

Confirmation Guidebook



St. Francis Xavier Parish
St. Mary Catholic Community
CONFIRMATION

Dear Confirmation Candidates,

As you begin this process of preparation for Confirmation, please think of it as an invitation: from your parish and from Christ. Faith is essentially a gift from God facilitated by the church. The process of preparation is meant to offer you an opportunity to learn more about the Catholic Faith and help you make an informed and free decision about following Jesus as a young Catholic. We are not going to pressure any of you, nor are we going to let you slip through the cracks in the system. We as your faith community want you to know that we Love you, want the very best life possible for you and, also, respect your ability to determine if you are ready for this lifetime commitment.

Please enter the process with an openness to the Holy Spirit revealed by your fellow candidates and your teachers. It is a journey of discovery, so click on your spiritual seat belt and hang on for the roller coaster ride of entrusting your life from our creator, savior, sanctifier God to the God of the stars and the mud.

In Christ,

Fr. Getchel

Confirmation Information Form

Please return this form with name and information on your sponsor by October

NAME: _____
(Print full name)

SCHOOL: _____

ADDRESS: _____

PHONE: _____ Cell #: _____

EMAIL ADDRESS: _____

BIRTHDATE: _____

BAPTISM: _____
(Church name, address, city, state & zip code)

If you were not baptized at St. Mary or St. Francis, De Pere, you will need to obtain a baptismal certificate from the parish where you were baptized for our records.

FATHER'S NAME: _____

MOTHER'S MAIDEN NAME: _____

Print your name as you would like it to appear on the certificate:

First Name

Last Name

CONFIRMATION SPONSOR:

NAME OF SPONSOR: _____

ADDRESS: _____

CITY, STATE & ZIP CODE _____

PHONE: _____ Email: _____

RELATIONSHIP TO CANDIDATE: _____

A sponsor needs to be: 1. Fully initiated into the faith, having received Baptism, Eucharist and Confirmation. 2. Be a practicing Catholic, 3. Is **not** one of the candidate's parents, 4. If possible, is from this area so that he/she can personally be in touch with the candidate throughout the confirmation program.
Please have the name of your sponsor as soon as possible.

Competency Standards

Prayers

Sign of the Cross: In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

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. (For the kingdom, the power, and the glory are yours, now and forever.) 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

Prayer of Praise (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

Act of Contrition: My God, I am sorry for my sins with all my heart. In choosing to do wrong and failing to do good, I have sinned against you whom I should love above all. I firmly intend, with your help, to do penance, to sin no more, and to avoid whatever leads me to sin. Amen

Apostles' Creed: I believe in God, the Father Almighty, Creator of heaven and earth, and in Jesus Christ, his only Son, our Lord, who was conceived by the Holy Spirit, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died and was buried; he descended into hell; on the third day he rose again from the dead; he ascended into heaven, and is seated at the right hand of God, the Father almighty; from there he will come to judge the living and the dead. I believe in the Holy Spirit, the holy catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and the life everlasting. Amen.

Four Mysteries of the Rosary:

The Joyful Mysteries (Monday, Wednesday)

1. The Annunciation
2. The Visitation
3. The Birth of Our Lord
4. Presentation of Jesus in the Temple
5. The Finding of Jesus in the Temple

The Sorrowful Mysteries (Tuesday, Friday)

1. The Agony of Jesus in the Garden
2. The Scourging at the Pillar
3. The Crowning with Thorns
4. The Carrying of the Cross
5. The Crucifixion

The Glorious Mysteries (Saturday, Sunday)

1. The Resurrection of Jesus
2. The Ascension of Jesus into Heaven
3. The Descent of the Holy Spirit on the Apostles
4. The Assumption of Mary into Heaven
5. The Coronation of Mary as Queen of Heaven

The Mysteries of Light (Thursday)

1. The Baptism of the Lord
2. The Wedding at Cana
3. The Proclamation of the Kingdom and Call to Repentance
4. The Transfiguration
5. The Last Supper and Institution of the Eucharist

Seven Sacraments:

Sacraments of Initiation

Baptism
Confirmation
Eucharist

Sacraments of Healing

Reconciliation Holy Orders
Anointing of the Sick

Sacraments of Vocations

Matrimony
Holy Orders

The Theological Virtues:

Faith
Hope
Charity (Love)

The Cardinal Virtues:

Prudence
Temperance
Fortitude
Justice

Gifts of the Holy Spirit:

1. Wisdom
2. Knowledge
3. Understanding
4. Counsel
5. Fortitude
6. Piety

Fruits of the Holy Spirit:

Charity	Long Suffering
Joy	Humility
Peace	Faithfulness
Patience	Modesty
Goodness	Continenence
Kindness	Chastity

The Two Great Commandments:

*You shall love the Lord your God with all your heart, with all your soul, with all your mind, and with all your strength.

*You shall love your neighbor as yourself. (Matthew 22:37,39)

The Ten Commandments: (Exodus 20:2-17)

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 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 Beatitudes: (Matthew 5:3-11 or Luke 6:20-26)

1. Blessed are the poor in spirit, the kingdom of heaven is theirs
2. Blessed are they who mourn, they will be comforted
3. Blessed are the meek, they will inherit the earth
4. Blessed are they who hunger and thirst for righteousness, they will be satisfied
5. Blessed are the merciful, they will be shown mercy
6. Blessed are the clean of heart, they will see God
7. Blessed are the peacemakers, they will be called the children of God
8. Blessed are they who are persecuted for the sake of righteousness, the kingdom of heaven is theirs.

The Corporal Works of Mercy:

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

The Spiritual Works of Mercy:

1. Share knowledge
2. Give advice to those who need it
3. Comfort those who suffer
4. Be patient with others
5. forgive those who hurt you
6. Give correction to those who need it
7. Pray for the living and the dead

Precepts of the Church:

1. Assist at Mass on Sundays and holy days of obligation, doing no unnecessary physical work on those days.
2. Confess serious sins at least once a year.
3. Receive Holy Communion frequently and, at a minimum, during the Easter season.
4. Fast and abstain on the days appointed.
5. Contribute to the support of the church.
6. Observe the laws of the Church concerning marriage and give religious training to one's children by word, example and use of parish schools or catechetical programs.
7. Join in the missionary spirit and work of the Church.

Capital Sins:

Pride
Avarice (Greed)
Envy
Wrath (Anger)
Lust
Gluttony
Sloth (Laziness)

Virtues:

Humility
Generosity
Charity
Meekness
Chastity
Moderation
Zeal

Four Marks of the Catholic Church:

1. One
2. Holy
3. Catholic
4. Apostolic

Letter to the Bishop

The Bishops of our Diocese ask that we have our Confirmation students write a personal letter to them. Mike Lotto will review it prior to forwarding it to the Bishop. This communication is confidential between you and the Bishop. However we like to post on our bulletin board a few letters so that parishioners might see for themselves the faith our young people possess. If you'd like your letter to be used as such, please let your teacher know or put a post-it-note with your wishes attached.

Write your letter to the Bishop explaining your reasons why you wish to be confirmed next fall. Since we do not know which Bishop will be celebrating Confirmation in fall, we address the Bishop as below.

Below is a sample letter that you might follow. Write it out on your computer or print one on a clean white sheet, legibly.

Dear Bishop,

In more than one paragraph, describe how you've come to reach your decision to be Confirmed. Give some examples of experiences that have spiritually influenced you. Tell Bishop about your prayer and faith life. Tell him about yourself, your family, what you enjoy doing. Think back over your Religious Formation classes and mention discussions or teachings that really stood out for you.

Please thank Bishop for coming to St. Mary Catholic Community or St. Francis Xavier Parish to confirm you.

*Sincerely,
Sign your name.*

Everyone must write a letter. Please bring it to class on the date your instructor gives. Thank You!

St. Francis Xavier & St. Mary Catholic Community Service Hours Log & Verification

This is to verify that

_____ (Confirmation Candidate name)

has completed 10 or more hours of service at the following places:

Describe Service Work	Location or Place	Hours Volunteered

(10 volunteer hours of service are required for Confirmation)

Verified by _____ date _____
(Signature by overseer, sponsor or parent)

St. Francis Xavier Parish St. Mary Catholic Community

Confirmation Service Hours

Confirmation students are required to volunteer for 10 hours of service prior to their Confirmation in September. Following are guidelines and suggested opportunities.

- *The hours are unpaid and are for the good of a family, church, school, or community function.*
- *Please have the service log (previous page) signed by parents, sponsor, or overseers.*
- *Return the service log to your church office (or drop in collection) prior to your confirmation.*
- *Service performed for a school project (NDA or EDP), scouts, or other reason do count.*
- *Time frame for these service hours begin with the new school year (September to August).*
- *Have fun while giving back to the community.*

Volunteer Opportunities	Contact name & Phone	Comments
Religious Formation Class Leader / Assistant	337-2333	Wednesdays or Sundays
St. Vincent de Paul	Store 435-9938	Work on Saturday as cashier or restocking shelves
De Pere Christian Outreach Center	Mae Kocha 339-9127	Work on Saturday as cashier or restocking shelves
Paul's Pantry	433-0343	Separate and stock donated food or serve food.
Church Festival or Picnic or Pancake Breakfast or Dinners	Parish Office 337-2333	Volunteer to serve or to get involved with kids' games at your parish
Church	St. Francis 336-1813 St. Mary 337-2330	Volunteer to Lector, Sing in Choir, Serve at Mass, babysit in nursery, or yard work watering and weeding flowers
Golden House Volunteer	435-0100	Support of Golden House Center
Babysit		Identify a family in need and donate your time. Or take your payment and donate to the poor.

Volunteer Opportunities	Contact name & Phone	Comments
Habitat for Humanity, Greater Green Bay	593-3921	Helping build a house for low income family in need. Bring a friend and spend a Saturday learning a skill & giving back.
Nursing Home Patient Visit		Look up any nursing home in the area and visit residents. Staff will sign your volunteer form.
Church or Community Fund Raiser		Church or community volunteer opportunities to raise money for their cause (selling girl scout cookies or raffle tickets at game)
Spring cleaning activities	Contact neighbor or family member	Helping neighbor, parent, grandparent
Humane Society	469-3110	Volunteer to walk dogs or help clean kennels
http://www.volunteergb.org/		Green Bay Volunteer Center
Sponsor Ideas		Talk to your Sponsor / Mentor about volunteering with them for some event
School Fund Raiser		School Booster Club Activity; for example, working concession stand, score clock, admissions at school game, selling magazines, etc.)
Salvation Army Bell Ringer Salvation Army Kroc Center	497-7053 884-5007	Volunteer to ring bells late fall
NEW Community Shelter	Call Religious Formation Dept. 337-2333	Serving up Swan Club Chicken and food to 150 people at NEW Community Shelter. 3 rd Monday evening of the month. 4-6pm. They do the dishes. Is a lot of fun if you like meeting people.

St. Francis Xavier Parish
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CONFIRMATION
Interview Questions

1. What suggestions, if any, do you have that would have made our Confirmation Program more meaningful to you?

2. What would you like to see provided in the classes and the materials discussed?

3. Why are you looking to be Confirmed?

4. What about where you are at now in your life: What do you most value?

5. Where do you spend most of your time? (school, work, sports, band, show choir, gaming, internet) What do you enjoy doing? (music, video games, sports, reading)

6. What do you see coming up in the next few years for you as far as work or school?

SPONSOR HANDBOOK

THE SACRAMENT OF THE HOLY SPIRIT

The reception of the sacrament of Confirmation is necessary for the completion of baptismal grace... “By the sacrament of Confirmation (the baptized) are more perfectly bound to the Church and are enriched with a special strength of the Holy Spirit.” Catechism of the Catholic Church, #1285

The Old Testament looked forward to the day when God would bring forth his reign of peace over the earth. To accomplish this, the prophets foretold that God would send his chosen into the world, his **anointed** one upon whom the **Spirit of God** would rest. Of course we know that Jesus was this chosen one. But Jesus followed a long line of others in the Old Testament that were chosen by God, anointed with oil and inspired by the Spirit to perform some mission of God's.

Like Jesus, King David, the prophets and many others, we too become christi, which is the Greek word for Messiah or one who is anointed to carry out a mission from God. Through Confirmation with its anointing with sacred oil and our personal reception of God's Spirit, we are to set off into the world to accomplish a mission. What is our mission? To bring about God's kingdom through our daily works.

This is a very Catholic understanding of our faith. We believe that everything we do that is not immoral further expands God's kingdom here on earth. We have this assurance from Jesus with his Sermon on the Mount (Matthew 5) and The Judgment of the Nations (Matthew 25). We are a community of believers that recognizes that our everyday labor advances the welfare of people on earth. Workers in papermills, on farms, in schools, etc., in all the multiple forms of making a living manufacture the material needs that others need in this modern world of ours. Providing for those needs is certainly one of our missions from God. Another is the vocation in life we choose to lead. The Church states that how we make our living, if we decide to marry and raise a family, even if we find that we have athletic abilities so that we choose to play football on weekends comes from God and is therefore good.

So as adolescents approach the beginning of adulthood, it is fitting that the Sacrament of Confirmation is offered to them at this time. They face a future of tremendous opportunities and choices. They will come to understand in coming years the plan that God has established for them in the world. And as Baptized and Confirmed Christians, like the prophets of old, they will step into this new life knowing that God's Spirit is with them to counsel their choices, fortified by the anointing in oil they received on their day of Confirmation.

The Sponsor

It is important that our young people know that they are not alone. Such freedom of opportunity sometimes intimidates even the most confident. Each Confirmand has family to go to, of course, but sometimes a new life course calls for a new confidant to accompany one on this new road. And that, dear sponsor, is you. At least during this period of discernment and questioning which is part of the preparation for the sacrament. In many ways, the sponsor is a stand-in for the community. St. Paul expresses this idea when he says, "Therefore I urge you, be imitators of me."

What Are the Sponsor's Duties?

First, Congratulations! You have been chosen by a young person to fill a special role. The two of you are about to set out on a spiritual journey. Along the way you will provide "awesome sights" for your co-traveler to ponder. You will be assisting your young man or woman in being a true witness and disciple of Jesus. At the arrival at your destination, you will represent the community in presenting your candidate to the bishop. That is why the Church requires that you yourself have received the sacrament of Confirmation. As a sponsor, you have accepted a responsibility that is considered an honor in the Catholic Church. Your special duties as a guide on life's journeys need not end at Confirmation. Hopefully this newly Confirmed person will look to you to provide for instruction and support into his/her future.

Since you become the model of the church community for your candidate, the church stipulates that you are involved in your local parish, attending Mass regularly. This only makes sense, since you've been chosen to share your faith as a sponsor. Discussing with interest and expressing the

excitement that you find in being a Catholic today is a wonderful gift that you give to your candidate.

Thus, it is important to be accessible to one another. At St. Mary/St. Francis, we do not require that you live close by, but that you communicate closely with one another. Our preparation of the candidates requires some interchange of faith between you and your candidate.

Tips for Sponsors

- Participate with your young man or woman in activities, i.e., go biking, kayaking, etc. or just a plain walk, or take him or her to a movie and talk about it over a snack afterwards. Try activities that get you talking about your personal lives.
- Encourage him or her to keep a journal in which they express not only the positive, but the negative aspects of their faithlife, especially doubts.
- Share your own stories of doubts about God, faith and church. Point out that despite your doubts, you still are a faithful member of your parish.
- Suggest or even buy for your candidate some spiritual or religious reading.
- Expose your candidate to professional acquaintances in particular fields and vocations as he/she contemplate various vocational choices.
- Participate with him/her in community service activities, perhaps even keeping a photo journal of the two of you at work.
- Advocate that he or she becomes involved in parish activities, joining the choir or helping at the porkie & pancake breakfast.
- Attend preparation classes with your candidate. We are always happy to have “other voices” included in our discussions. Call
- 337-2333 to get copies of the homework for upcoming classes.
- Pray together. There are so many ways of prayer, some of which can be accomplished on walks through the woods.
- Find five other adults who are willing to pray for your young person.
- Create a prayer board for your candidates bedroom upon which they can place the names of people they’d like to pray for.
- Call her or him to offer a “good luck on the exam” or to congratulate.

- Cook a meal for the candidate and a bunch of his or her friends. Make it a movie night or swim night in your back yard.

Sponsor Responsibilities:

1. Meet or phone your Candidate at least three times before Easter and three times during summer months before fall Confirmation.
2. Write a letter of affirmation to your Candidate (see sample letter below) sometime in February or March before the candidates retreat.

Sample letter to Confirmation Candidates affirming them:

George,

I am very proud that you chose me to be your sponsor. I value our friendship, that we are related and are both committed Catholics. You are a positive leader and role model for your brothers, sisters, cousins and friends. I appreciate your sincerity in church, school and work. You have an easy-going personality and show a lot of patience. I wasn't anywhere near as patient when I was your age. People like to be around you to share in your joy and laughter. Don't ever lose this trait.

I know your mom and dad love you very much. Who would spend all the time they have in following you from game to game that you played. Grandpa and Grandma sing your praises. I'm jealous of all the attention they give you.

I pray that God continues his blessings on you. You are at the entrance to adulthood. College will give you much freedom and responsibility. Make your choices carefully, recalling the teachings passed on to you by your church. God gave you great parents and a faith to comfort you. You are to pass it on to the generation you will bring into this world. That's what Confirmation is preparing you to undertake. That is what the sacrament gave me.

So, once again, thank you for choosing me. Have a great summer, but call me often to talk about whatever you're up to. Next fall come Confirmation and with it a giant step into adulthood.

Sincerely,
Your Uncle Joe