



Confirmation

Date: TBD



Confirmation is the sacrament by which we receive the fullness of our baptismal graces. According to the Catechism (#1285) Confirmation is the sacrament by which *“the baptized are more perfectly bound to the Church and are enriched with a special strength of the Holy Spirit. Therefore, they are more strictly obliged to spread and defend the faith by word and deed.”*

Signs of Readiness

Students receiving Confirmation should understand the graces they are going to receive, recognize how these graces call them to participation and action within the community, and desire these graces (this sacrament) which are a gift from God. Confirmandi is a term used to describe candidates preparing for Confirmation.

Continued Faithfulness to the Sacraments

In order that your teen's gift of Confirmation is received well, we ask your teen to have regular Mass attendance (every Sunday) and receive reconciliation on a regular (monthly) basis. These are still the responsibility of the parent to ensure they are completed. The hope is that they will have the habit well established by the time they leave your house.

Retreat

All candidates will be required to participate in a Confirmation retreat. The Good Shepherd Retreat will be January 10, 2026 from 9am to 1pm. If a student is unable to attend the Good Shepherd retreat, it is up to you to find another parish for your student to attend before Confirmation.

Saint's Paper

Confirmandi will be asked to write a short paper on the saint they pick to be their patron saint. We will discuss in class how to choose a saint. Papers will be written in class and will go towards their Religion grade.

Sponsor

A sponsor can be a student's grandparent, aunt, uncle, family friend, older sibling, or godparent. The sponsor **MUST** be a practicing Catholic in good standing, already confirmed themselves, and at least 16 years old. Parents are restricted from being a sponsor. Sponsor Forms are included in this document.

Letter to Archbishop McKnight

Students will write a 1 page letter to Archbishop McKnight who will be confirming them explaining why he/she wants to be confirmed, who the student's sponsor is, who the student picked for their patron saint and why and whether or not the student feels that he/she is ready to receive the sacrament of Confirmation. This will be done in class and will go towards their Religion grade.

Rehearsal

We will have a rehearsal for students and sponsors. This will be the night before Confirmation. If sponsors are unable to attend, we ask that another adult be present.



Service Projects



Doing works of service is an essential aspect of being a Christian. Service works are a requirement for Confirmation. Students are asked to perform **FOUR** works of service and fill out a reflection for each. Three of those works should be related to the Corporal Works of Mercy. One work of service needs to be a larger project benefiting the community, parish, or school.

The Corporal Works of Mercy:

- ❖ Feed the Hungry
- ❖ Give Drink to the Thirsty
- ❖ Clothe the Naked/Give Alms to the Poor
- ❖ Visit the Imprisoned
- ❖ Shelter the Homeless
- ❖ Visit the Sick
- ❖ Bury the Dead

Keep in Mind:

- 3 projects need to be related to the Corporal Works of Mercy
- 1 project needs to be larger, benefiting the community, parish, or school.
- Families are encouraged to complete projects together if possible
- You will need to fill out a reflection for each project
- If you are unsure whether or not a project will count, ask Mrs. Swearngin!

Examples of Community Projects:

- Serve dinner to the homeless (either at a shelter or make meals and find homeless to give them to)
- Go to a clothing distribution center and sort clothes – take note of the condition of the clothes
- Tutor someone who is younger than you (other than a sibling)
- Serve a friend or family member who battles with chronic illness – make meals for them, go shopping for them, provide daycare for them, clean their house, care for their yard
- Find a neighbor who is elderly and needs similar care – be sure to take time to talk with the neighbor before and after the service – remember it is about them
- Visit a nursing home and spend time talking with the residents. Remember many are lonely and just want someone to talk to. Learn about their life. Notice their struggles, comfort them, be present with your mind and don't day dream while there. Ask the staff what you can do.
- Look for service project opportunities from the parish or school that you can participate in.





Corporal Works of Mercy Ideas



Feed the Hungry

- Make sandwiches and pass them out to the homeless
- Volunteer at a food bank
- Serve at a soup kitchen
- Prepare and take a meal to someone in your community who is seriously ill or welcoming home a newborn
- Volunteer at a Knights of Columbus pancake breakfast/Donut Sunday
- Host a food drive
- Pack care packages for service men and women
- Donate canned goods to a food pantry

Give Drink to the Thirsty

- Pass out water bottles to the homeless
- Have a donations only lemonade stand and donate the proceeds to the needy
- Work a drink station and a local charity race

Visit the Imprisoned

- Help prepare a Christmas meal or gifts for the families of a prisoner who mich have few monetary resources
- Send phone cards to those detained in immigration centers
- Help someone who is "imprisoned" with a handicap or disability. Be a friend or helper to them

Clothe the Naked

- Go through your closet and give away what you don't need
- Volunteer to work at a clothing drive or at a shelter where clothing is distributed to those in need
- Host a clothing drive and donate the items
- Knit, crochet, or sew baby blankets, scarves, hats, gloves, etc. for the homeless

Visit the Sick

- Volunteer at a hospital
- Volunteer to call Bingo at a nursing home
- Visit a seriously or terminally ill member of the parish
- Send cards to friends or relatives in the hospital. If possible, hand deliver it
- Visit residents in a nursing home or retirement facility
- Shovel snow for homebound parishioners

Bury the Dead

- Volunteer with a hospice program
- Supply a dish for a funeral luncheon
- Help a widow or widower in need with yard work or errands
- Visit the cemetery and pray for the dead





Confirmation Sponsor Form 2025-2026



Who Can Be My Sponsor?

- Sponsors must be a member of the Catholic Church and initiated in the Sacraments of Baptism, Eucharist, and Confirmation.
- Sponsors should be an active and participating member of their faith community and not prohibited by Canon Law from participating in the Sacramental life of the Church.
- Parents have a distinct role in a young person's sacramental formation and therefore are not to serve as Confirmation sponsors for their own children.
- The sponsor needs to be a person willing to share and support the candidate in the struggles to live a Christian life and serve as a model of Christian discipleship and mentor for the adolescent Catholic.
- Sponsors should actively participate throughout the Confirmation formation process and after.
- The sponsor must be at least 16 years old and of sufficient maturity to fulfill the role of a sponsor.
- Sponsors need to be able to attend the **Confirmation Ceremony on TBD** at Good Shepherd.
- A rehearsal for Confirmation will take place before Confirmation for students and sponsors to attend. (This is typically the night before. More information to come)

Fill this form out and return to Mrs. Swearngin.

Candidate's Name: _____

Sponsor Information

Sponsor Name: _____

Sponsor is at least 16 years old or older: Yes No

Sponsor's Relationship to Candidate: _____

Is this your Godparent? Yes No

City and State of Sponsor's Parish: _____

Does your sponsor meet all the requirements listed below? Yes No

Why did you ask this person? _____



Confirmation Service Project Reflection Form



Name _____

1. What was your work of service? _____

2. Describe what you did.

3. Was this related to the Corporal Work of Mercy (if so which one) or Service to the Community?

4. Date you completed this project. _____

5. How long did this project take? _____

6. Did you complete this project on your own or with others? If others joined you, who?

7. What is one thing you learned, found interesting, or inspiring about this work of service?

8. Would you do this work of service again? If yes, why? If not, what would you differently? If maybe, explain why.



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