

## **CONFIRMATION Spring 2013 Parent and Candidate Handbook**



**God, our Father,  
we ask you  
to bless  
our Candidates  
who are now  
preparing  
to receive  
the Spirit  
of your Love  
in the Sacrament  
of Confirmation.**

**May the gifts  
within each one  
be touched  
by your Holy Spirit  
and become  
a blessing  
for our parish  
family.**

**Bless our parents,  
our team leaders,  
our sponsors,  
our catechists,  
and all those  
who have been  
a reflection of  
your Son's love  
for us.**

**This we ask  
through Christ,  
our Lord.  
Amen.**



**Saint Mary of the Immaculate Conception Roman Catholic Church  
Fredericksburg, Virginia**

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**calendar of events**

Year I - 2011	
October 27	Meeting 7:30pm, Church
	■ Confirmation Application and Commitment due
October 27 <i>(at meeting)</i>	■ Sponsor Form or Proxy Sponsor Form due <i>(if your Sponsor is not a registered member of St. Mary, a separate Sponsor Certificate from his/her parish can be submitted in lieu of the St. Mary form)</i>
	■ Baptismal Certificate due <i>HCA Certificates are provided by the school office</i>
Year II - 2012	
Throughout 2012	Time is set aside for Team Activities/Works
Year II Meeting, November	Workbooks distributed to candidates
2013	
When Classes resume, January 2013	■ Team activities/Works of Mercy to be completed and filed with the Office of Youth Ministry
	■ Completed Workbooks Due
To be Announced	■ Retreats
4 Weeks prior to Confirmation	Team Interviews
To Be Announced	Rehearsals
To Be Announced	Sacrament of Confirmation <i>(date determined by Bishop's Office, not announced until a couple months prior to date)</i>

welcome



ST. MARY  
of the  
IMMACULATE  
CONCEPTION  
Roman Catholic Church

October 2011

Dear Parents and Candidates for Confirmation,

We have begun the very special process of preparing for the Sacrament of Confirmation in the Spring of 2013! Confirmation completes the process of initiation into the Church making us fully members, and brings the gifts of the Holy Spirit alive in us so that we can take all that we have learned and whom we have become up to this day, and apply it in action, alive in the Church, full of faith and hope that what God has planned for us will come to be through the power of his Spirit. We hope to come together, and come closer to God and become more aware of God in our lives, and his call for our involvement in that life.

Over the coming months you, our youth and families, will be doing much reflecting, sharing, praying, celebrating, serving and growing. Our staff, parent/adult volunteers and catechists are committed to supporting you every step of the way. Most of all, this is a time of prayer for you as you discern the choices you are making, so that the reception of God's divine life is something that truly "flips on" the switch of faith, hope and love. May we be conformed to Christ and through him give glory to our Father in heaven.

Parent/adult leaders have volunteered to lead Confirmation teams and have prepared to make the Team portion of Confirmation formation a powerful and meaningful time for you. Parents, it is imperative that the leaders receive your support and presence as they coordinate meetings, Corporal and Spiritual Works of Mercy, attend the retreat and interview, and guide us through the process.

In addition, none of this makes any sense if you aren't regularly attending Mass, Religious Education classes and going to Confession so that fertile ground may be prepared to receive the gifts of God.

On behalf of St. Mary Parish, we welcome your family to the Confirmation program and pray that you and your son or daughter together will find this process of formation a powerful time of faith, hope and love.

May the Holy Spirit strengthen and guide you,

A handwritten signature in black ink that reads 'Fr. Don Rooney'.

Rev. Don Rooney  
Pastor

A handwritten signature in black ink that reads 'Leo Chavarria'.

Leo Chavarria  
Director, Youth Ministry

**confirmation** Confirmation is a Sacrament in which those who have been baptized receive the fullness of the Holy Spirit whom the Lord sent upon his Apostles at Pentecost. It is a Sacrament that celebrates God's special strengths and gifts in those who have been baptized.

In 1972, the Church published the Rite of Christian Initiation of Adults (RCIA). The RCIA strengthens the connections between the three Sacraments of Christian initiation: Baptism, Confirmation, and Holy Eucharist.

- In Baptism, a person becomes a Christian and receives grace and life from the Holy Spirit.
- In Eucharist, the great sign of Christian unity, the faithful are nourished and strengthened. They are transformed into a more living and united community of believers.
- In Confirmation, the baptismal vows are renewed and the sealing of the Spirit serves as a preparation for a mature Christian life.

Through these sacramental rites, the faithful are officially acknowledged as Christians and are commissioned to carry out the mission of Christ and his Church.

Confirmation is a parish community celebration. It provides an opportunity for members of the parish family to renew their own baptismal commitment. Confirmation time in the parish is a time when the community celebrates the gifts of the Holy Spirit among them.

It is not enough for Candidates (those eligible and preparing for Confirmation) to sit back and learn the faith from the words of a catechist or from a book. They must go out and see for themselves how the Holy Spirit is at work in the community. Confirmation preparation is the chance for them to find how the gifts of the Holy Spirit are at work everyday. This also helps the Candidate to be open to receiving these spiritual gifts in a special way at their Confirmation.

Pentecost saw the Holy Spirit given to the fledgling group of people that was the Church. Peter and the others had now experienced both the presence of the risen Jesus and his Holy Spirit. These remarkable experiences compelled them to begin immediately spreading the Good News that Jesus is Lord. He had risen from the dead. God is the God of welcome and love and the power of God is available to everybody through the coming of the Spirit.

**gifts & fruits  
of the  
Holy Spirit** The Gifts and Fruits of the Holy Spirit help us live our lives more fully committed to Christ:  
The Seven Gifts:  
**Knowledge, Understanding, Wisdom, Counsel, Fortitude, Piety and Fear of the Lord.**

The Twelve Fruits:  
**Charity, Kindness, Joy, Goodness, Peace, Generosity, Patience, Gentleness, Faithfulness, Modesty, Self-Control and Chastity.**

**eligibility** The Diocese of Arlington has set 8th Grade as the minimum age for Confirmation. Confirmation preparation is a two-year process.

At St. Mary, unconfirmed seventh-graders who have received the Sacraments of Baptism, Penance and Eucharist are eligible to begin the regular cycle of Year I Confirmation Preparation Classes. Students in eighth grade through high school are also eligible to begin Year I in a separate class. Two full years of Confirmation preparation and St. Mary's Confirmation requirements must be fulfilled in order to receive the Sacrament of Confirmation.

Students who are being prepared for Confirmation in a Catholic school other than Holy Cross Academy or another Religious Education program are also eligible for Confirmation. A letter from your child's Director of Religious Education or Catholic school principal will be required to verify their attendance, curriculum and service project requirements. St. Mary's Confirmation requirements must also be fulfilled in order to receive the Confirmation.

There are three essential components for admission to candidacy for Confirmation.

1. **The Religious Education Component.** Attendance in classes provided (two years), either at Holy Cross Academy, the St. Mary Religious Education Program, or an approved home schooling program where families report progress monthly (see St. Mary RE Department for details). On Monday evenings we offer Confirmation for Year I students in eighth grade through high school. These students must meet the same requirements as the seventh graders.
2. **The Spiritual and Corporal Works of Mercy.** Active participation with the Confirmation Teams is required of all admitted to Candidacy. Attendance at Mass and the Sacraments is required.
3. **APPLICATION for Candidacy.** Students are only admitted to Candidacy for Confirmation in a particular year once the following documents have been **completed and received**: (1) the fully completed Application/Commitment, (2) Sponsor information and (3) Baptism certificate.

Candidates will begin their classes, both 7th and 8th - 11th grades, during the week beginning September 12, 2011.

The **Application for Reception and the Confirmation Commitment** must be completely filled out and submitted to Holy Cross Academy OR the Office of Youth Ministry in the Activity Center no later than October 27, 2011. The Candidate's **Baptismal Certificate** (a copy, not the original) is due October 27, 2011. If the Candidate attends Holy Cross Academy, the certificate is already on file. If baptized at St. Mary, a copy of the original certificate will be helpful, but the information on the Application form will be sufficient IF your original cannot be found.

The second step is the **Sponsor's Acceptance Form**. This form should also be completed and submitted by October 27, 2011. The DATE for Confirmation, which is set by the Bishop's Office, is not known at this time. Candidates should still select a Sponsor, even in the face of uncertainty over whether that Sponsor can attend the Confirmation. A Proxy may be selected easily if the Sponsor cannot attend, even in the last few days before Confirmation (See the Office of Youth Ministry for more information).

Please be aware that obtaining Baptismal Certificates and Sponsor Acceptance forms can take time to process so please start the process right away.



## **role of the parents**

Parents play the most important role in their children's continuing initiation into full membership in the Christian community.

Parents of Confirmation candidates:

- Are the primary educators of their children;
- Represent the Church by showing their child a Christian example and the importance of faith;
- Serve as models for their child by being committed Christians;
- Require their child to worship with the parish community weekly at Mass;
- Reinforce and promote belief in the home;
- Encourage their child to reflect and thoughtfully consider the decision to receive the Sacrament of Confirmation;
- Are not permitted to be Confirmation Sponsors for their own child;
- Assist their child with the immediate preparation for the Sacrament of Confirmation through prayer, study and service;
- Stress the initiation aspect of the Sacrament by encouraging their child to continue learning about their faith in the parish life and programs into the high school years;
- Help their child in understanding that Confirmation service projects are the beginning of a life committed to Christian service;
- Commit to daily prayer for the Candidates.

## **role of the candidate**

As Candidates continue preparing for Confirmation, they must:

- Listen attentively and participate willingly in Religious Education classes;
- Respect each other's point of view;
- Respect their Catechists and Team Leaders;
- Ask questions. (This helps to develop a more mature understanding of Christian beliefs and make their own commitment stronger);
- Attend Mass weekly;
- Invite a practicing Catholic to be their Confirmation Sponsor (see the "Sponsor" section of this handbook for details);
- Participate in the Confirmation Retreat;
- Return all necessary paperwork by the dates indicated on the calendar;
- Complete the Confirmation workbook;
- Participate willingly in their Confirmation team, completing three Corporal and three Spiritual Works of Mercy;
- Be interviewed with their team by a member of the clergy;
- Remain an active part of the Catholic community by continuing to learn about and practice their faith.

**Confirmation Teams complete three Spiritual Works of Mercy and three Corporal Works of Mercy, together as a team, as a primary component of the Confirmation preparation program.**

Each Candidate belongs to a team of a dozen or so youth, according to neighborhoods where they live or close by. These teams are led by volunteer adult/parent leaders whose job is to serve as mentors for the young people, providing inspiration for serving in the Church as well as leading reflections following activities, to discuss the purpose of service, both spiritual and corporal. God placed us on earth to give him glory but also to care for one another, and this kind of caring is best accomplished within the context of teams, in the hopes that there will be some adults able to fill the vital role of role model. Consider the expression, "Always and in every place, preach the Gospel: when necessary, use words."

Another benefit of these teams is to help the Candidates be acquainted with the other Catholic youth who live near them, people they might not otherwise know later in high school. Since the majority of our teens attend the dozen or so local public high schools, this Catholic presence is of real importance. Neighborhood proximity allows these teams to socialize, form friendships and easily complete their Team Projects together. By doing spiritual activities and works of mercy as a group, their identity as the Catholic community grows and hopefully they will know that they have a lasting place in the Church, a place where they can truly make a difference. Together, with Christ, we can accomplish great things; alone, our efforts are not so certain.

*Participation in these Confirmation Teams is required, not optional, and the backbone of the Confirmation program, so that the teachings of Christ and the gifts of the Spirit might have a living context in which they can take shape and be realized.*



#### MISSED ACTIVITIES

All team activities are to be completed together as a group under the supervision of the Team Leader and parent/adult volunteers.

Sometimes no matter how hard you try you end up missing an activity. Team Projects/Works of Mercy must be made up regardless of the reason. All missed activities must be made up as soon as possible. The following procedure is to be followed in order for the makeup activity to be counted:

1. Team leaders will inform the Youth Ministry Office, at the completion of any team activity, the names of any candidates who did not attend.
2. It is the candidate's responsibility to contact the Youth Ministry Office within two weeks of any missed activity. At that point the Youth Ministry Office will assist with finding an acceptable replacement activity with another team. It is the candidate's responsibility then to contact the team leader and make arrangements for the make-up activity.
3. At least FOUR of the activities must be done within your own team, so it is imperative that you attend the team planning sessions.
4. It is the responsibility of the candidate and their parents to participate in these activities. The time to complete team activities has been extended this year to 13 months, ample time for candidates to attend planning sessions and team activities.
5. If the candidate fails to complete the required number of activities by January 10, 2013, the candidate will be assigned to a new team with the Confirmation class of 2014 and will not be Confirmed until all activities and requirements have been completed.

## sponsor requirements

A Sponsor is required for the Candidate being confirmed. Canons 872 and 874 of the Code of Canon Law list those requirements for the valid and lawful sponsorship in Confirmation:

- The Sponsor's role is to assist the person in Christian initiation.
- The Sponsor's role, together with the parents is to present the child for the Sacrament and help him/her live a life befitting a baptized Catholic.

A Sponsor:

1. Must be mature enough to undertake this responsibility.
2. Must have received the three Sacraments of Initiation, namely, Baptism, Communion and Confirmation.
3. Must be no less than 16 years of age at the time of Confirmation.
4. Must know the fundamental truths of the Faith and be a practicing Catholic who goes to Mass every week, receives the Sacraments regularly and sees to the religious instruction of his/her family.
5. Must be a member of the Catholic Church and canonically free to carry out this office. (Those Catholics publicly living in an invalid marriage, ((not according to the church regulations)), and those who are cohabitating, ((living together without marriage)), are ineligible).
6. Must not be father or mother of the one being Confirmed.

If a Sponsor is unable to attend the Confirmation, a Proxy may stand in. If necessary, a parent may serve as Proxy.

Being a Sponsor is not just an honor given to a good friend or relative. Sponsorship implies a real appreciation of the faith, a practice of the same, and a sense of responsibility toward the person being confirmed. Parents cannot be sponsors for their children because they are already their child's most important teacher. Candidates may choose one of their Godparents to be their Sponsor to show the close connection between Baptism and Confirmation or they may choose a different person. This person should be a confirmed Catholic whom the candidate admires and who bears witness to the Gospel in his/her everyday life.

**If the sponsor is NOT a member of St. Mary's they must obtain a Sponsor Certificate signed by a priest from their home parish by October 27, 2011.**

A Sponsor also plays a vital role in the Candidate's continuing initiation into full membership in the Christian community. A sponsor of a Confirmation Candidate:

- Supports the Candidate in their commitment to a Christian life;
- Must know the Candidate and be willing to serve as a strong and long-lasting Christian influence on the Candidate;
- May help the Candidate prepare for Confirmation;
- Must be reasonably informed on current Church teachings.

Each Candidate is expected to write a letter of invitation to their Sponsor. The letter should include:

- An invitation to be the Sponsor, telling them why they have been chosen;
- The dates and times of the Rehearsal and Confirmation Mass (if known);
- A copy of the Sponsor Acceptance and Requirements Form.

## confirmation name

Each Candidate will choose to take a new name for Confirmation, however it should be a name from the list of recognized Saints of the Catholic Church. Candidates may choose to keep their baptismal name as long as it is a Christian name. Names of Saints are chosen to serve as patrons and models for those being confirmed.

Candidates should choose a patron whose Christian life and virtues can be imitated. The Saint Name Form will be completed as part of a class assignment in the Religious Education Program or Holy Cross Academy religion class. A sample list of patron Saints is listed in Appendix A on page 11 of this handbook to help candidates begin thinking about the saint's name you might choose and why.



## Year II

### workbook

At the team leaders'/parents' meeting at the beginning of their second year of preparation, each Candidate will receive a Confirmation Workbook to be completed by the date of their retreat. Details of Workbook requirements are printed on the front cover of the Workbook. Additional copies can be obtained in the Office of Youth Ministry.

### interviews

Confirmation Candidates will be interviewed together in teams by one of the priests. The interview lasts approximately 30 minutes and is really an opportunity for the priests and the candidates to talk about their experiences in the program, to explain their Team Works of Mercy, to talk a little about their saints, sponsors, and what to expect on the day of Confirmation. If you're willing, even your discernment of your call to Confirmation would be a great topic. Confirmation interviews are usually held about a month before Confirmation.

Your team leader will notify you of the day your team has been scheduled for their interview. Please see appendix B on page 12 of this handbook for sample interview questions.

### retreat

As part of their preparation, each Candidate is required to attend the Confirmation retreat in their second year of preparation. The retreat is held at the Basilica of the National Shrine of the Immaculate Conception in Washington D.C. The Candidates will depart from St. Mary's Activity Center on buses and will be fed lunch during the retreat.

The fee for the retreat is due at the Year II meeting held in the fall of 2012. The retreat fee is \$50.00; and includes bus rental fee, lunch fee, stipends for priest helping with Confession, donation to Basilica, and Confirmation Robe upkeep. Appropriate dress is required for the retreat. Gentlemen must wear dress pants, a collared shirt and comfortable shoes. Young ladies must wear dress pants or skirts, an appropriate sweater or blouse and comfortable shoes. Jeans, shorts, t-shirts, short skirts and shirts worn above the waist are prohibited. Personal electronics of any kind are prohibited at the retreat. The purpose of this retreat is to set the spiritual tone needed to prepare the Candidates for the Sacrament of Confirmation.

### rehearsal and Mass

Attendance at the Confirmation rehearsal is mandatory for the Candidate and their sponsor (or proxy). Confirmation is a special occasion celebrated in the Church. Appropriate attire is required. The dress code for gentlemen is dress pants and dress shoes with a button up shirt and tie. Suit jackets are preferred but not required. Young ladies may wear dresses, skirts or dress slacks. Items that are NOT appropriate include spaghetti straps, jeans, t-shirts and any type of immodest clothing.

The actual date for Confirmation is determined by Bishop Loverde's office. As soon as the Office of Youth Ministry is informed of the date for Confirmation, you will be informed. The Bishop of Arlington or one of the bishops from the Archdiocese for Military Services will lead us in the celebration of the Sacrament of Confirmation. In order to maintain the sacred nature of this time and place, photography and video equipment are strictly prohibited in the church.

Following the Confirmation Mass, there will be a reception in the Parish Life Center. Professional photographs of the teams in their robes with the Bishop will be taken immediately following the Confirmation Mass. If you would like to purchase a photograph of your child's team, you must complete an order form. Additional copies are available at the Office of Youth Ministry. Confirmandi will receive their certificate upon the return of their robe.

Actors	Genesius	Learning	Ambrose, Catherine of Alexandria
African Americans	Martin de Porres, Charles Lwanga	Lithographers	John the Evangelist
Those with Alcoholism	Matthias	Loneliness	Rita
Animals, Birds	Francis of Assisi, Nicholas of Tolentino	Machinists	Hubert
Archeologists	Damasus	Married Couples	Joseph, Anthony
Archers	Hubert, Sebastian	Mass Servers	John Berchmans
Architects	Thomas, Barbara, Benedict	Mathematicians	Hubert
Artists	Luke, Catherine of Bologna, (Bl) Fra Angelico	Those with Mental Illness	Dymphna
Astronomers	Dominic	Men in Armed Forces	George
Athletes	Sebastian	Merchants	Francis of Assisi
Authors	John the Evangelist, Francis de Sales	Military Chaplains	John of Capistrano
Aviators	Therese of Lisieux, Joseph of Cupertino	Miners	Barbara
Accountants / Bankers	Matthew	Missionaries	Francis Xavier, Therese of Lisieux
Blacksmiths	James	Monks / Farmers	Benedict
Blind people	Lucy, Thomas	Mothers	Mary, Mother of God, Monica, Anne
Booksellers	John of God, Thomas Aquinas	Musicians / Church Music	Cecilia / Gregory the Great
Boy Scouts	George	Nurses	Camillus de Lellis, Elizabeth of Hungary
Bricklayers	Stephen	Orators	Anthony of Padua
Builders	Barbara, Vincent Ferrer	Orphans	Jerome Emiliani, Ivo of Kermartin
Cabinetmakers	Anne	Painters	Luke, (Bl) Fra Angelico
Cancer patients	Peregrine Laziosi	Parish Priests	John Mary Vianney
Carpenters	Joseph, Thomas the Apostle	Pharmacists	Luke
Catholic Charities	Elizabeth of Hungary, Vincent de Paul	Photographers	Veronica
Catholic Schools	Elizabeth Ann Seton	Poets	David, Columba
Catechists / Catechumen	Julie Billiard/Robert Bellarmine	Police Officers	Jude, Michael
The Universal Church	Peter	Politicians	Thomas More
Chefs	Martha, Lawrence	The Poor	Anthony of Padua, Lawrence
The Universal Church	Peter	Potters	Catherine of Alexandria
Civil Engineers	Ferdinand III of Castille	Pregnant Women	Gerard Majella, Margaret of Antioch
Civil Servants	Thomas More	Prisoners	Vincent de Paul
Clergy	Charles Borromeo	Public Schools / Services	Martin de Porres
Climbers / Skiers	Bernard	Publishers	John the Evangelist
Clock Makers	Joseph	Right to Life	Margaret of Castello, Guadalupe
Comedians	Lawrence, Genesius	Sailors	Brendan, Nicholas of Myra
The Compassionate	Benjamin	Salespersons	Lucy
Composers	Cecile	Scholars	Bridgid of Ireland, Thomas Aquinas, Jerome
Computers/Computer Science	Isidore of Seville	School Teachers	Gregory, John Baptist de la Salle
Contemplative Life	Mary Magdalene / Madeleine	Scientists	Albert the Great, Dominic
Conversion of Heart	Paul	Sculptors	Claude, Luke, Louis
Craftsmen and Women	Dymphna	Scotland	Margaret, Andrew
Dancers	Genesius	The Sick	Camillus
Deacons	Stephen	Singers / Performers	Cecile, Andrew
Those in the Diplomatic Service	Gabriel	Social Workers	Louise de Marillac, John Francis Regis
Doctors, EMTs	Luke	Soldiers	Joan of Arc, Sebastian, Ignatius of Loyola
Eloquence, sacred	Anthony, John Chrysostom	South America	Rose of Lima, Guadalupe
Emigrants	Francis Xavier Cabrini	Spiritual Directors	Charles Borromeo
Enemies of Religion	Sebastian	Stockbrokers	Matthew
Environment / Ecology	Francis of Assisi	Those with Stomach Disorders	Timothy, Charles Borromeo
Those with Epilepsy	Genesius	Stone Workers	Louis, Stephen
Equestrians	James	Students	Catherine, Thomas of Aquinas, Lawrence
Those with Eye Diseases	Raphael	Tax collectors	Matthew
Those Falsely Accused	Raymond	Teachers	Francis de Sales, Catherine of Alexandria
Families	Joseph, Maximilian Kolbe	Teenagers	Maria Goretti, Aloysius Gonzaga
Farmers	Isidore the Farmer	Telecommunications	Gabriel
Those suffering from Fevers	Genevieve (Genofeva)	Telephones / Television	Clare
Firefighters	Florian	Theologians	Augustine, Thomas Aquinas, Catherine of Siena
Fishermen	Peter, Andrew	Travelers	Raphael, Joseph, Christopher
Florists	Therese of Lisieux, Rose of Lima	Translators	Jerome
France	Joan of Arc, Therese of Lisieux	Those with Tuberculosis	Theresa
Friendships	John the Apostle	Unborn Children and Mothers	Gianna Beretta Molla
Gardeners	Agnes, Rose of Lima, Fiacre, Adam	Unity	Gregory
Goldsmiths / Jewelers	Dunstan, Luke	Veterinarians	Blaise, James
Grandparents	Anne	Vocations	Alphonsus Liguori, Andrew
Hairdressers	Mary Magdalene/Madeleine	Waiters, Waitresses	Martha
Hardware	Sebastian	Workers	Joseph
Holy Cross Academy	Leonie Aviat	Workers, Youth	John Bosco
Homeless Children	Jerome Emiliani	Writers	Francis de Sales, John the Evangelist
Homemakers	Anne, Martha	Youth	Aloysius Gonzaga, Maria Goretti, John Berchmans
Horses	Martin of Tours, Hippolytus		Raphael, John Bosco, Stanislaus Kostka
Hunters / French Horn players	Hubert		
Impossible Situations	Rita of Cascia, Jude		
Ireland	Patrick		
Lawyers	Thomas More		

More? See:  
<http://www.catholic.org/saints/stindex.php>  
<http://www.catholic.org/saints/patron.php>

appendix a  
a few  
patron  
saints  
talk it over  
with your  
parents

## appendix b

### Year II Interview a few review questions

Here are some good questions to reflect upon. They may come in handy in the Interview, and certainly will contribute to your Team discussions. Mostly, they are meant to help you focus on important aspects of your faith and how connected you are to it.

1. How would you describe your relationship with Jesus Christ? With God?
2. What does it mean to be a follower of Christ?
3. What are the characteristics of a faithful Catholic?
4. With what activities or ministries in the parish or community have you helped out? Do you have gifts or talents leading you to a particular ministry in the parish community?
5. How much is prayer a part of your life?
6. How much is reading the Bible a part of your life?
7. How much is weekly Mass a part of your life?
8. Is the pattern of celebrating Mass every week the center of your life as a Catholic?
9. What saint did you choose for your Confirmation name? Why was this saint so inspiring to you?
10. What two actions can you take to improve your participation in Mass?
11. What has your experience of Religious Education classes been like?
12. Why do you want to be confirmed?

See if you know the answers to these. You might use these in group discussions to review what you've been learning in Religious Education classes.

Questions (answers are on the reverse side of this page):

1. What is Confirmation?
2. What does Confirmation accomplish in me?
3. Who is the Holy Spirit?
4. Who is the minister of Confirmation?
5. How is Confirmation administered?
6. What is Sacred Chrism?
7. What are the words spoken by the Bishop?
8. Why am I anointed with Sacred Chrism?
9. Who can receive Confirmation?
10. Who should be chosen as a Sponsor for Confirmation?
11. Why is Confirmation so important at this time?

Answers:

1. What is Confirmation?  
Confirmation is one of the seven sacraments which are outward signs instituted by Christ to give grace. In Confirmation, the Holy Spirit comes to us in a special way.
2. What does Confirmation accomplish in me?  
Confirmation does three things for me:
  1. Binds me more closely to the Church.
  2. Deepens my commitment to love, study, defend and spread the faith.
  3. Confers an indelible or permanent mark that consecrates me to be a witness to Christ.
3. Who is the Holy Spirit?  
The Holy Spirit is God and the third Person of the Blessed Trinity.
4. Who is the minister of Confirmation?  
The minister of Confirmation is the Bishop, but priests may confirm with special permission.
5. How is Confirmation administered?  
Confirmation is administered by tracing a cross on the person's forehead with sacred chrism and saying the proper words.
6. What is Sacred Chrism?  
Sacred Chrism is a mixture of olive oil and balsam blessed by the Bishop on Holy Thursday.
7. What are the words spoken by the Bishop?  
The words spoken while being confirmed are:  
Bishop: "N. be sealed with the gift of the Holy Spirit".  
Candidate responds: "Amen".  
Bishop places his hand on the shoulders of the newly confirmed and says "Peace be with you,"  
Candidate responds: "And also with you".
8. Why am I anointed with Sacred Chrism?  
I am anointed to set me apart for a special mission which is to give witness to Christ.
9. Who can receive Confirmation?  
Any baptized person who was never confirmed can receive Confirmation.
10. Who should be chosen as a Sponsor for Confirmation?  
A sponsor should be a practicing Catholic whose duty is to support the candidate in living the faith and by good example.
11. Why is Confirmation so important at this time?  
Confirmation is important because I am making the decision to choose Christ and the Church for myself.

Sign of the Cross  
Our Father, Hail Mary, Glory Be  
Ten Commandments  
Seven Sacraments  
Apostles' Creed  
Act of Contrition

do you know?

## appendix c

### Corporal Works of Mercy Activity Ideas May Include:

#### For Team Leaders

1. Volunteer at a local nursing home for a special activity with residents. Nursing homes St. Mary is affiliated with are:

#### Team works ideas

Nursing Home	Contact	Phone Number
Heartfields	Pamela Smith	540-373-8800
Hughes	Marsha Roland	540-373-4100
Woodmont	Maria DaSilva	540-371-9414
Golden Living	Sandra Ray	540-786-8351
Greenfield	Connie Miller	540-374-8200

2. Get involved in local ministries for the homeless and poor.

Micah Ministries	Rick Caporali	540-373-6491
Thurman Brisben (Homeless Shelter)	Dawn Miller	540-295-4836

3. Help clean/sort/organize food at the Fredericksburg Food Bank or get involved in other projects supported by the Outreach Committee of the Parish Council.

Parish Outreach Committee	Lynda Retterer Gail Russell	540-373-5610 540-373-6491
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4. Assist a local charitable organization in various annual and outreach programs, such as:

Knights of Columbus	Warren Kimmerly	540-220-0371
Council/Catholic Women	Judith Thielman	540-373-7894
Hope House	Anita	540-371-0831
Salvation Army		
Store	Sharon Schweing	540-891-2242
Projects	Jamie Smith	540-373-3431
Habitat for Humanity	Lisa Markel	540-891-5009
Aviat Care/HCA	Sr. Miriam Elizabeth	540-286-2773
St. Vincent de Paul	Maureen Jones	540-898-8065

### Spiritual Works of Mercy Ideas May Include:

1. Our parish 40 Hours or Stations of the Cross on Friday evenings during Lent.
2. Attend a first Friday evening Mass or a Friday night Holy Hour of Adoration.
3. Attend a Baptism after 10:30am Mass on some Sundays and pray for the baptized and their family (call the rectory in advance 540-373-6491).
4. Visit a religious order within our diocese and pray for vocations.
5. Visit/send cards to our homebound parishioners and pray for them. (contact rectory)
6. Pray the rosary with local Nursing Home residents.
7. Attend the Holy Spirit Novena.
8. Attend Ecumenical prayer services.
9. Attend Special liturgical events

Please inform the Youth Ministry Office of scheduled team activities as soon as possible!  
Thank you.

## NOTES

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Saint Mary of the Immaculate Conception Roman Catholic Church  
1009 Stafford Avenue  
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Parish Office  
phone 540-373-6491

[www.stmaryfred.org](http://www.stmaryfred.org)