



# **Saint Bernadette**

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# **Saint Mary Academy**



## **Confirmation Parent Handbook 2025-2026**

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## **PURPOSE OF PREPARING FOR CONFIRMATION**

### **# 1309 Catechism of the Catholic Church**

*“Preparation for Confirmation should aim at leading the Christian toward a more intimate union with Christ and a more lively familiarity with the Holy Spirit - his actions, his gifts, and his biddings - in order to be more capable of assuming the apostolic responsibilities of Christ life. To this end catechesis for Confirmation should strive to awaken a sense of belonging to the Church of Jesus Christ, the universal Church as well as the parish community. The latter bears special responsibility for the preparation of confirmands.”*

All the elements of our preparation for Confirmation are intended to be means through which our youth are led “toward a more intimate union with Christ and a more lively familiarity with the Holy Spirit” so that they may be “more capable of assuming the apostolic responsibilities of Christian life.”

**We cannot earn God’s gifts! Spending time in preparation is expected and necessary!**  
**Participation in Confirmation preparation is necessary and expected because it is meant to help the candidates be open to receive the outpouring of the Holy Spirit in Confirmation.**

## **IMPORTANT FORM SUBMISSION DATES**

- May 1, 2025: **CONFIRMATION REGISTRATION FORM (online)**
- May 15, 2025: **Copy of Candidates BAPTISMAL CERTIFICATE**
- June 1, 2025: **NAME OF SPONSOR CHOSEN**
- June 30, 2025: **STATEMENT OF SPONSOR**
- August 1, 2025: **1<sup>ST</sup> CANDIDATE/SPONSOR CONVERSATION**
- September 2025: **FIRST DISCERNMENT INTERVIEW**
- October 31, 2025: **SAINT PROFILE REPORT (SAINT NAME CHOSEN)**
- November 8, 2025: **CONFIRMATION RETREAT**
  - **MANDATORY CANDIDATE & SPONSOR**
- November 15, 2025: **2nd CANDIDATE/SPONSOR CONVERSATION**
- December 2025: **SECOND DISCERNMENT INTERVIEW**
- January 15, 2026: **3<sup>RD</sup> CANDIDATE/SPONSOR CONVERSATION**
- January 15, 2026: **Service Packet & Summary**
- January 2026: **FINAL DISCERNMENT INTERVIEW**
- February 6, 2026: **CONFIRMATION REHEARSAL at 6:30 pm**
  - **MANDATORY CANDIDATE & SPONSOR**
- February 7, 2026: **CONFIRMATION MASS at 1:00 pm**

## **CHOOSING A SAINT**

### **Why choose a Saint for Confirmation?**

One of the traditional practices within the Church is to choose a saint to be one's patron and spiritual role model. All candidates will choose a saint with whom they have a connection. This saint should become someone they can learn about, ask for their prayers and intercession, and strive to emulate as a fellow member of the Body of Christ. The chosen saint's name will be used for your child at Confirmation.

### **What are the expectations?**

1. Parents and Child work together on the "Confirmation Name Selection Tool." (See next page)
2. After choosing a saint to be your patron, fill out the ONLINE Saint Profile form at this link: <https://www.stb2008.org/choosing-a-saint>. Fill out the online Saint Profile by October 31, 2025.

### **What else do I need to know?**

- The name of the saint chosen will be the name your child will use at Confirmation. If you want the Confirmation name to be their Baptismal name, then select a saint who shares that name.
- Youth are not required to select a saint of the same gender as themselves.
- Any form of the name of Jesus or a title associated with him is considered inappropriate.

## **CONFIRMATION NAME SELECTION TOOL** **For Candidates & Parents to complete together**

### **PART 1: YOUR NAME, YOUR IDENTITY**

**Discuss:** Names are part of our identity; it tells others who you are. When you were baptized, your name was chosen because...

*(Here parents explain why they chose their child's name. Explain any significant meanings or if they were named after someone, share about that person)*

**Look-Up:** Look up your name on the web and discover the history of your name.

<https://www.behindthename.com/>

<http://www.babynames.com/>

### **PART 2: COMMUNION OF SAINTS**

Patron saints are chosen as special protectors or guardians over areas of life. These areas can include occupations, illnesses, churches, countries, and causes - anything that is important to us. A patron saint can help us when we follow the example of that saint's life and when we ask for that saint's intercessory prayers to God.

**Watch:** What is a patron Saint? <youtu.be/NcUnsN7-ca0>

**Watch:** Fr. Mike Schmitz, "Do Catholics Worship Saints?" <youtu.be/3K9yGNPalcA>

### **What is a canonized Saint?**

Saints are people who have lived holy lives and are now in heaven as members of the Church Triumphant. Their life stories provide examples for others on how to overcome spiritual obstacles on Earth. Any person that follows Christ is a saint; however, Canonized saints are people the Church identifies as in heaven.

### **Do Catholics pray TO saints?**

We pray with saints, not to them. Have you ever asked anyone to pray for you when you were having a hard time? Why did you choose to ask that person? You may have chosen someone who understood your problem, or someone who was close to God. Those are all reasons we ask saints to pray for us in times of trouble. Since saints led holy lives and are close to God in heaven, we feel that their prayers are particularly effective. Often, we ask particular saints to pray for us if we feel they have a particular interest in our problem. For example, many people ask Saint Monica to pray for them if they have trouble with unanswered prayers, because Monica prayed for 20 years for her son to be converted. Finally, her prayers were answered in a way she never dreamed of — her son, Augustine, became a canonized saint and a Doctor of the Church.

### **Is keeping statues or pictures of Saints' idolatry and breaking one of the Ten Commandments?**

Look at the pictures of your loved ones on your phone or around your home or office. Why do you keep these particular pictures? You might answer that you carry those pictures to remind you of people you love, to help you feel that they're close to you when you're not together, or to share with people you meet. But you probably didn't say you worshipped them. Those are some of the same reasons we have statues and pictures of saints. Seeing a statue of Saint Therese of Lisieux who lost her mother when she was a child might make us feel less alone when we are grieving. A picture of Saint Francis of Assisi might remind us of how much he loved God's creation and make us more aware of our environment.

### **How does the Church choose saints?**

Canonization, the process the Church uses to name a saint, has only been used since the 10<sup>th</sup> century. For hundreds of years, starting with the first martyrs of the early Church, saints were chosen by public acclaim. Though this was a more democratic way to recognize saints, some saints' stories were distorted by legend and some never existed. Gradually, the bishops and finally the Vatican took over authority for approving saints.

In 1983, Pope John Paul II (now Saint John Paul II) made sweeping changes in the canonization procedure. The process begins after the death of a Catholic whom people regard as holy. Often, the process starts many years after death in order to give perspective on the candidate. The local bishop investigates the candidate's life and writings for heroic virtue (or martyrdom) and orthodoxy of doctrine. Then a panel of theologians at the Vatican evaluates the candidate. After approval by the panel and cardinals of the Congregation for the Causes of Saints, the Pope proclaims the candidate "**venerable**."

The next step, **beatification**, requires evidence of one miracle (except in the case of martyrs). Since miracles are considered proof that the person is in heaven and can

intercede for us, the miracle must take place after the candidate's death and as a result of a specific petition to the candidate. When the pope proclaims the candidate beatified or "blessed," the person can be venerated by a particular region or group of people with whom the person holds special importance.

Only after one more miracle will the pope canonize the saint (this includes martyrs as well). The title of saint tells us that the person lived a holy life, is in heaven, and is to be honored by the universal Church. Canonization does not "make" a person a saint; it recognizes what God has already done.

Though canonization is infallible and irrevocable, it takes a long time and a lot of effort. So, while every person who is canonized is a saint, not every holy person has been canonized. You have probably known many "saints" in your life, and you are called by God to be one yourself.

Watch "How does the Church Declare Official Saints?" [youtu.be/IUGRdpRJWYA](https://youtu.be/IUGRdpRJWYA)

### **PART 3: SELECTING YOUR CONFIRMATION NAME**

**Read Together:** When selecting a Confirmation name, a candidate may keep their Baptismal name by selecting a saint who shares their name. OR, they may choose a different saint name that reflects the NEW role they aspire to undertake as a more mature Catholic. Confirmation candidates often take the name of a significant person who has influenced their life, people they admire, or a name of a patron saint based on their hobbies, interests, or virtues of that saint.

**THE SAINT NAME YOUR CHILD SELECTS WILL BE THEIR CONFIRMATION NAME.**

#### **Suggested steps for your child when choosing a Confirmation Name:**

1. Pray to the Holy Spirit and ask for help in finding a saint whose life you'd like to imitate. This saint will provide a special bond for you and will be more open to interceding for you before God.
2. List significant people who influence your life or people you admire for their values.
3. Browse & read saint profiles for themes of those significant or admired people.
4. Browse & read about the saint connected to your baptismal name.
5. Narrow your saint choices down to two. Pray, asking the Holy Spirit to guide you.
6. Decide which saint you connect with the most and make your final selection.

Suggested webpages:

- <https://lifeteen.com/blog/biggest-best-list-confirmation-saints-guys-girls/>
- <http://www.catholic.org/saints/>

*Note: The chosen websites were reviewed by Elizabeth Auffrey and determined to be acceptable sources; however, due to the massive amount of information, the entire site is not able to be reviewed. Use caution when using the web for Catholic teachings; not all "Catholic" sites follow Catholic teachings. The Catechism of the Catholic Church is the best source for Catholic teachings.*

#### PART 4: SAINT PROFILE

- By October 31, 2025, fill out the ONLINE Saint Profile form at:  
<https://www.stb2008.org/choosing-a-saint> You will need the following information
  - ✓ Saint's Name
  - ✓ Year of Birth and Year of Death
  - ✓ Country where this saint lived
  - ✓ Date of saint's feast day
  - ✓ This is the patron saint of?
  - ✓ What is this saint most known for?
  - ✓ How/Why did this person become a saint?
  - ✓ Why is this saint important to Catholics?
  - ✓ What is an amazing story about this saint?
  - ✓ How did God work in this person's life?
  - ✓ Why did you choose this saint?
  - ✓ How do you hope to live your life more like this saint?
  - ✓

#### PART 5: INTERCESSION OF YOUR CHOSEN SAINT

**Close in Prayer:** Pray to the saint whose name you will be using as your Confirmation name. Ask this saint to intercede for you, to help you make the right moral choices, and overall to be a powerful spiritual guide the rest of your life.

##### *SAMPLE PRAYER FOR INTERCESSION:*

*Saint \_\_\_\_\_, I ask for you to pray for me as I prepare for Confirmation. I chose your name as my Confirmation name because I relate with you by \_\_\_\_\_. Help me to do on earth as you did on earth. Help me to know and love Jesus and others as you loved Jesus and others. AMEN.*

As you continue to prepare for your Confirmation, continue to ask your saint to pray for you. Possibly buy pictures, holy cards, statues, and books associated with your Confirmation namesake. These visual reminders of your saint will help you reflect upon his or her unique virtues.

## **CANDIDATE & SPONSOR RETREAT**

### **November 8, 2025**

#### **Why attend a retreat?**

The retreat atmosphere provides youth with a deep experience of PRACTICING Prayer and Sacraments. Retreats can be turning points in one's life and are great opportunities to refocus or center one's life on Jesus in a sincere and profound way. All youth preparing for Confirmation and their Sponsor are expected to attend retreats as part of their preparation.

During a retreat, you will spend time in prayer, listen to engaging presentations, discuss issues important to your life, experience God in nature, and receive HIS grace through the sacraments, singing, playing, eating, and resting.

#### **What if I can't /didn't attend the retreat?**

**If, due to unforeseen circumstances, you did not/cannot attend, it will be your responsibility to participate in an alternate retreat experience.**

Contact other area parishes and ask to speak to the person responsible for Confirmation preparation. Ask for details about their Confirmation retreat and ask if you could participate. Please notify us if you plan to attend another retreat and with what parish so we can make a note of it.

## **RECONCILIATION**

#### **Why go to Reconciliation before being Confirmed?**

"To receive Confirmation, one must be in a state of grace. One should receive the sacrament of Penance in order to be cleansed for the gift of the Holy Spirit."

**- Catechism of the Catholic Church #1310**

#### **Why is the Sacrament of Reconciliation Important?**

No matter how alienated we feel because of our sins, in the Sacrament of Reconciliation, we are concretely, surely reconciled with Christ and His Church. Through the priest, we get to experience God's mercy, love, and peace. Getting into the habit of going to Confession once a month, whether we have committed a serious sin or not, helps us stay on track in our relationship with Him. But at the minimum, we should confess whenever we commit a mortal sin, or once a year and before receiving a Sacrament such as Confirmation.

#### **Sacrament of Reconciliation - Locations & Times**

St. Bernadette Catholic Church  
6500 Saint Bernadette Ave  
Prospect, KY 40059

Tuesdays, 6:00 - 7:30 pm In the Church



## **DISCERNMENT MEETINGS**

### **What is it and why do I need to do it?**

A discernment meeting is a chance to talk with a Confirmation Prep Team Staff member to share your thoughts about your faith and the experiences you've had during your time of preparation for Confirmation. It is an opportunity for you to express and explain why you would like to be confirmed. It is also a chance for the staff and volunteers to answer any other questions or misunderstandings you may have about Confirmation or your Faith and determine how we can best support you. All candidates are expected to complete 3 discernment meetings.

### **What sorts of questions will be asked during the Discernment Meeting?**

Examples of the types of questions that may be asked during the discernment meeting might be:

- How have you prepared for Confirmation? (Refer to your Confirmation Booklet)
- What was the best part of your preparation experience?
- How do you plan to continue your faith journey after you have received the Sacrament?
- Looking at the Gifts of the Spirit, how might you be called to share your gifts?
- What does it mean to follow Jesus as a disciple? What are the characteristics of a disciple of Jesus?
- Do you want to receive the Sacrament of Confirmation? Why or Why not?







## **Confirmation Dress Code**

*It's a big day and a holy ceremony, please follow these guidelines explaining how to dress modestly and symbolic of this holy Sacrament.*

### **Sunday Dress for Gentlemen:**

- Button-down dress shirt & dress slacks (no jeans) or Suit
- Tie or Sweater optional.
- Dress shoes, no sneakers.
- No t-shirts, shorts, sagging pants.
- No specific color is required.

### **Sunday Dress for Ladies:**

- Blouse with dress slacks – OR – Modest Dress – OR – Suit – OR Blouse with a skirt which meets the following criteria:
- No Strapless
- No Spaghetti straps (must have cardigan or jacket)
- No backless
- No low-cut fronts of backs
- Length must be at your knees. Anything shorter is NOT modest enough.
- The following must be covered: Shoulders, belly, back, mid-thigh, and chest.
- No specific color

***If you have already purchased an outfit for Confirmation that does not meet these criteria, consider a different outfit or (ladies) find a nice sweater (Cardigan) that can cover up the shoulders, etc.***