

CONFIRMATION YEAR 1

“Baptism, the Eucharist, and the sacrament of Confirmation together constitute ‘the sacraments of Christian initiation,’ whose unity must be safeguarded. It must be explained to the faithful that 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. Hence, they are, as true witnesses of Christ, more strictly obliged to spread and defend the faith by word and deed.”

–CCC 1285 and *Order of Confirmation, Introduction 1* and *Code of Canon Law, canon 879*

The sacrament of confirmation is initiatory, completing baptism. The goal of our process is to prepare candidates for an encounter with Jesus that becomes the foundation for lifelong discipleship: a relationship rooted in their identity as sons and daughters of God, filled with the Holy Spirit, and equipped for the mission to which God has called them.

At St. Luke Church, confirmation candidates complete a 2-year preparation process, per Diocesan requirements. Candidates typically begin preparing in the seventh grade, first year confirmation. The candidates are invited to celebrate confirmation at the end of the second year. In alignment with the Catechism of the Catholic Church, during the course of their 2-year preparation, candidates will have their knowledge of and commitment to the faith strengthened through an emphasis on the four pillars of our faith: the Creed, the sacraments, the moral life, and prayer.

Requirements

The sacramental preparation process includes self-guided and home formation preparation. Candidates play an active role in their faith journey through personal commitment, inquiry, participation in liturgy, study of the Word, seeking an understanding of doctrine, bearing witness to God through evangelization, and turning to God in an ongoing prayer relationship. Details on all of the following responsibilities and events will be communicated to parents and students throughout the faith formation year. Physical copies of all forms are located in this handbook.

First year confirmation candidates will:

- Provide documentation of their previous sacramental history (baptism, first Eucharist).
- Research and select a Saint whose name they will take at confirmation.
- Choose a confirmation sponsor who will walk with them on their journey with regular interactions and, ideally, present them at the confirmation Mass.
- Live their faith in action by participating in at least 5 hours (no more than 4 hours in any one event/activity) of faith and service-related activities at church or in the community and complete a personal reflection of their experiences.



CONFIRMATION SAINT NAME PROJECT

"An eternal name, which shall not be cut off, will I give them." - Isaiah 56:5

"I have called you by name: you are mine." - Isaiah 43:1

Why a new name?

When you were born, your parents chose a name for you. They might have been inspired by a movie star, musician, Saint, family member, or they just liked the name. It marked an identity for you and told others who you are. As part of your confirmation preparation, *you* will have the responsibility and privilege to choose a name to be confirmed as. It will confirm your identity in Christ and serve as a reminder of a holy example you are looking to imitate.

A new name has often marked a drawing closer to God. The Bible tells us about Abram becoming Abraham (Genesis 17:5), that Jacob is renamed Israel (Genesis 35:10), and that Simon is now called Peter (John 1:42). It is also customary for priests and religious to take on a new name when they are ordained or take vows. Even the Pope chooses a new name in their papacy, like Pope Francis (born Jorge Mario Bergoglio).

St. Paul tells us that we do not journey to heaven alone but that "we are surrounded by so great a cloud of witnesses" (Hebrews 12:1). These witnesses are the Saints who intercede for us (CCC 956) and whose lives serve as a model of holiness. By choosing a confirmation Saint, we are choosing a saintly friend to pray for us in heaven (intercession) and who can help us here on earth to be holy by following their good example (witness). It is an opportunity to choose a name that is important to you, a name that will assist you on your faith journey.

How do you choose a Saint?

Pray. First begin by going to prayer and asking the Holy Spirit for guidance. The Saints are already pursuing you even more than you are looking to connect to them! Look for novenas or pray the Litany of Saints and see who might be coming up repeatedly.

Research. Look at the biographies of 2-3 Saints to start finding one that you connect with or someone who intrigues you. You might begin by searching for Saints who are patrons of things you enjoy – like sports, cooking, travel, or even the internet. Use Catholic books and websites to help you learn about their lives:

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

<https://sacred-texts.com/chr/lots/index.htm>

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

<https://lifeteen.com/biggest-best-list-confirmation-saints-guys-girls/>

<https://www.franciscanmedia.org/saint-of-the-day/calendar>

<https://www.goodcatholic.com/podcasts/the-saint-of-the-day-podcast/>

<https://catholicsaints.info/alphabetical-list/>

Dive in. As you read about the Saints you will hopefully find yourself drawn to one. Ask yourself why. Do you admire their courage? Their love for the poor? Did they do the things you do or have a connection to your interests? Once you narrow in on one, think about the reasons you chose them. Is this someone I look up to and want to emulate? Is this someone who I want to spiritually "have my back?" Once you have decided on your Saint, see if there is a good book or movie or podcast just about that particular Saint so you can get to know them better. Start asking them for guidance and the courage to take your reception of the sacrament of confirmation seriously and . . . begin your project!

Below are some helpful tips to guide you in choosing your name.

- This is your decision. Your parents, friends, sponsor, and family may give you suggestions, but it is your choice.
- You can choose your baptismal name (first or middle, as long as it is a Saint name) or a new name.
- Your choice should reflect your relationship with the Catholic faith. Perhaps you will choose a Saint you learned about and felt connected to during a faith formation class or who is a patron of something you care about.
- Your confirmation name is to be a Catholic Saint's name (Blessed or Venerable also acceptable). It doesn't matter if they are male or female – there is a long tradition of religious brothers and sisters taking either. Many biblical figures are also Saints. If you have a question about your chosen person, please reach out to Katy or Kristen.
- Do not choose a name just because it sounds good with your given name. It should mean more than that to you. The Saint you choose should reflect a devotion you have to the Saint, virtues or gifts to which you aspire, or the patron Saint of certain things that are dear to you.

Feel free to use additional paper or type your report on a separate sheet if you wish. You can also submit through Google forms at: <https://tinyurl.com/SaintNameProject> **Due by Jan 28th.**

Candidate's (student) First and Last Name: _____

Confirmation Year (circle):

Year 1 (confirmed in 2026)

Year 2 (confirmed in 2025)

Confirmation Saint Name (chosen Saint): _____

What is this Saint's feast day? _____

When were they canonized (or beatified)? _____

What are they the patron Saint of? _____

Tell the history and background of your Saint – When and where did he or she live? Tell about their childhood, family, job, education, etc. Were there any obstacles or struggles they had to overcome? Did they convert? Did they become a priest or religious?

What else did you learn about your Saint? Why did they become a Saint? What are they known for? Are there any special stories about their faith example? How did they love God and

Be the Church: Faith and Service Journal

Why be the Church?

Faith and service are primary elements of Christian life. Faith experiences provide opportunities to realign our priorities, remind us of our baptismal promises, and deepen our relationship with God. By receiving the gift of the Holy Spirit in confirmation, we are entrusted with the responsibility of also bringing Christ to others in service. Confirmation sends us out on mission, calling us to put our faith in action. It is your opportunity to show that you believe in Jesus and what He taught us by your actions and deeds. These service hours are an answer to the Gospel challenge to love our neighbor as Jesus loves us. Jesus gave us many examples of loving service and, as His disciples, we want to follow His servant-leader example.

What are church and community service hours?

Service hours are any “free” service you do as an individual or as a group (as part of an event or activity) to help out the community in which we live or our parish of St Luke. They are hours spent sharing your love of Jesus Christ with others who may or may not be as fortunate as you are.

There are many opportunities to give your time to others in service. Some examples might include working with other ministries at St. Luke, volunteering to help at the Fall Festival, working with local food banks, or crafting items for animal shelters or nursing home residents. You are also welcome to complete service activities in the community with other groups such as school organizations, scouts, or sports teams. If you are struggling with ideas for service, a number of resources and ideas can be found here: <https://tinyurl.com/ServeOpps> We will keep you posted on details for events and opportunities as they arise!

What are faith experiences?

Throughout your preparation time, we want you to participate in as many faith and service experiences as possible. You may choose from a variety of events. As weekly Mass is expected, examples of experiences to help deepen your faith might include ongoing parish involvement such as being a reader, usher, or an attendee at youth ministry events. More individual or personal commitments might include attending Adoration, Advent or Lenten activities, stations of the cross, or other parish sponsored events.

What else should I know?

Make sure your service is completed with a Christian attitude, serving with the loving and selfless hands and feet of Christ. The giving of service should continue after your Confirmation and all through your life! Parents and family members are encouraged to participate as well wherever possible.

As part of your confirmation preparation, you will keep a log of your faith experiences and service activities. First year confirmation students are asked to complete **at least 5 hours** of faith and/or service experiences. Students cannot record more than 4 hours in a given event/activity. After students have completed their hours, they should respond to the provided prompts in thoughtful reflection. Completed faith and service journals (log and reflection) are **due by April 1**.

When completing the form, time should be written to the nearest quarter of an hour and a signature obtained. Consider making reflective notes after each service activity so you can compile for a larger reflection when it's completed.

Faith Experiences

Date: _____ Number of Hours: _____

Circle: Church Event Youth Ministry Meeting Diocesan Event Other

Briefly Describe: _____

Witness Signature: _____

Date: _____ Number of Hours: _____

Circle: Church Event Youth Ministry Meeting Diocesan Event Other

Briefly Describe: _____

Witness Signature: _____

Date: _____ Number of Hours: _____

Circle: Church Event Youth Ministry Meeting Diocesan Event Other

Briefly Describe: _____

Witness Signature: _____

Date: _____ Number of Hours: _____

Circle: Church Event Youth Ministry Meeting Diocesan Event Other

Briefly Describe: _____

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Date: _____ Number of Hours: _____

Circle: Church Event Youth Ministry Meeting Diocesan Event Other

Briefly Describe: _____

Witness Signature: _____

Faith Experiences

Date: _____ Number of Hours: _____

Circle: Church Event Youth Ministry Meeting Diocesan Event Other

Briefly Describe: _____

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Date: _____ Number of Hours: _____

Circle: Church Event Youth Ministry Meeting Diocesan Event Other

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Circle: Church Event Youth Ministry Meeting Diocesan Event Other

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Witness Signature: _____

Date: _____ Number of Hours: _____

Circle: Church Event Youth Ministry Meeting Diocesan Event Other

Briefly Describe: _____

Witness Signature: _____

Date: _____ Number of Hours: _____

Circle: Church Event Youth Ministry Meeting Diocesan Event Other

Briefly Describe: _____

Witness Signature: _____

Service to Others

Date: _____ Number of Hours: _____

Circle: Family Parish Community

Service performed: _____

Supervisor Signature: _____

Date: _____ Number of Hours: _____

Circle: Family Parish Community

Service performed: _____

Supervisor Signature: _____

Date: _____ Number of Hours: _____

Circle: Family Parish Community

Service performed: _____

Supervisor Signature: _____

Date: _____ Number of Hours: _____

Circle: Family Parish Community

Service performed: _____

Supervisor Signature: _____

Date: _____ Number of Hours: _____

Circle: Family Parish Community

Service performed: _____

Supervisor Signature: _____

Service to Others

Date: _____ Number of Hours: _____

Circle: Family Parish Community

Service performed: _____

Supervisor Signature: _____

Date: _____ Number of Hours: _____

Circle: Family Parish Community

Service performed: _____

Supervisor Signature: _____

Date: _____ Number of Hours: _____

Circle: Family Parish Community

Service performed: _____

Supervisor Signature: _____

Date: _____ Number of Hours: _____

Circle: Family Parish Community

Service performed: _____

Supervisor Signature: _____

Date: _____ Number of Hours: _____

Circle: Family Parish Community

Service performed: _____

Supervisor Signature: _____

Study Guide

This study guide includes some basic information about the faith that all confirmation candidates should know. Use this study guide as a tool to support your confirmation journey, growth in the faith, or discussions about discernment.

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.

APOSTLE'S 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 life everlasting.

Amen.

FATIMA PRAYER

O My Jesus, forgive us our sins,
save us from the fires of Hell and
lead all souls to Heaven,
especially those who are in most
need of Thy mercy.

Amen.

ACT OF CONTRITION

O my God, I am heartily sorry for having
offended Thee, and I detest all my sins
because of thy just punishments, but most of
all because they offend Thee, my God, who are
all good and deserving of all my love. I firmly
resolve with the help of Thy grace to sin no
more and to avoid the near occasion of sin.

Amen

The Ten Commandments

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

The Beatitudes

The Beatitudes are the teachings of Jesus in the Sermon on the Mount (Matthew 5:1-10). Jesus teaches us that if we live according to the Beatitudes, we will live a happy Christian life. The Beatitudes fulfill God's promises made to Abraham and his descendants and describe the rewards that will be ours as loyal followers of Christ.

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

Precepts of the Church

The precepts of the church describe the minimum effort we must make in prayer and in living a moral life. All Catholics are called to move beyond the minimum by growing in love of God and love of neighbor.

1. Attendance at Mass on Sundays and holy days of obligation.
2. Confession of serious sin at least once a year.
3. Reception of holy Communion at least once a year during the Easter season.
4. Observance of the days of fast and abstinence.
5. Providing for the needs of the church.
6. Observance of the church's laws on marriage.

The Bible

73 total books = 46 Old Testament + 27 New Testament

Pentateuch (first 5 books)

Genesis
Exodus
Leviticus
Numbers
Deuteronomy

Gospels

Matthew
Mark
Luke
John

The Seven Sacraments

Baptism
Reconciliation
Eucharist
Confirmation
Matrimony
Holy Orders
Anointing of the Sick

Gifts of the Holy Spirit

Wisdom
Understanding
Knowledge
Counsel
Fortitude (courage)
Piety (reverence)
Fear of the Lord (wonder and awe)

Theological Virtues

Faith, Hope, Love

Fruits of the Holy Spirit

Charity (love)	Joy
Peace	Patience
Kindness	Goodness
Generosity	Gentleness
Faithfulness	Modesty
Self-Control	Chastity

Cardinal Virtues

Prudence (good discernment),
Justice,
Fortitude (courage),
Temperance (moderation)

Corporal Works of Mercy

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

Spiritual Works of Mercy

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