

**Saint
Bernadette**
Catholic Church



SMA
Saint Mary Academy



Confirmation Handbook 2026-2027

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. Participation in Confirmation preparation is necessary because it is meant to help the candidates be open to receive the outpouring of the Holy Spirit in Confirmation.

IMPORTANT FORM SUBMISSION DATES

September 17, 2026:	Parent Meeting Saint Bernadette Church at 6:30 pm
September 28, 2026:	CONFIRMATION REGISTRATION FORM (website)
September 28, 2026:	Copy of Candidate's BAPTISMAL CERTIFICATE
October 5, 2026:	NAME OF SPONSOR CHOSEN (submit on website)
October 12, 2026	STATEMENT OF SPONSOR (submit on website)
October 22, 2026	1ST CANDIDATE/SPONSOR CONVERSATION (submit on website)
October 31, 2026:	SAINT PROFILE REPORT (SAINT NAME CHOSEN) (submit on website)
TBD:	CONFIRMATION RETREAT
December 3, 2026:	2nd CANDIDATE/SPONSOR CONVERSATION (submit on website)
January 15, 2027:	3rd CANDIDATE/SPONSOR CONVERSATION (submit on website)
January 25, 2027:	Service Hour Packet & Reflection Paper (can be dropped off at Parish Center or emailed to wendym@stb2008.org)
February 22, 2027:	CONFIRMATION REHEARSAL at 6:30 pm
February 24, 2027:	RITE OF CONFIRMATION at 7:00 pm

ROLE OF THE SPONSOR

A Confirmation Sponsor is a personal witness of the Catholic faith to the candidate. A sponsor is tasked with the responsibility to participate in a candidate's preparation process. Sponsors should be a model of how a person of faith lives in today's world. They are guides, confidants, and listeners for their candidates. Sponsors are learners who are interested in their own personal growth as they walk the faith journey with their candidate after Confirmation. They should invite them into fuller participation in parish life and service.

The Catholic Church requires that those who take on the privileges, and the obligations of a sponsor, practice their Catholic Faith faithfully and live lives that set them apart as followers of Jesus Christ.

Therefore, sponsors must have the following qualifications based on the Code of Canon Law, canon 893.

- Be at least sixteen years of age
- Must not be a parent (stepparent, father, or mother)
- Be a fully initiated Catholic (has received the sacraments of Baptism, Eucharist, and Confirmation)
- Be a person not bound by any Catholic Church penalty (such as divorced and remarried without an annulment).
- Be a practicing Catholic - "Leads of life of faith in keeping with the function to be taken on" (Code of Canon Law, canon 874)
- *"The Sponsor's function is to take care that the person being confirmed behaves as a true witness of Christ and faithfully fulfills the duties inherent in this Sacrament* (Code of Canon Law, canon 892)

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.

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 RETREAT

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 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, and receive HIS grace through the sacraments, singing, playing, eating, and resting.

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 MEETING

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?

Service Hours

The Service Hour requirement is 20 hours. The 20 hours may be completed at any time in the preparation period.

Clarification of Hours Completed

- 1) 10 Hours Community of St. Bernadette & 10 Hours Community at Large.
- 2) Not all 20 hours can be the same task (examples: filming for sports, line judge, PTO events, concession stand worker, VBS).
- 3) The Organization you serve must be aligned with all Catholic beliefs & teachings. My example for not aligned is a company that supports or uses Stem Cell research. Contact me if you have any questions before you do the service.
- 4) Student completes Service Hour Voucher at time of service. Do not forget to get the approval signature. Write notes as well. The student will write a reflection paper after their service hours are completed and submit a paper.

WHY DO WE HAVE TO?

Because Jesus told us to in *Matthew 25:40 - And the king will say to them in reply, 'Amen, I say to you, whatever you did for one of these least brothers of mine, you did for me.'* The service project is an answer to the Gospel challenge to love our neighbor as Jesus loves us. Jesus gave us many examples of loving service.

WHY DO WE DO THEM?

Because, like Jesus, we must love our neighbor and trust that God will always be there for us. To have the promise of salvation fulfilled in us, we must choose to live our faith in both word and action. *James 2:14-17 - What good is it, my brothers, if someone says he has faith but does not have works. Can the faith save him? If a brother or sister has nothing to wear and has no food for the day, and one of you says to them, "Go in peace, keep warm, and eat well." But you*

do not give them the necessities of the body, what good is it? So also faith of itself, if it does not have works, is dead.

WHY DO WE DO IT FOR CONFIRMATION?

Because it is not enough that you know about your faith. How do you put your faith into practice? How often do you go out of your way to help others? Read the Beatitudes in *Matthew 5: 3 – 12*.

HOW DO I START?

Think about what some of your God-given talents are and then list ways that those talents can help in the church, community, and at home. Read *1 Corinthians 12: 1-11*. Ask God for guidance. He won't let you down. Open your heart and your mind to His help. Remember your service hours need to be special and not something already being done as a part of your daily routine.

WHAT DO I DO?

Before making your decision and commitment, Pray to the Holy Spirit for guidance. Talk to your parents and sponsor to discuss ideas. Find out the needs of people in your family, neighborhood, parish, school, or community. Make phone calls and ask what you can do to help. Schedule yourself to help. Prepare yourself for the service project by praying and asking for God's help. (Some of your projects might be uncomfortable for you. Ask God for patience and compassion. Read and reflect on some of the scripture listed in this information.)

WHAT ARE MY RESPONSIBILITIES WHILE ATTENDING A SERVICE PROJECT?

It is YOUR responsibility to have a Christian attitude. Remember: some of these service projects are going to make you uncomfortable. Pray for compassion and patience and hope to become more like Jesus. One of the purposes of service hours is that you learn about yourself (sometimes you will be proud of what you've learned, other times you will be disappointed). You are maturing, and with maturity comes responsibility. Be a good example by helping others discover Jesus through you and the way you behave and live.

How to Prepare yourself for a service project:

1. Read scripture to help you get into the right mindset. Try these and look for some that will have special meaning to you.

- | | | | |
|---|-------------------------------------|---|---------------------------|
| - | <i>Matthew 5: 3-12 (Beatitudes)</i> | - | <i>Romans 12:6</i> |
| - | <i>1 Corinthians 12: 4-7</i> | - | <i>Matthew 10:8</i> |
| - | <i>James 2: 14-17</i> | - | <i>Matthew 15: 31- 46</i> |

2. Read and reflect on the following prayer.

(Read it out loud and listen to the words – REALLY listen):

Lord,

Thank you for the talents you have given me.

Help me to use them the best that I can.

When I use my talents, I make myself and others feel good.

Give me the strength to go on when I feel like giving up.

I sometimes need that strength and confidence to do my best.

Amen

-Jeff Boyd, North Platte, Nebraska – *Prayers by Teens*

3. Always remember:

- YOU ARE NOT ALONE IN DOING THIS. JESUS IS WITH YOU.

JESUS said, "Here I am among you as one who serves." *Luke 22:27*

He never gives you more than you can handle. *1 Corinthians 10:13*

He knows you better than you know yourself.

Things to accomplish while at the service project:

- **Make sure to complete the form.**
- **Make sure you have the supervisor sign the form.**
- **Be on your best Christian behavior.**

And always remember:

We are Jesus' hands and feet on Earth.

We find Jesus in service and in showing our love for others.

REFLECTION SUMMARY PAPER

Use this space to write a Reflective piece about the service hours you completed.

Suggestions when writing are:

- 1. Write about your experiences, your opinions, and the events that took place.**
- 2. Include your thoughts and feelings.**
- 3. Write about something you learned about yourself or the Place you worked.**

RUBRIC FOR THE PAPER

Font: 12 pt Arial/Times New Roman

Spacing: single-spaced

1-page minimum – 2-page maximum

Reflection questions to answer in the paper:

What organization did you help?

Why did you pick this service opportunity?

What did your contribution mean to the organization?

How did your time impact the community or individual?

Did you learn a new skill or learn something new about your community?

If you could do this project/service again, would you do it? Would you change anything?

Will you continue to share your time and serve here?

What did you learn about yourself through your service hours?

CONFIRMATION SERVICE HOUR RECORDING

Student Name: _____ Date _____

Place of service (include phone #): _____

Supervisor/Parent: _____

Hours worked today _____

Reflection Notes about this Service Project
(notes will assist with Service Hour Reflection Paper)

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Student Name: _____ Date _____

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Student Name: _____ Date _____

Place of service (include phone #): _____

Supervisor/Parent: _____

Hours worked today _____

Reflection Notes about this Service Project
(notes will assist with Service Hour Reflection Paper)

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 or backs
- 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.