



ST. MICHAEL CONFIRMATION REGISTRATION

Information on this form is held in confidence and is not shared without your permission.

Today's Date: _____ Confirmation Year: _____

I. STUDENT CONTACT INFORMATION

Full Name: _____

Date of Birth: ____/____/____ Grade: _____ Cell: _____

School: _____

Mailing Address: _____

City: _____ State: _____ Zip: _____

Email: _____

II. FAMILY CONTACT INFORMATION

Name of Father: _____

Name of Mother: _____

Teen lives with: _____ (if different than above)

Primary Parent for Communication about the Sacrament: _____

Please list the contact information for the Primary Parent for Communication about the Sacrament:

Primary Phone: _____

Email: _____

Address (if different than the student's) _____

Preferred Form of Contact (circle one): Phone Email Mail

III. RELIGIOUS HISTORY

Where were you baptized? _____
(include church name, city, state)

Date of your baptism: _____

Circle all other sacraments you have already received: Penance (Confession) First Communion



ST. MICHAEL THE ARCHANGEL CONFIRMATION PROGRAM

Dear Students,

As you prepare for Confirmation, you will be striving to continually build the virtues that accompany the Christian life. In his encyclical, God is Love, Pope Emeritus Benedict XVI explains the three-fold responsibility of the Catholic Church, "The Church's deepest nature is expressed in her three-fold responsibility: of proclaiming the word of God, celebrating the sacraments, and exercising the ministry of charity" (25). It is our hope that these expectations for Confirmation preparation will help you commit more fully to living out the Church's mission in your own life.

Dear Parents,

We are excited to continue this important journey of your student's faith formation with you. While we at St. Michael the Archangel Parish offer a program for preparation for the Sacrament of Confirmation, it is important that parents understand that they are, in the mind of the Church, the first and foremost educators of their children's Catholic faith. We encourage parents to participate in the various adult faith formation programs offered at St. Michael to help you grow in understanding of you own faith and become better educators to your children. It is our mission to support you as you take an active role in preparing your child for Confirmation.

At St. Michael Parish, we are pleased to be part of this exciting time with your families! Please contact Sarah Wiese, Confirmation Coordinator, with any questions or concerns: swiese@stmichaelsauburn.com or 334-887-5540.

CONFIRMATION PROGRAM CHECKLIST

Check off items as they are completed. Starred items can be completed before the listed date.

_____	Initial Information Meeting	Feb 8, 2022 (7 PM, PH)
_____	Baptismal Certificate submitted	May 1, 2022*
_____	Confirmation Sponsor Form submitted	May 1, 2022*
_____	Confirmation Saint submitted (online)	May 1, 2022*
_____	Confirmation Classes (7:30 PM in Sacred Heart Rm 3/4)	
	1. Sept 7, 2022	4. Oct 19, 2022
	2. Sept 21, 2022	5. Nov 2, 2022
	3. Oct 5, 2022	6. Nov 16, 2022
_____	Work of Mercy Project completed and online or written report submitted	Dec 1, 2022*
_____	Junior Confirmation Retreat (register online)	Jan 13-15, 2023
_____	Parent Dinner/Rehearsal	Friday before Confirmation
_____	Confirmation	Date TBD

Note: Baptismal Certificate and Sponsor Form should be submitted to the office.

REFERENCES

Confirmation Website: stmichaelsauburn.com/confirmation (scan →)

Confirmation Coordinator: Sarah Wiese at swiese@stmichaelsauburn.com



SYLLABUS

SACRAMENTAL GOALS

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 Christian 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. (CCC §1309)

It must be explained . . . that the reception of the sacrament of Confirmation is necessary for the completion of baptismal grace. For 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)

PROGRAM EXPECTATIONS

FORMATION | Completion of this sacramental preparation program includes the following:

- Freshman through Junior Year (encouraged)
 - Regular attendance at CYO on Sunday evenings (6-8 PM) throughout the school year and summer
- Sophomore Year:
 - Attend the Initial Information Meeting to build a shared spiritual vision of discipleship and preparation
 - Ensure the parish has a copy of Baptismal Certificate
 - Discern, select, and submit Confirmation Saint (online form)
 - Discern, select, and submit Confirmation Sponsor (printed form)
- Junior Year:
 - Complete Work of Mercy Project and submit report (printed or online form)
 - Attend the Junior Retreat during MLK Day Weekend to personally reflect on what it means to be a Confirmed disciple of Christ.
 - Attend the Confirmation Dinner on Friday before Confirmation with student and one parent (sponsor also invited); includes the student rehearsal for Confirmation Mass
- Continuous:
 - Regular attendance and participation at Mass, including all Holy Days of Obligation
 - Regular participation in Confession
 - A sincere effort to develop a sustained personal prayer life

We strongly encourage those involved to stay involved in CYO and parish life after Confirmation through the end of their high school career. This is an incredible opportunity to grow in understanding of what we believe and will give students the opportunity to explain their faith to anyone who might have questions about it. Religious formation is a life-long process, not a one-time event in the life of a young Catholic. The program is designed to foster an ongoing education of faith, which makes long-term participation so beneficial.

ATTENDANCE | Attendance is taken at each meeting. Please expect to meet with a priest or the Confirmation Coordinator if you have excessive absences. Students should make up a lesson by emailing the Confirmation Coordinator to find the appropriate week's materials and complete the assignment listed. If a student is unable to attend in-person classes, families should contact the Confirmation Coordinator to learn about an independent learning option, facilitated by the parent.

If your student needs an alternative education method, resources, or support due to special educational concerns, please let us know.

RESOURCES

CHOOSING A SPONSOR

Candidates will select a sponsor for Confirmation. Teens should select someone that serves as a model of the faith. The role of the Confirmation Sponsor involves much more than simply standing behind the Candidate as the bishop confirms. It is the beginning or the continuation of a lasting relationship of mentoring and guidance. The prayers and support of the Sponsor are an important part of preparation for Confirmation, and helps the Confirmation Candidate live his or her baptismal promises both before and after Confirmation.

Included among the sponsor requirements, sponsors:

- Must be at least 16 years old
- Must be a Catholic who has received both First Communion and Confirmation
- Must be an active, practicing Catholic
- May not be the child's parent

The Sponsor Agreement Form must be signed by the sponsor's pastor then submitted to the church.

CHOOSING A CONFIRMATION SAINT

What an incredible gift we have in the communion of saints. The saints are like us! They are our ancestors, our teachers, our friends, our siblings. They are real, truly human. They are sinners, they are repentant children of God. The saints lived on this earth and experienced suffering, joy, pain, broken promises, peace, frustration, war, injury, heartbreak... they know our hearts. But mostly, they know what it takes to be united with God here on this messy earth. They know what it takes to live well for Him.

We choose a Confirmation saint (like we choose a Confirmation sponsor) not out of due diligence to the "rule," but rather because we realize how unfortunate it would be to travel alone. We recognize how important it is to know your Confirmation saint not only by name, but also by story. The saints have so much to teach us about this journey.

Pick a saint (canonized, blessed, or servant of God) who speaks to you somehow. Know their story. But, mostly know the power of their prayer. Ask for their intercession like you would ask for the prayers of your friends. Saying "yes" to a Confirmation saint is like saying "yes, you may always pray for my poor and weary soul."

The common advice for those trying to decide on a name is to research saint names and find one that fits their personality or spiritual goals. Those seeking confirmation are also encouraged to pray and seek a saint that is willing to guide them as they seek a closer relationship with God.

Use the **Family Saint Activity**, provided **Saint Lists**, or other resources to choose a saint and submit the saint's name, information, and your intention behind choosing them.

WORKS OF MERCY PROJECT

As you prepare for Confirmation, you will begin to build virtues of serving others. The Corporal Works of Mercy refer to bodily needs and the Spiritual Works of Mercy refer to spiritual needs. These works require the virtue of mercy which can be acquired by building the habit of repeatable doing merciful actions. St. Thomas Aquinas explains the virtue of mercy as, "the compassion in our hearts for another person's misery, a compassion which drives us to do what we can to help him" (*Summa Theologiae II-II.30.1*). As with any virtue, the more we practice mercy, the more easy, prompt, and joyful it will become for us.

Use the Works of Mercy Project Guide to complete all seven spiritual works of mercy and at least three corporal works of mercy.

CHOOSING YOUR SPONSOR

What does the word “sponsor” mean?

The word “sponsor” comes from the Latin word *spondere*, which means to “give assurance, promise solemnly.” By definition, “sponsor” means:

1. Someone who presents a candidate for Baptism or Confirmation and undertakes responsibility for the person's religious education or spiritual welfare.
2. Someone who assumes responsibility for some other person or thing.

The word “sponsor” also comes from the same root word as the word “responsible.”

To be qualified as a Confirmation sponsor, an individual must:

1. Have the qualifications and the intention of performing this role;
2. Be at least 16 years old;
3. Be a Catholic who has received both First Communion and Confirmation;
4. Be an active, practicing Catholic;
5. Be receiving the sacraments of Penance and Communion frequently;
6. Be married in the Catholic Church, if married;
7. Lead a life in harmony with the faith and the role as spiritual sponsor;
8. Plan to maintain an ongoing relationship with you in order to promote your lifelong spiritual growth.
9. Not be your parent, step-parents, foster parents, or guardians.

→ If your sponsor is unable to attend the actual Sacrament of Confirmation, another adult (including a parent), may stand in his/her place as a proxy. The name of your sponsor will still be noted in the official Church record of your Confirmation.

→ The church prefers that the godparents at Baptism serve again as the sponsor at Confirmation. You may choose as your sponsor your brother, sister, godfather, godmother, aunt, uncle, cousin, friend, neighbor, as long as they all meet these requirements. Your parents, step-parents, foster parents, or guardians may NOT act as sponsors.

→ The gender of the person serving is not a deciding factor. The sponsor may be a man or a woman. A man may serve as a sponsor for a girl, a woman may serve as a sponsor for a boy, or the candidate may choose a sponsor of their own gender.

Things to think about before you ask someone to be your sponsor:

- Your sponsor should be willing and able to pray for you while you prepare for Confirmation.
- The person you choose as your sponsor should be someone that you admire and respect and who actively lives out the beliefs of our Catholic faith.
- Your sponsor should be someone that you trust and feel comfortable turning to for help, advice and guidance, especially in regard to your spiritual life.
- Your sponsor should be someone who, through his/her example, shows you what it means to be Catholic and who will take an active role in your preparation for Confirmation.
- After you receive the Sacrament of Confirmation, your relationship with your sponsor DOES NOT END! You both are called to lead each other closer to God, to continue to grow in knowledge of your faith, and to challenge one another to lead lives of holiness and service.
- PRAY! Spend some time asking God for guidance on who to choose as your sponsor.

→ When you ask that person to be your sponsor, tell them why you believe they would be a good sponsor for you: what is about them and their faith life that you admire, why do you trust them to encourage you in your spiritual life, etc. Invite them to pray about accepting your invitation.

→ If they say yes, great! Have them fill out and sign the paperwork. If they say no, the Lord may have a different plan for who sponsors you; return to prayer and ask for help in discernment, if you need it.

ST. MICHAEL
THE ARCHANGEL PARISH

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1100 NORTH COLLEGE STREET
AUBURN, ALABAMA 36830
334-887-5540

Sponsor Agreement and Information Form

Confirmation Candidate's Name: _____

Sponsor Information

Sponsor Name: _____

Address: _____

City/State/Zip: _____

Cell Phone: _____ Date of Birth: ____/____/____

Email: _____

Place of Birth: _____

Sponsor's Parish: _____

To be a sponsor, I realize that I must:

1. Have the qualifications and the intention of performing this role;
2. Have completed the sixteenth year of age;
3. Be a Catholic who has been confirmed and has received the sacrament of the Most Holy Eucharist;
4. Be an active, practicing Catholic;
5. Be receiving the sacraments of Penance and Communion frequently;
6. Be married in the Catholic Church, if married;
7. Lead a life in harmony with the faith and the role to be undertaken;
8. Plan to maintain an ongoing relationship with the candidate in order to promote the candidate's lifelong spiritual growth.
9. Not be the candidate's parent.

I declare that I am living consistent with the teachings of the Roman Catholic Church and that I will be a long-term spiritual guide and mentor for my candidate.

Sponsor's Signature

Date

Signature of Sponsor's Pastor

Date

Dear Confirmation Sponsor,

On behalf of our Pastor and our Parochial Vicar, I thank you for sponsoring one of St. Michael Parish's Confirmation students and witnessing to his/her initiation into full Christian Catholic life. **Please keep this page for your records.**

NOTEWORTHY DATES:

- **Confirmation Date and Time:** _____
- Candidate's Confirmation Retreat: January 13-15, 2023
- Confirmation Dinner: Friday before Confirmation (not required, but please RSVP to me, the Confirmation Coordinator, once you receive the date if you plan to attend)

If you have any questions, reach out to your Confirmation candidate or to me, and I'll be happy to assist you.

In Christ,

Sarah Wiese, Confirmation Coordinator | swiese@stmichaelsauburn.com | 334-887-5540

The Role of Confirmation Sponsor

The role of the Confirmation Sponsor involves much more than simply standing behind the Candidate as the bishop confirms. It is the beginning or the continuation of a lasting relationship of mentoring and guidance.

The prayers and support of the Sponsor are an important part of preparation for Confirmation and helps the Confirmation Candidate live his or her baptismal promises both before and after Confirmation.

QUALIFICATIONS | To serve as a Sponsor for Confirmation within the Catholic Church:

- The individual must be at least 16 years old.
- He or she must have received the sacraments of Baptism and Confirmation in the Catholic Church.
- If he or she is married, the marriage should have taken place in the Catholic Church.
- The person must have the intention, the ability, and adequate time to be a Sponsor.
- The Sponsor should live according to the Catholic Faith: attend Mass every weekend and receive the sacraments of the Church regularly, especially Reconciliation and the Eucharist. (A Catholic is required to receive Reconciliation and Eucharist once each year.)
- The Sponsor should practice the Faith within a Catholic parish community and live a moral life.

SUGGESTED WAYS TO SUPPORT A CANDIDATE

- Help the Candidate become aware of his or her reasons for receiving the sacrament of Confirmation.
- Help the Candidate understand and appreciate the sacrament of Confirmation and have the right intention for receiving it.
- Help the Candidate prepare for Confirmation by encouraging him or her to pray, to participate in the sacraments, especially the Eucharist and Reconciliation, and to become actively involved in the life of their parish.
- Support the Candidate and their family and be a good example of Catholic Christian living.
- Meet with the Candidate on a regular basis for Mass, prayer, faith-sharing, reading Scripture, and discussions about the Christian life.
- Help the Candidate understand what it means to be a true disciple of Jesus Christ.
- Present the Candidate to the bishop for Confirmation.
- Ensure that the confirmed person behaves as a true witness of Christ and faithfully fulfills the obligations inherent in this sacrament.
- Continue to encourage the confirmed person to live a Catholic Christian life through:
 - prayer and the celebration of the sacraments
 - living the Gospel of Jesus Christ
 - turning to other Catholics for support and guidance - studying the Catholic Faith



CHOOSING YOUR SAINT

What an incredible gift we have in the communion of saints. The saints are like us! They are our ancestors, our teachers, our friends, our siblings. They are real, truly human. They are sinners, they are repentant children of God. The saints lived on this earth and experienced suffering, joy, pain, broken promises, peace, frustration, war, injury, heartbreak... they know our hearts. But mostly, they know what it takes to be united with God here on this messy earth. They know what it takes to live well for Him.

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Considerations

The common advice for those trying to decide on a name is to research saint names and find one that fits their personality or spiritual goals. Those seeking confirmation are also encouraged to pray and seek a saint that is willing to guide them as they seek a closer relationship with God. You might also look more into the saint of your Baptismal name, to link the two sacraments together further.

After Confirmation

Before you are confirmed, 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. Buy pictures, holy cards, statues and books associated with your Confirmation's namesake. These visual reminders of your saint will help you reflect upon his or her unique virtues.

Family “Saint” Activity

Researching saints should be a long-term activity, not something crammed in at the last moment. This family activity will family members to discuss the merits of those who have gone before us.

There are a number of ways that families can research the lives of the saints together. Here is one suggestion:

- Using the provided list (or another one), invite your candidate to highlight 10 or so that intrigue them. Then highlight an additional 5 which intrigue you.
- Share your lists with each other, and then have your teen use one of the websites below to print off some information about each of the highlighted saints.

catholic.com/saints | info.franciscanmedia.org | catholicsaints.info

- Each week, post the information about one of the saints in the kitchen (perhaps on the refrigerator). At dinner time of one of the nights during the week, encourage conversation about the week's saint and let everyone in the family participate. Talk about what struck you about the life of the saint and about how you think that saint would live their life if they were alive today.
- Occasionally, ask your teen which saint to whom they feel especially close.
- At the end of the process, help your teen pick the saint who they want to pray for them in a very special way.

BIGGEST AND BEST LIST OF CONFIRMATION SAINTS

SAINTS WHO I'M PRETTY SURE WERE ACTUALLY SUPERHEROES

No, their “superpowers” weren’t designed by fancy machinery or alien power. They were simply receptive to the mighty power of God. These saints stories are incredibly heroic.

- [St. Mary, the Mother of God](#)
- [St. Denis](#)
- [St. George Martyr](#)
- [St. Joan of Arc](#)
- [St. Joseph Cupertino](#)
- [St. Louis IX](#)
- [St. Margaret of Antioch](#)
- [St. Maximilian Kolbe](#)
- [Bl. Miguel Pro](#)
- [St. Padre Pio](#)
- [St. Patrick](#)
- [St. Peter](#)
- [St. Simeon Stylites](#)
- [St. Quiteria](#)

MODERN DAY SAINTS

These are men and women who know what it means to live in the modern era and still live a holy life. Whew, that’s not only impressive, but beautiful. We have a lot to learn from these modern saints.

- [Venerable Augustus Tolton](#)
- [St. André Bessette](#)
- [Servant of God Chiara Corbella Petrillo](#)
- [Servant of God Dorothy Day](#)
- [St. Gianna](#)
- [St. Jaime Hilario Barbal](#)
- [St. John XXIII](#)
- [St. John Paul II](#)
- [St. Josemaria Escriva](#)
- [St. Josephine Bakhita](#)
- [St. Katharine Drexel](#)
- [St. Luigi Orione](#)
- [St. Maria Bernard Butler](#)
- [St. Maria Faustina Kowalska](#)
- [St. Mary MacKillop](#)
- [St. Mother Teresa](#)
- [St. Óscar Romero](#)
- [St. Pauline of the Suffering Heart of Jesus](#)
- [St. Pius X](#)
- [St. Riccardo Pampuri](#)
- [Bl. Sára Salkaházi](#)
- [St. Teresa Benedicta of the Cross](#)
- [Servant of God Thea Bowman](#)

SAINTS WHO ARE DOCTORS OF THE CHURCH

No, we’re not talking about Dr. Strange or Dr. Meredith Grey, but rather physicians of the theology of the Church. Men and women who, through their own intense study and reflection, have given the Church great wisdom and insight.

- [St. Albert the Great](#)
- [St. Alphonsus Liguori](#)
- [St. Ambrose](#)
- [St. Anselm of Canterbury](#)
- [St. Anthony of Padua](#)
- [St. Athanasius](#)
- [St. Augustine](#)
- [St. Basil the Great](#)
- [St. Bede the Venerable](#)
- [St. Bernard of Clairvaux](#)
- [St. Bonaventure](#)
- [St. Catherine of Siena](#)
- [St. Cyril of Alexandria](#)
- [St. Cyril of Jerusalem](#)
- [St. Ephrem the Syrian](#)
- [St. Francis de Sales](#)
- [St. Gregory of Narek](#)
- [St. Gregory the Great](#)
- [St. Gregory of Nazianzus](#)
- [St. Hilary of Poitiers](#)
- [St. Hildegard of Bingen](#)
- [St. Isidore of Seville](#)
- [St. John Chrysostom](#)
- [St. John of Ávila](#)
- [St. John of Damascus](#)
- [St. John of the Cross](#)
- [St. Jerome](#)
- [St. Lawrence of Brindisi](#)
- [St. Leo I, the Great](#)
- [St. Peter Chrysologus](#)
- [St. Peter Damian](#)
- [St. Peter Canisius](#)
- [St. Robert Bellarmine](#)
- [St. Thérèse of Lisieux](#)
- [St. Teresa of Ávila](#)
- [St. Thomas Aquinas](#)

SAINTS WITH A REALLY COOL CONVERSION STORY

God works wonders in our lives in small and hidden ways, but sometimes His wonders are loud. These saints experienced a profound conversion that really shaped their life in tremendous ways.

- [St. Augustine of Hippo](#) (also a doctor of the Church)
- [St. Francis of Assisi](#)
- [St. Genesis](#)
- [St. Ignatius of Loyola](#)
- [Bl. Imelda Lambertini](#)
- [St. Longinus](#)
- [St. Mary Magdalene](#)
- [St. Moses the Black](#)
- [St. Paul the Apostle](#)
- [St. Vladimir of Kiev](#)

SAINTS WITH NAMES YOUR BISHOP MIGHT HAVE TROUBLE PRONOUNCING

... cause (don't lie) that would be really funny. But also, their names aren't the only rad thing about these saints; check out their stories!

- [St. Alphonsa Muttathupadathu](#)
- [St. Benedicta Hyon Kyongnyon](#)
- [St. Ceolwulf of Northumbria](#)
- [St. John Chrysostom](#)
- [St. Kateri Tekakwitha](#)
- [St. Quadragesimus](#)
- [Bl. Volodymyr Pryjma](#)
- [Bl. Zepherin Namuncura](#)
- [St. Zygmunt Gorazdowski](#)

SAINTS WHO REACHED SANCTITY BEFORE THE AGE OF 25

Most of these saints were younger than you when they reached sainthood. What's your excuse?

- [St. Agnes](#)
- [St. Aloysius Gonzaga](#)
- [St. Aquilina](#)
- [Bl. Carlo Acutis](#)
- [St. Charles Lwanga](#)
- [Bl. Chiara Luce Badano](#)
- [St. Dominic Savio](#)
- [Bl. Francisco Marto](#)
- [St. Gemma Galgani](#)
- [Bl. Jacinta Marto](#)
- [St. José Sánchez del Río](#)
- [St. Lucy](#)
- [St. Maria Goretti](#)
- [St. Perpetua](#)
- [St. Philomena](#)
- [Bl. Pier Giorgio Frassati](#)
- [St. Tarcisius](#)

SAINTS TO INVOKE IF YOU NEED PRAYERS FOR A VERY SPECIFIC INTENTION

A saint is way more than their patronage, but sometimes we just need a saint in our lives who can pray for us in a particular way.

- For abuse victims – [St. Monica](#)
- For adopted children – [St. Thomas More](#)
- For artists – [St. Catherine of Bologna](#)
- For athletes – [St. Sebastian](#)
- For altar servers – [St. John Berchmans](#)
- For bakers – [St. Nicholas](#)
- For Christian mothers – [St. Anne](#)
- For earaches – [St. Polycarp](#)
- For fisherman – [St. Andrew](#)
- For friendships – [St. John the Evangelist](#)
- For farmers and rural communities – [St. Isidore the Farmer](#)
- For “hopeless causes” – [St. Jude Thaddeus](#)
- For hunters – [St. Hubert](#)
- For headaches – [St. Teresa of Ávila \(also a doctor of the Church\)](#)
- For musicians – [St. Cecilia](#)
- For physicians – [St. Luke](#)
- For the poor – [St. Lawrence](#)
- For protection from fire – [St. Agatha of Sicily](#)
- For those too sick to care for themselves – [St. Roch](#)
- For sore eyes – [St. Clare of Assisi](#)
- For speakers and philosophers – [St. Justin Martyr](#)
- For those who struggle with doubt – [St. Thomas the Doubter](#)
- For students – [St. John Bosco](#) and [St. Benedict](#)
- For the universal Church and fathers – [St. Joseph](#)
- For those suffering nervous and mental afflictions – [St. Dymphna](#)
- For toothaches – [St. Apollonia](#)
- For travelers – [St. Christopher](#)

Scan this code to find the original article online; each of the saints' stories are linked to their names!



WORKS OF MERCY PROJECT



Dear Confirmation Candidate,

During the formation process for Confirmation, you will complete a Works of Mercy project, which includes completion of Corporal Works of Mercy and Spiritual Works of Mercy. While completing this booklet, you will have the opportunity to learn about the Church's teaching on serving others. You will also be able to reflect on your experiences throughout this process.

Deadline: All Works of Mercy should be completed and online reflections submitted by December 1 of the junior year. Spiritual Works of Mercy reflections (7) must be submitted all at once, and the Corporal Works of Mercy reflections (3) can be submitted individually.

God loves each of us with generosity and mercy. Through your service to your neighbor and the Church, may you reflect God's love for you to the world, "Let us love one another, because love is of God; everyone who loves is begotten by God and knows God" (1 John 4:7).

Spiritual and Corporal Works of Mercy

As you prepare for Confirmation, you will begin to build virtues of serving others. The Corporal Works of Mercy refer to bodily needs and the Spiritual Works of Mercy refer to spiritual needs. These works require the virtue of mercy which can be acquired by building the habit of repeatable doing merciful actions. St. Thomas Aquinas explains the virtue of mercy as, "the compassion in our hearts for another person's misery, a compassion which drives us to do what we can to help him" (*Summa Theologiae* II-II.30.1). As with any virtue, the more we practice mercy, the more easy, prompt, and joyful it will become for us.

The Catholic Church has been at the center of serving the poor, sick, and imprisoned for centuries by founding hospitals, schools, churches, and serving the poorest of the poor and those in prison. The Catholic Church prays for the living and the dead and is the instrument through which God nourishes his people with his Sacramental grace. The guiding principles behind these actions are the **Corporal and Spiritual Works of Mercy** which come from Christ's teachings.

Corporal Works of Mercy

1. To feed the hungry
2. To give drink to the thirsty
3. To clothe the naked
4. To shelter the homeless
5. To visit the sick
6. To ransom the captive
7. To bury the dead

Spiritual Works of Mercy

1. To instruct the ignorant
2. To counsel the doubtful
3. To admonish sinners
4. To bear wrongs patiently
5. To forgive offenses willingly
6. To comfort the afflicted
7. To pray for the living and dead

"When the Son of Man comes in his glory, and all the angels with him, he will sit upon his glorious throne, and all the nations will be assembled before him. And he will separate them one from another, as a shepherd separates the sheep from the goats. He will place the sheep on his right and the goats on his left. Then the king will say to those on his right, 'Come, you who are blessed by my Father. Inherit the kingdom prepared for you from the foundation of the world. For I was hungry and you gave me food, I was thirsty and you gave me drink, a stranger and you welcomed me, naked and you clothed me, ill and you cared for me, in prison and you visited

me.' Then the righteous will answer him and say, 'Lord, when did we see you hungry and feed you, or thirsty and give you drink? When did we see you a stranger and welcome you, or naked and clothe you? When did we see you ill or in prison, and visit you?' 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'" (Matthew 25: 31-40).

Find out more about the Corporal and Spiritual Works of Mercy by reading about the following saints:



Bl. Pier Giorgio Frassati; St. Faustina Kowalska; St. María Guadalupe García Zavala; St. Frances of Rome; St. Martin of Tours

Part I: Spiritual Works of Mercy

You will perform all Spiritual Works of Mercy. To deepen our spiritual and prayer life with God as Father, Son and Spirit we must try new ways of conversing with God. We have provided a list of suggestions and ways to perform the Spiritual Works of Mercy. They are suggestions that are meant to help guide you, but you are not limited to these options.

DIRECTIONS: Make notes about the time and place you performed each Spiritual Work of Mercy. Write a short description of how you practiced that work and how it was an act of mercy. Note that the online submission must be completed all at one for all Spiritual Acts of Mercy; you should keep your own notes until you have completed all of them.

Counseling the Doubtful

- Has someone asked you for advice? Orient your response to Christ, who is the Way, the Truth, and the Life
- Follow Christ with the witness of your life so that others may see God's love revealed in your actions
- Accompany a friend who is struggling with believing to join a parish group for service or faith formation, share a book you found useful in dealing with your friend's faith concern, and worship at Sunday Mass

Instructing the Ignorant

- Learn about our faith and be open to talking with others about our beliefs. There is always something more to discover about our faith.
- Go on a service trip or short term mission trip. No time? Donate to support someone on their service trip
- Volunteer to help with religious education programs at your parish
- Invite someone to go to mass with you this weekend
- Know your faith! Check out Lifeteen.com to find out more about the Catholic faith and how to live it

Admonishing the Sinner

- Do not judge, but be supportive in helping others find their way and correct their mistakes. Together we can learn to walk more closely with Christ.
- In humility we must strive to create a culture that does not accept sin, while realizing that we all fall at times
- Don't judge, but guide others towards the path of salvation (see Mt 7:1-2)
- When you correct someone, don't be arrogant. We are all in need of God's loving correction.
- We should journey together to a deeper understanding of our shared faith
- "Remove the wooden beam from your eye first; then you will see clearly to remove the splinter from your brother's eye" (Mt 7:5)

Comforting the Sorrowful

- Be open to listening and comforting those who are dealing with grief. Even if we aren't sure of the right words to say, our presence can make a big difference.
- Lend a listening ear to those going through a tough time
- Make a home cooked meal for a friend who is facing a difficult time
- Write a letter or send a card to someone who is suffering

Forgiving Injuries

- Let go of grudges
- Pray about truly forgiving someone who deeply hurt you
- Participate in the Sacrament of Reconciliation by going to Confession and doing your penance.
- Pray the Divine Mercy Chaplet for those who need mercy

Bearing Wrongs Patiently

- Do not be bitter about wrongs done against you. Place your hope in God so that you can endure the troubles of this world and face them with a compassionate spirit.
- Frustrated with someone? Step away from the situation, take a few deep breaths, pray the Our Father, asking God for patience

Praying for the Living and the Dead

- Request a mass intention for a friend or family member who is going through a tough time
- Request a mass intention for a friend or family member who has passed away
- Keep your own book of prayer intentions, writing down the names of those who you are keeping in your prayers
- Ask a friend or family member if there is anything you can pray for them about
- Through prayer, entrust your cares and concerns for those around you to God

"Intercession is a prayer of petition which leads us to pray as Jesus did. He is the one intercessor with the Father on behalf of all men, especially sinners...Since Abraham, intercession - asking on behalf of another has been characteristic of a heart attuned to God's mercy. In the age of the Church, Christian intercession participates in Christ's, as an expression of the communion of saints. In intercession, he who prays looks 'not only to his own interests, but also to the interests of others,' even to the point of praying for those who do him harm" (Catechism of the Catholic Church, 2634-2635).

"All who die in God's grace and friendship, but still imperfectly purified, are indeed assured of their eternal salvation; but after death they undergo purification, so as to achieve the holiness necessary to enter the joy of

heaven. The Church gives the name Purgatory to this final purification of the elect, which is entirely different from the punishment of the damned...From the beginning the Church has honored the memory of the dead and offered prayers in suffrage for them, above all the Eucharistic sacrifice, so that, thus purified, they may attain the beatific vision of God" (Catechism of the Catholic Church, 1030-1032).

"Let us remember one another in [harmony] and [unity]. Let us on both sides [of death] always pray for one another. Let us relieve burdens and afflictions by mutual love, that if one of us, by the [quickness] of divine [disdain], shall go [there] first, our love may continue in the presence of the Lord, and our prayers for our brothers and sisters not cease in the presence of the Father's mercy" (Letters 56[60]:5 [A.D. 253]). –Cyprian of Carthage

Part II: Corporal Works of Mercy

You will perform three (3) Corporal Works of Mercy and submit your report online by December 1.

We have provided a list of suggestions and ways to perform the Corporal Works of Mercy. They are suggestions that are meant to help guide you, but you are not limited to these options. It is not necessary to serve with an organization, as you can visit an elderly person at their home and help them with cleaning or yard work. We simply ask that you do not use the works of mercy that you practice with family members to fulfill these expectations.

If you perform a merciful act that doesn't seem to fit perfectly into the works of mercy but cannot decide which work of mercy it falls under, you can use a Scripture verse to explain how it fulfilled one of Jesus' commands to his disciples. You may also contact the Confirmation Coordinator for assistance with this if you need help.

DIRECTIONS: Make notes about the time and place you performed each Corporal Work of Mercy. Write a short description of how you practiced that work and how it was an act of mercy. Unlike the Spiritual Works of Mercy, each of these reflections may be submitted individually.

Example Reflection (these are questions you'll need to answer with your submission):

- Where did you volunteer? **I volunteered at Mary's Choice.**
- Which Corporal Work of Mercy did you practice, and how did your actions fulfill that work of mercy? **I practiced the work of mercy to clothe the naked by helping them organize their clothing donations that are for mothers who cannot afford clothing.**
- Why were you drawn to this work of mercy? **I have a desire to serve those in our community who are often overlooked or judged and help them to know they are loved.**
- Who did you meet while serving at this place? How did you see Christ in them? **I met Mary who coordinates the clothing donations. In her, I saw someone who is Christ like in putting the needs of others before herself.**
- How will you continue to perform this work of mercy in your life? **I will go through my closet and give away at least 2 pieces of clothing to Mary's Choice to support their clothing closet.**