tell about specific parts of your preparation: your prayer life, your celebration of the other sacraments, your service for others exercised at home and within the parish, etc.

**Paragraph 4:** Tell how you will continue to carry out your life of service to God and others through the power of the Spirit. Tell how you plan to make your confirmation in the faith real and alive in your future.

**Conclusion:** Conclude the letter and write your complete signature.

*This letter must be written and turned by January 31st of your 8<sup>th</sup> grade year.*

## Letter to the Bishop

You are free to respond to God's call to live your faith more deeply. If you wish to receive the sacrament of Confirmation, write a letter of request to your pastor stating your desire. Follow these guidelines.

**Greeting:** Begin your letter with the greeting:

Dear Bishop \_\_\_\_\_,

### Body of the letter:

**Paragraph 1:** Introduce yourself. Tell something about your family, where you attend school and what your interests are.

**Paragraph 2:** Share several reasons why you would like to be confirmed. Explain why you chose the Confirmation name and saint that you chose. Share who your sponsor is and why you selected that person to be your sponsor.

**Paragraph 3:** Explain how you have prepared for the sacrament. It is important that you tell about specific parts of your preparation: your prayer life, your celebration of the other sacraments, your service for others at home and within the parish, etc.

**Paragraph 4:** Tell how you will continue to carry out your life of service to God and others through the power of the Spirit. Tell how you plan to make your confirmation in the faith real and alive in your future.

**Conclusion:** Conclude the letter and write your complete signature.

*This letter must be written and turned by January 31st of your 8<sup>th</sup> grade year. Do not mail your letter individually. All of the letters will be mailed together to the Bishop.*