

## Confirmation Guidelines Year 1&2

Espíritu Santo

Holy Spirit

**ACTIVATE**



The Church of  
**Holy Apostles**

## **Guidelines for Confirmation Candidates**

The goals of our confirmation program are: to challenge the youth to grow deeper in their relationship with Jesus, to prepare them to receive the gifts of the Holy Spirit, and to help them take ownership of their Catholic Faith.

Before receiving the Sacrament of Confirmation, complete the following:

- 1) **\_\_\_ Be a member of The Church of Holy Apostles as a family.** (If you are not registered members, please supply us with a letter from the pastor of your parish stating that he gives you permission to receive the sacrament at The Church of Holy Apostles).
- 2) **\_\_\_ Supply us with your Baptismal certificate and First Communion Certificate.** If you were baptized here let us know. If not, you must contact the parish in which you were baptized, and ask them to send Holy Apostles a Baptismal certificate. **Certificate is due in immediately.**
- 3) **\_\_\_ Candidates are asked to attend and participate in every aspect of the Confirmation Program.** This includes all classes, Mass every weekend, Rites which will be held during masses (see calendar for dates)
- 4) **\_\_\_ Make– Up Family Assignments:** Please ensure to communicate day of absences due to illness or medical emergency. All other absences (school events, sports, family travel). **YOUTH will need to contact Youth Minister to obtain makeup activity/assignment.** **Three none communication absences will trigger automatic withdrawal from Confirmation preparation program and the candidate cannot be recommended to the Bishop for Sacrament of Confirmation in the spring.**
- 5) **\_\_\_ Know foundational Catholic prayers:** The Lord's Prayer, the Nicene Creed, The Glory Be, and the Hail Mary. Knowledge of these prayers are demonstrated by your family active participation in celebration at Sunday Mass. Director of Confirmation Preparation program has authority to administer a prayer test to candidate and their parent or sponsor at any time during the Confirmation Preparation journey.



## **Guidelines for Confirmation Candidates**

- 6) \_\_\_\_ **Witness your faith by completing 20 hours of service.** A list of possible service opportunities <https://thechurchofholypostles.org/confirmation/> The *service hour record sheet* is due no later than the last year 2 class in February
- 7) \_\_\_\_ **Choose a Confirmation sponsor.** The sponsor must be a practicing Catholic, at least 16 years old. More information on sponsor selection is on the Sponsor Guidelines (attached) of this document). Teen submit sponsor name: <https://tcoha.churchcenter.com/people/forms/553706>
- 8) \_\_\_\_ **Select your Confirmation Name.** Research and choose the name of a saint that exemplifies the life you would like to live. The Saint information page (attached) is due last Year 2 class of February.
- 9) \_\_\_\_ **Attend the Year 2 Confirmation Retreat** with your parent or sponsor. (see Year 2 calendar for dates)
- 10) \_\_\_\_ **Attend the Confirmation Rehearsal with your sponsor**



## **Parental Role in Sacrament Preparation**

***“The initiation of children into the sacramental life is, for the most part, the responsibility and concern of Christian parents. They are to form and gradually develop a spirit of faith in the children, and with the help of catechetical institutions, prepare them for the fruitful reception of the Sacraments...This responsibility of the parents is also shown by their active participation in the celebration of the Sacraments.”***

- Serve as models for their son or daughter by growing in their personal relationship with God and living as committed Christians.
- Share their own faith with their son or daughter, both in word and action.
- Attend parent programs conducted to deepen their awareness of the meaning of Confirmation for Christian living, and to assist them as they help their son or daughter to come to freely request the Sacrament.
- Participate with their son or daughter in the special liturgies and events of the preparation program.
- Assist and encourage the teen to understand and assimilate what is being presented during the preparation period.
- Encourage the newly-confirmed member of their family to continue to be actively involved in the Church, especially their own parish.

## **Sponsor Guidelines**

The sponsor should be a person who is prayerful, open, loving, and is comfortable sharing their faith with young people. A sponsor must be a practicing Catholic, who is at least sixteen years of age and has already received the Sacrament of Confirmation. The Candidate is encouraged to choose someone that they can share their faith with. A godparent who has been a real model of faith to a candidate logically completes his/her baptismal role by becoming a Confirmation sponsor. Your parents are not eligible to be your sponsor

The sponsor represents the support and prayers of the entire community of the Catholic Church. He or she will be the candidates "spiritual friend." In this program, the following is asked of the sponsor:

1. Pray for and with your candidate.
2. Represent the Church to your candidate in the way you live your life.
3. Guide your candidate to grasp the meaning and responsibilities involved in seeking the Sacrament of Confirmation.
4. Encourage your candidate to share their thoughts and feelings about being members of the Catholic Church.
5. Share what your faith means to you - what you consider to be important in your relationship with Jesus.
6. Spend time with your candidate.
7. Write a letter to your candidate on what your Confirmation meant to you as a spiritual person and how you see God playing an active role in your life.
9. Attend the following masses:
 

Rite of Commitment: (see Year 2 calendar for dates)
10. Accompany your candidate to the rehearsal (date TBD)
11. Present your candidate to the Bishop during Confirmation (date TBD)

## Choosing a Confirmation Saint

Due before but no later than last Year 2 class of February.

### CHOOSING A CONFIRMATION SAINT

A patron saint is chosen by each person preparing for Confirmation. Regardless of your choice of whether to take on a name or stick with your own (especially if you were already named after a Saint whom you now reaffirm), everyone will pick a Confirmation saint to research. It is important and necessary to know something about the person or saint before you decide on taking their name.

With the help of your Sponsor, you will choose a saint for your Confirmation. The Confirmation Saint you choose will be one you will need to become familiar with and ask for their prayers to help you prepare to fully receive the Holy Spirit on your Confirmation Day.

### HOW DO I CHOOSE A SAINT?

Begin by reading good biographies of saints, not just short descriptions of them. There are many good movies that faithfully depict the lives of the saints. [Good website to learn of saints and their attributes: <http://catholicsaints.info/>] After doing this you should select one saint or blessed whose spirituality or example you would like to follow knowing:

- That saint will become a particular friend on life's journey to Heaven.
- You may ask special intercessions from your patron in prayer.
- You should honor your patron saint by knowing his or her Feast Day and attending Mass is possible (Just like knowing the birthday of a good friend)
- You may choose a patron who is either a declared Saint or Blessed.



## INSTRUCTIONS

Choose a canonized or beatified Saint of the Catholic Church, it CANNOT be Our Lord or a title given to Jesus (e.g. Divine Mercy, Holy Child). It can be a popular saint, one from the Bible (Old Testament saints count too!), or one more recently canonized a Saint or declared a Blessed.

Know the 5W's:

- Who, and if they changed their name, know also their birth name (e.g. Karol Woltyla for St. John Paul II)
- Where:
  - Where did they live and serve, and die>
- When:
  - What time period/century did they live? Years of birth and death
- What:
  - What did they do that showed Heroic Virtue
- Why:
  - What was the reason why they answered God's will or their primary motivation to follow their vocation (i.e. why they joined the Religious Life, the Priesthood, Marriage, became martyred)

After consulting with your sponsor, teens you are asked to completed the Saint Information page. The Saint information page (attached) is due no later than February 1, 2025.

## FROM THE CATECHISM:

The patron saint provides a model of charity; we are assured of his intercession. CCC 2156 The name one receives is a name for eternity. In the kingdom, the mysterious and unique character of each person marked with God's name will shine forth in splendor. "To him who conquers... I will give a white stone, with a new name written on the stone which no one knows except him who receives it" (Rev 2,17). "Then I looked, and lo, on Mount Zion stood the Lamb, and with him a hundred and forty-four thousand who had his name and his Father's name written on their foreheads" (Rev 14,1). CCC 2159

## List of suggested saints

### **Saints who I'm pretty sure were actually superheroes**

St. Peter

Bl. Miguel Pro

St. Maximilian Kolbe

St. Joseph Cupertino

St. George Martyr

St. Joan of Arc

St. Padre Pio

St. Louis IX

St. George

St. Simeon Stylites

St. Quiteria

St. Denis

St. Margaret of Antioch

St. Patrick

### **Modern day saints**

St. John Paul II

St. Gianna

Bl. Chiara Badano

St. Josemaria Escriva

St. Mother Teresa

St. Teresa Benedicta of the Cross

St. Katharine Drexel

St. Maria Faustina

Kowalska

St. John XXIII

St. Pauline of the Suffering

Heart of Jesus

St. Luigi Orione

St. Andre Bessette

St. Jaime Hilario Barbal

St. Riccardo Pampuri

St. Maria Bernard Butler

St. Pius X

St. Mary MacKillop

### **Doctors of the Church**

St. Ambrose

St. Jerome

St. Gregory the Great

St. Athanasius

St. John Chrysostom

St. Basil the Great

St. Gregory of Nazianzus



St. Thomas Aquinas  
 St. Bonaventure  
 St. Anselm of Canterbury  
 St. Isidore of Seville  
 St. Peter Chrysologus  
 St. Leo I, the Great  
 St. Peter Damian  
 St. Bernard of Clairvaux  
 St. Hilary of Poitiers  
 St. Alphonsus Liguori  
 St. Cyril of Jerusalem  
 St. John of Damascus  
 St. Cyril of Alexandria  
 St. Bede the Venerable  
 St. Ephrem the Syrian  
 St. Peter Canisius  
 St. John of the Cross  
 St. Robert Bellarmine  
 St. Albert the Great  
 St. Anthony of Padua  
 St. Francis de Sales  
 St. Lawrence of Brindisi  
 St. Catherine of Siena  
 St. Thérèse of Lisieux

**Saints with a really cool conversion story**

St. Ignatius of Loyola  
 St. Francis of Assisi  
 St. Mary Magdalene  
 St. Paul  
 St. Augustine of Hippo  
 (also a doctor of the Church)  
 St. Genesius  
 St. Vladimir of Kiev  
 St. Moses the Black  
 St. Longinus  
 Bl. Imelda Lambertini

**Saints with names your bishop might have trouble pronouncing but have amazing stories**

St. Kateri Tekakwitha  
 St. John Chrysostom  
 St. Alphonsa  
 Muttathupadathu  
 St. Benedicta Hyon  
 Kyongnyon  
 St. Ceolwulf of

Northumbria

St. Quadragesimus

Bl. Volodymyr Pryjma

St. Zygmunt Gorazdowski

**Saints who reached  
sanctity before the age of 25**

St. José Sánchez del Río

St. Agnes

St. Dominic Savio

St. Tarcisius

St. Maria Goretti

Bl. Chiara Luce Badano

St. Aquilina

St. Gemma Galgani

St. Lucy

Bl. Pier Giorgio Frassati

St. Charles Lwanga

St. Perpetua

St. Francisco Marto

St. Jacinta Marto

St. Philomena

St. Aloysius Gonzaga

**Saints for specific  
intentions**

For the universal Church and fathers  
– St. Joseph

For those suffering nervous and  
mental afflictions – St. Dymphna

For abuse victims – St. Monica

For earaches – St. Polycarp

For headaches – St. Teresa of Ávila  
(also a doctor of the Church)

For toothaches – St. Apollonia

For sore eyes – St. Clare of Assisi

For those too sick to care for  
themselves – St. Roch

For the poor – St. Lawrence

For protection from fire – St. Agatha  
of Sicily

For those who struggle with doubt –  
St. Thomas the Doubter

For “hopeless causes” – St. Jude  
Thaddeus

For athletes – St. Sebastian

For musicians – St. Cecilia

For artists – St. Catherine of Bologna

For students – St. John Bosco and St.  
Benedict

For speakers and philosophers – St.  
Justin Martyr

For travelers – St. Christopher

For friendships – St. John the

Evangelist

For Christian mothers – St. Anne

For adopted children – St. Thomas  
More

For farmers and rural communities –  
St. Isidore the Farmer

For bakers – St. Nicholas of Myra  
("Santa Claus")

For fishermen – St. Andrew

For hunters – St. Hubert

For physicians – St. Luke

For altar servers – St. John  
Berchmans

Credit to Rachel Penate from Life  
Teen

[https://lifeteen.com/blog/biggest-  
best-list confirmation-saints-guys-  
girls/](https://lifeteen.com/blog/biggest-best-list confirmation-saints-guys-girls/)

## SAINT INFORMATION PAGE

*Due before but no later than last  
Year 2 class of February*

Your Name: \_\_\_\_\_

Saint Name: \_\_\_\_\_

Important Dates:

Birth \_\_\_\_\_

Death \_\_\_\_\_

Feast Day \_\_\_\_\_

What is your Saint the Patron of?

\_\_\_\_\_

Where is your Saint from?

\_\_\_\_\_

What helped your saint to choose a life devoted to God?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

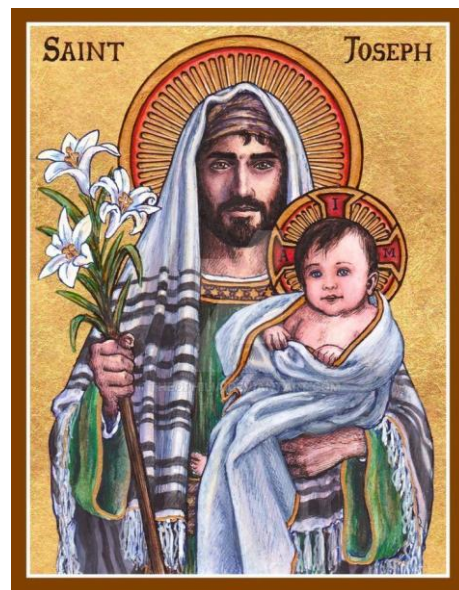
What major events occurred in the life of the saint?

For example: What did they do? Who did they help? What was their greatest accomplishment? How did they die?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Why is your Saint a Saint?

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\_\_\_\_\_  
\_\_\_\_\_



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Your Name: \_\_\_\_\_

**Why did you choose this Saint?**

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**When you look at the life of this saint, how does it help you to live out your faith? How does their life challenge you to be a better Catholic?**

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**If you prefer, you may fill out this form on-line.**

**<https://tcoha.churchcenter.com/people/forms/553701>**

Online info on Saints:

<https://www.themodernsaints.com/all-saints>

<https://www.catholic.org/saints/>

<https://catholicsaints.info/>

<https://www.ewtn.com/catholicism/saints>

<https://watch.formed.org/catholic-saints>

<https://mycatholic.life/saints/>



The Church of  
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<https://thechurchofholypostles.org/confirmation>

The Church of Holy Apostles  
Service Involvement Record for Confirmation Students  
 Complete 20 Hours by the Last Class in February

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Type of Service	Date and Number of Hours	Verifying Signature



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# Foundational Catholic Prayers

## Our Father

Our Father, who art in Heaven; hallowed be Thy name;  
Thy kingdom come; Thy will be done on earth as it is in  
Heaven. Give us this day our daily bread; and forgive us  
our trespasses as we forgive those who trespass against  
us, and lead us not into temptation; but deliver us from  
evil. Amen

## Hail Mary

Hail Mary, full of grace, the Lord is with thee.  
Blessed art thou among women  
and blessed is the fruit of thy womb, Jesus.  
Holy Mary, mother of God, pray for us sinners now and  
at the hour of our death. Amen

## Glory Be

Glory be to the Father  
and to the Son  
and to the Holy Spirit,  
as it was in the beginning,  
is now and ever shall be, world without end.  
Amen



I believe in one God,  
the Father almighty,  
maker of heaven and earth,  
of all things visible and invisible.  
I believe in one Lord Jesus Christ,  
the Only Begotten Son of God,  
born of the Father before all ages.

## The Nicene Creed

God from God, Light from Light,  
true God from true God,  
begotten, not made,  
consubstantial with the Father;  
through him all things were made.  
For us men and for our salvation  
he came down from heaven,  
and by the Holy Spirit  
was incarnate of the Virgin Mary, and became man.  
For our sake he was crucified under Pontius Pilate,  
he suffered death and was buried,  
and rose again on the third day  
in accordance with the Scriptures.  
He ascended into heaven  
and is seated at the right hand of the Father.  
He will come again in glory  
to judge the living and the dead  
and his kingdom will have no end.

I believe in the Holy Spirit,  
the Lord, the giver of life,  
who proceeds from the Father and the Son,  
who with the Father and the Son  
is adored and glorified,  
who has spoken through the prophets.

I believe in one, holy,  
catholic and apostolic Church.  
I confess one baptism  
for the forgiveness of sins  
and I look forward to the resurrection of the dead  
and the life of the world to come. Amen.







# Dress Code

Your Confirmation is a special occasion that will happen once in your life, your attire should reflect the joy, reverence and maturity of the sacrament

## **Women:**

### Required:

- Dress or suit (skirt or pants)
- Dress Shoes

## **Women:**

### Not Permissible:

- Form fitted or tight knit attire
- Sleeveless tops or bare shoulders (no spaghetti straps)
- Dress/skirt length shorter than 2 inches above the knee
- Athletic shoes or flip flops

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## **Men:**

### Required:

- Dress shirt and tie
- Dress pants
- Dress shoes

## **Men:**

### Not Permissible:

- Golf/polo shirts
- Loud sports jackets
- Casual pants or jeans
- Athletic shoes or flip flops



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