



# Preparing for the Sacrament of Confirmation



## What is Confirmation?

A sacrament (when God gives us grace) in which the Holy Spirit is given to baptized Catholics in order to make them stronger and more able to live out and share their faith as followers of Jesus.

## When was the First Confirmation?

You can read the exciting story of when the Holy Spirit first came upon the disciples (known as Pentecost) in the New Testament book of Acts chapter 2. The disciples received an amazing power from the Holy Spirit that propelled them forth to live their faith and boldly share it with others.

We are present day disciples of Jesus and the Sacrament of Confirmation gives us the power to live out our faith, share it with others, and continue growing in faith!

## What Happens During Confirmation?

The Bishop will lay his hands on your shoulders, anoint your head with Holy Chrism Oil, and say "Your Confirmation Name, be sealed with the Holy Spirit!" And God, who has the power to create the entire universe, raise the dead, and give sight to the blind, will pour His Holy Spirit into you--**in the amount you are willing to receive**--to strengthen you with these gifts:

- Knowledge: Helps us to know God's will
- Understanding: Helps us appreciate the truths of our faith
- Wisdom: Helps us to see the world, others, and ourselves with God's eyes
- Right Judgment: Helps us to choose what is right
- Courage: Gives us the strength to do what is right, even when it's hard
- Piety: Helps us to strive for holiness and closeness with God
- Wonder and Awe: Gives us a sense of how AWESOME and powerful God is

## What do I Need for Confirmation?

- \* **A Sponsor:** Ask someone Catholic in your life that has an active faith life and that you have an easy time talking with. Find someone who will support you, discuss faith, & pray for you. Ask him/her to sign the *Sponsor Commitment Form* and turn it in by January 11th.
- \* **A Saint Name & Saint Report:** Pick a name from a canonized Saint that embodies the kind of person you'd like to become. Pick a Saint that shares some of the things you are interested in and passionate about. This Saint will pray for you all throughout your life! You'll also need to write a one page report explaining why you chose this Saint (due February 15).
- \* **A Letter requesting permission to be Confirmed:** In your one page letter to Fr. Robert Basler, you will explain what Confirmation means to you, why you desire to receive it, how you will continue in your faith afterwards, and ask for his permission. (due March 8).

# Confirmation Action Plan

## Goal #1: Grow in Knowledge of Faith

- Actively participate in every JHYM Session
- Ask questions and seek out answers (from your coaches, parents, sponsor, priests, youth ministers, or books or internet)



## Goal #2: Grow in a Relationship with God

- Pray every day. Listen for God through Scripture, prayers, music and conversations.

Write out when & how: \_\_\_\_\_

- Attend Mass with your family or friends each weekend. (St. Jude Mass times are 5:00 pm on Saturday nights, 9:00 am, and 11:00 am on Sunday mornings, and available on-line every day! **If you struggle getting to Mass each week, write down what tends to prevent you from going:** \_\_\_\_\_

Write out how you can prioritize Mass more: \_\_\_\_\_

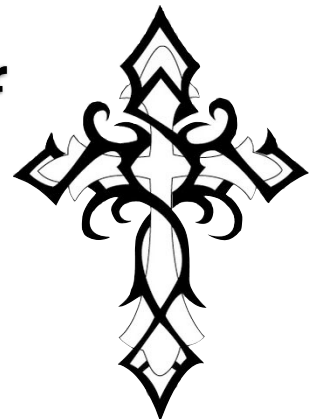


## Goal #3: Choose a Sponsor & a Saint

- Discuss with your parents and God (pray about) who to ask.
- Ask him/her to be your sponsor
- Turn in my Sponsor Form (due January 11)
- Research Saints and choose one you can relate to and take their name as your Confirmation name
- Write and turn in a one page Saint Report (due February 15)

## Goal #4: Meet & Discuss with your Sponsor

- Discuss the Scriptures & questions in the Sponsor & Candidate Guide
- Type out your letter to Fr. Robert Basler requesting permission to be Confirmed and turn it in by March 8. (Guidance will be provided at the second Confirmation Prep Session January 10 or 11)
- Attend the Confirmation Rehearsal together (dates TBD) Dates to be determined; we are awaiting dates from the bishop. Look for those no sooner than December).





# FORMED

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For Youth: YDisciple Small Group Discipleship



*Holy Spirit, help me to...  
Open my heart to Jesus to feel His peace & hear His voice*

## JHYM strives to empower families and teens to:

- Deepen their **personal relationship with Jesus** through prayer, Scripture, and faith sharing
- Share the Good News** of their faith with their words and actions
- Participate** fully and regularly **in the Sacraments** of Eucharist and Confession (Confession is offered every Wednesday in church at 6:30 pm and Saturdays at 3:30 pm)
- Apply Catholic virtues** and values to moral decision making

# When writing your Saint Report...

- ★ Ask the Holy Spirit to guide you to a Saint that you can RELATE to!
- ★ Ask that Saint to pray for you in specific ways!
- ★ Type your double-spaced, one page report on 8.5x11 paper and include:
  - ✓ A variety of details of the life of this Saint
  - ✓ Make sure you explain HOW YOU connect with and relate to this Saint (you can even use the sentences you filled out on this page!)
  - ✓ Explain why you chose this Saint
  - ✓ Use complete sentences and have a parent or sponsor proof read it!
  - ✓ Cite your sources (wikipedia is NOT a valid source)
- ★ As readers read your Saint report, they will learn about that Saint and learn about YOU too!
- ★ Turn in your Saint Report by your February Session (Feb 9 or 10, 2020).

## In What Ways do you Relate to Saints?

*When you find a Saint you can relate to, fill in these sentences:*

I can relate to Saint \_\_\_\_\_ because we both \_\_\_\_\_.

In the course of Saint \_\_\_\_\_'s life, he/she experienced \_\_\_\_\_ . I too, have experienced something like this when \_\_\_\_\_.

Saint \_\_\_\_\_ was passionate about or really enjoyed \_\_\_\_\_ . I, too, am passionate about or really enjoy \_\_\_\_\_.

(please go into some detail as to HOW or WHAT you do)

I will ask Saint \_\_\_\_\_ to pray for me in regards to \_\_\_\_\_.

### Helpful websites on Saints:

<http://lifeteen.com/blog/biggest-best-list-confirmation-saints-guys-girls/>  
<http://www.americancatholic.org/Features/Saints/patrons.asp> (Check out Saint of the Day)

# What Saints can you Relate to?

If you answer YES to the question, circle the letter.

When finished, tally up how many of each letter you circled.

1. Are you INTELLIGENT OR **STRONG WILLED** ? A
2. Are you able to **overcome difficulties** in life? E
3. Do you *enjoy writing* about your experiences, thoughts, ideas, or life? T
4. Do you enjoy **public speaking**, talking in front of others, or persuading others? A
5. Do you recognize that even the "**little things**" you do can bring glory to God--and do you strive to live out your faith in "little ways"? T
6. Do you like to ~~perform~~ or clown around for fun? B
7. Do you like **working with your hands** and make practical stuff? B
8. Do you like to help **poor people**? B & A
9. Do you get along well with your siblings? T
10. Have you ever been made fun of because of your faith? E
11. Do you disagree with or rebel from your **parents**? A
12. Do you desire to be a loving **mother & wife**? E
13. Did your mother or father **die** when you were young? T & B & E
14. Do you enjoy parties and seek out social connections and friends? A
15. Did you ever experience, or now have a **serious illness** or medical condition? T
16. Do you enjoy working with and **teaching** Children? B & E

**How many of each letter did you circle:**

E = \_\_\_\_\_ B = \_\_\_\_\_ A = \_\_\_\_\_ T = \_\_\_\_\_

Which 2 letters do you have the most of? Circle their names:

E = St. Elizabeth Ann Seton    B = St. John Bosco    A = St. Augustine    T = St. Therese

**Now check out the blurbs of those Saints on the next page...**

## E: Saint Elizabeth Ann Seton

She was born in New York City, and her mother, Catherine, died when Elizabeth was just three years old. As a teenager, she did many things to help poor people. When Elizabeth was nineteen she married a rich merchant who owned a fleet of ships. Elizabeth, William and their five children had a happy life together. But ten years later, William lost his fortune and his good health within a short time. His wife heard that the weather in Italy might help him get better. Elizabeth, William and their oldest daughter, Anna, traveled there by ship. But William did not get better and finally died of tuberculosis. When she returned home to New York she decided to become a Catholic. Her family and friends did not understand. They were very upset, but she went ahead with courage. To support her family and make sure her children received a proper education, Elizabeth opened a school in Boston and ran it like a religious community. She started many Catholic schools and a few orphanages. She made plans for a hospital, which was opened after her death. Elizabeth loved to write, but was loved most for her care of the poor and the sick. If something should happen that changes our lives from happy to difficult, let us turn to God as Mother Seton did and ask for His help. God can help bring out our hidden talents and we are then able to do things we never dreamed possible.



## B: Saint John Bosco

John Bosco was born in Turin, Italy. His parents were poor farmers. His father died when John was only two years old. John and his brothers helped their mother work on the farm as she struggled to keep the family together. He was intelligent and full of life. By the age of nine, John wanted to become a priest and his mother let him go to school. He learned to do all kinds of trades. He was a carpenter, a shoemaker, a cook, a pastry maker and a farmer. John liked to go to circuses, fairs and carnivals, and practice the tricks he saw magicians perform, and then present one-boy shows. After his performance, while he still had an audience of boys, he would repeat the sermon he had heard in church that day. As a priest, Father Bosco gathered together the homeless boys in his city and taught them trades. This way they would not have to steal or get into trouble. He loved these children, however naughty they were, and the boys loved him because John Bosco always encouraged them. Every morning he would say Mass for his students giving them beautiful sermons and telling them interesting stories. He asked the young boys to imitate Jesus in everything they did - whether it was work, study or play and told them that God wanted everyone to be saints as He had a great reward waiting for them. His advice to them was, "Pray when it's time to pray. Study when it's time to study. Play when it's time to play. Show kindness to everyone you meet. But do it all for the love of Jesus."



## A: St. Augustine

St. Augustine was born in Tagaste in modern Algeria. This famous son of St. Monica spent many years living a wicked life and in false beliefs. He was one of the most intelligent persons who ever lived. Augustine was brought up in a Christian atmosphere by his mother. But he became so proud and bad that in the end he could not see or understand holy truths anymore. His mother Monica prayed daily for her son's conversion. The marvelous sermons of St. Ambrose made their impact too. Finally, Augustine became convinced that Christianity was the true religion. Yet he did not become a Christian then, because he thought he could never live a pure life. Then one day, after hearing God speaking to his heart in prayer, he decided to be baptized and ordained a priest and he later became a bishop. He was a famous Catholic writer and started the Augustinian order. He became one of the greatest saints who ever lived. On the wall of his room, he had the following sentence written in large letters: "Here we do not speak evil of anyone." St. Augustine corrected strong false teachings, lived a simple life and cared for the poor.



## T: Saint Therese of Lisieux:

St. Theresa, who was often called the Little Flower, was born in Normandy in France. She had four older sisters. Theresa was a very lively, lovable little girl and her father called her his "little queen." Yet she could also be too sensitive and irritable. Theresa wanted very much to enter the Carmelite convent where two of her sisters were already nuns. But since she was only fifteen, they did not let her. Theresa felt sure that Jesus wanted her to spend her life loving him alone. She kept praying and asking the superior to let her join the convent. She even dared to ask Pope Leo XIII himself to grant her heart's desire and finally she was allowed to enter. Although she was only fifteen, Theresa did not expect to be treated like a child. "Obedience, prayer and sacrifice" were her duty. She had a thirst to suffer for love of God. Theresa had the spiritual courage of a real heroine. "May Jesus make me a martyr of the heart or of the body-or better, both!" she wrote. And she meant it. In winter she suffered from the bitter cold and dampness of her plain bedroom. Whenever she was made fun of or insulted, she would offer her pain to her beloved Jesus. She told Jesus to do with her whatever was his will. Sister Theresa tried hard to be humble. She called her great belief in God her "little way" to holiness. The Little Flower died on September 30, 1897. "O Jesus, my love, my vocation, at last I have found it. My vocation is LOVE!"



# Choosing a Sponsor

## The Confirmation Sponsor

- The candidate **may** choose one of their godparents. This shows the ties between Baptism and Confirmation.
- The candidate may pick a sponsor who is **not** one of their godparents. This should be someone the candidate sees as a positive faith-filled Catholic role model in his/her life.
- Since it is assumed that parents are already role models of faith for their children, that is a central reason to **not** have the parent of the candidate serve as the sponsor. This enables the candidate to get the reinforcement of the importance of faith and guidance from yet another source.



## Qualifications of the Sponsor

- Must be sufficiently mature in his or her faith commitment and at least 16 years or older.
- A sponsor can be of either gender and must be a faith-filled Catholic individual.
- The person chosen must have the intention of performing their role; assume an ongoing spiritual relationship with the candidate and help to strengthen the Candidate's relationship to God and the Church. (Not merely function as a passive witness to the Rite of the Sacrament of Confirmation.)

Ask your sponsor to sign the **Sponsor Form** and turn it in by **January 10 or 11, 2021**  
Bring it to your Prep #2 or email it to [ESullivan@stjudes.org](mailto:ESullivan@stjudes.org)

## A Sponsor is:

- A **Representative** of the Catholic Community: The sponsor is the personal representative of the entire Catholic Community to the individual candidate.
- A **Companion**: A sponsor should serve as a companion or guide for the candidate along the journey. The sponsor should **listen** and **offer support** and **guidance** when you have doubts or questions about your faith. This person should also **challenge** you when your enthusiasm or interest is at a low point. This companion should be someone you can **trust**, turn to and talk things over with.
- A **Mentor**: A sponsor should be someone who is open to growth in one's faith and putting into action what that faith requires. This person should be a **faith example** who you look up to and would like to emulate.

## The Role of the Sponsor

- Assist in the preparation for the Sacrament in a variety of ways, but specifically through the formational guide which will be passed out at the second Confirmation Prep Session.
- Accompany the candidate and present him or her to the bishop at the Confirmation ceremony.

## Traits of the Sponsor

- A sponsor attends Mass and strives to live out his/her faith.
- A sponsor listens to his/her candidate, prays for him or her, and talks about faith with him/her.
- A sponsor serves as a bridge, helping the candidate understand and become familiar with the people, places and traditions of the Catholic faith.
- A sponsor respects the candidate's freedom, allowing the candidate to decide whether this is the right time to seek the Sacrament of Confirmation.

## Sponsors are encouraged to become involved by:

- Attending the second and third Confirmation Prep Session with the candidate.
- Deepening their faith relationship with the candidate during the time of preparation for Confirmation.
- Attending Mass as often as possible with the candidate.
- Participating in a service project with the candidate if possible.
- Continuing to be a source of encouragement and guidance for the candidate after receiving the Sacrament of Confirmation.



### Save the Dates! 2021

- Confirmation Prep #2 (teens & sponsors attend together) on January 10th\* 4:45–6:15 pm or January 11th\* 6:30-8 pm
  - Confirmation Prep #3 (teens & sponsors attend together) March 21st\* 4:45-6:15 pm or March 22nd\* 6:30-8 pm
  - Sacrament of Confirmation & Rehearsal
- \* Live-Stream option available!

### Important Notes

- Candidates need to inform sponsors of the dates of the Confirmation Mass, rehearsal and of the need to schedule time for the Discussion Guide. The guide will be handed out in January and are on-line. Set times that are convenient to meet and discuss the Scriptures and questions.
- In some special circumstances, a proxy may be chosen to stand in the place of your sponsor if he/she cannot attend the Rite of Confirmation Mass.





**St. Jude's Catholic Community**  
**Junior High Youth Ministry**  
**Sponsor Confirmation Commitment Form**

I have agreed to act as Sponsor for \_\_\_\_\_ in the Confirmation process. I certify that I am a fully initiated member of the Roman Catholic Church – having received the sacraments of Baptism, Eucharist, and Confirmation.

Please note that in addition to being fully initiated, a Sponsor must be at least 16 years old and not be the biological parent of the candidate.

Confirmation Sponsors are expected to schedule time to do spiritual formation (led by a formational packet made available to them) with their Confirmation candidate.

Further, I certify that I am a practicing Catholic and an active member of

\_\_\_\_\_ in \_\_\_\_\_,  
(printed name of your Catholic Parish) (city) (state)

Lastly, I commit to give support to my Confirmation candidate through my prayers, interactions and the example of my daily life.

\_\_\_\_\_  
(signature of Sponsor)

\_\_\_\_\_  
(printed name of Sponsor)

Email Address: (please print clearly)

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

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

Please return to Catholic Community of Saint Jude  
241 West Second Avenue  
New Lenox, Illinois 60451  
Parish Office Phone: 815-485-8049  
Email to [ESullivan@stjudes.org](mailto:ESullivan@stjudes.org)

The Faith Formation Office is open Monday through Thursday from 9:00 am - 4:00 pm

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