

Confirmation Handbook: 2024 - 2025



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Parish Mission:

**“Go therefore, and make disciples of all nations,
baptizing them in the name of the Father, and of the
Son, and of the holy Spirit” (Mt. 28:19)**

Dear Confirmation Candidate,

Thank you for allowing us to accompany you in the sacramental preparation of Confirmation! Our prayer for you is with the help of your parents and sponsors that this preparation renews your friendship with Jesus, helps you to form an intentional relationship with the Holy Spirit, and sets you on a joy-filled discipleship.

Confirmation means ***strengthening***. Through the sacrament of Confirmation, God pours out anew His own life-giving Spirit into the hearts of his children. At baptism, you were opened to the riches of God's life; in Confirmation, you will be sealed with the Holy Spirit—that is, God bestows certain gifts by which you will be able to live a life of holiness. Through the sacrament of confirmation, your soul is further configured to God by being bestowed with the ability to better know, love, and proclaim God's truth.

Jesus reminds His disciples, "You will know the truth and the truth will set you free." This truth is made known by the Holy Spirit, who helps us make sense of our lives, grow our capacity to love, and embrace the joy of being His disciples. In the midst of a world where humanism and consumerism thrive, it is the Holy Spirit that opens us to others and helps us to become true disciples who will lead lives of virtue, joy, and love

Parents, Sponsors, Confirmation Ministry Leaders, Confirmation Coordinator are committed to your sacramental journey. Like the disciples on the way to Emmaus, this team of mentors are there to walk with you, listen to you, be present to your questions and struggles, pray for you, and leave your heart burn in love for Jesus.

I ask for the intercessions of Our Blessed Mother and St. Boniface as we begin this confirmation journey. May the good Lord bless you!

Come Holy Spirit!

Sarah Kelly

Youth Ministry Coordinator

Beth Henderson

Faith Formation Coordinator

"Building a Community of Joyful Disciples"

CONFIRMATION PREPARATION: OUTLINE

I. Youth Alpha: (13 Episodes)

Each episode features a different question about life and faith:

- Episode 1 – Welcome to the Conversation
- Episode 2 – Jesus is...?
- Episode 3 – What does real love look like?
- Episode 4 – Why would I want a relationship with God?
- Episode 5 – What does a relationship with God look like?
- Episode 6 – Who is the Holy Spirit?
- Episode 7 – How can I be filled with the Holy Spirit?
- Episode 8 – How does God help us overcome evil?
- Episode 9 – Does God heal today?
- Episode 10 – What happens next?

II. Accompaniment Conversations (Sponsor & Candidate)

- Confirmation: What is Confirmation?
- Personal Prayer: How do I pray?
- Service: Why do we serve?
- Mass and Confession: Why do I need to go to Mass?
- Mary and the Saints: What's so great about Mary?
- Fruits & Gifts of the Holy Spirit: What are they? Why are they important?
- I Believe...: Why should I be Catholic?

III. Confirmation Retreat

IV. Confirmation Mass Rehearsal

V. Confirmation Mass (October 2025)

Confirmation: October 2024 – October 2025

INTRODUCTORY SESSIONS

- October 20, 2024: Parent – Teen Meeting (After 10:30 AM Mass)
- November 3, 2024: Confirmation Introductory Session
- November 17, 2024: Confirmation Introductory Session
- December 1, 2024: Confirmation Introductory Session
- December 15, 2024: Rite of Welcoming (AT 10:30 AM Mass)

DISCERNMENT CONVERSATIONS I

- October – December

YOUTH ALPHA SERIES

- January 5, 2025: Youth Alpha Series
- January 12, 2025: Youth Alpha Series
- January 19, 2025: Youth Alpha Series
- January 26, 2025: Youth Alpha Series
- February 2, 2025: Youth Alpha Series
- February 9, 2025: Youth Alpha Series (12:00 – 1:30 PM)
- February 15, 2025: Youth Alpha Series (Alpha Day Together, 9AM–3PM)
- February 23, 2025: Youth Alpha Series
- March 2, 2025: Youth Alpha Series
- March 9, 2025: Youth Alpha Series

FORMING A HEART OF SERVICE

- March 30, 2025: Joppa
- April 6, 2025: Waukee Food Pantry
- April 13, 2025: El Salvador

ACCOMPANIMENT CONVERSATION

- January – July

DISCERNMENT CONVERSATIONS II

- July – August

LIFE WITH THE HOLY SPIRIT

- September 7, 2025: Confirmation Session
- September 14, 2025: Confirmation Session
- September 21, 2025: Confirmation Session

CONFIRMATION CELEBRATION

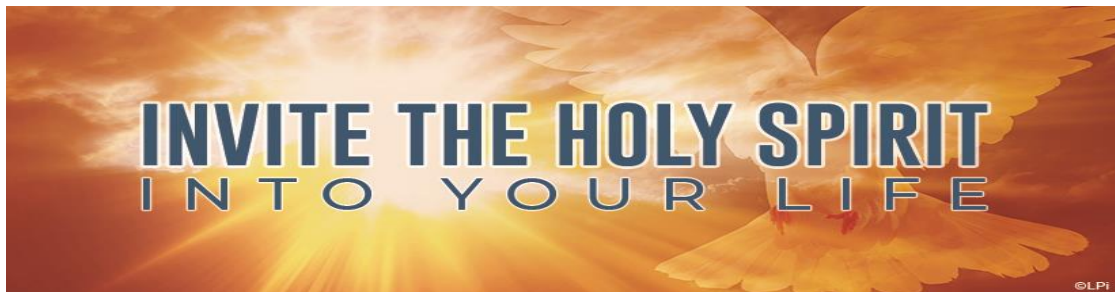
- September 28, 2025: Confirmation Retreat (10:30 AM – 4:30 PM)
- September 30, 2025: Confirmation Rehearsal (7:00 PM)
- October 5, 2025: Confirmation Mass (1 PM)

WHAT IS DIFFERENT THIS YEAR?

We are utilizing “Youth Alpha series” to create a safe space for teens to have real conversations regarding life and faith and to experience a real desire to ***belong, believe and become disciples***. Importantly, the focus is to create an opportunity for the teens to have an authentic experience of conversation and the body of Christ.

We have “accompaniment conversations” for sponsors. The conversations cover catechetical components and they will draw the sponsor and the teen to the treasures of the Catholic faith. It is of utmost importance that the sponsor becomes familiar with “The Emmaus Model of Accompaniment” in Luke 24:13-34: **Encounter** (flexibility, determination, humility, and patience), **Accompaniment/Form Community** (listening, synthesizing, encouraging, and conversion), and **Send** (remembering, affirming the moments of “burning transformative love”, and deepening the missionary desire: to share the joy that the teens have found in Jesus with others).

IMPORTANT: *The sponsors serve as conduits of the grace of the Holy Spirit.* The conversations and personal reflections are to be completed by July 2025. They are meant to draw both the Sponsor and Candidate to deeper conversion and discipleship.



QUESTIONS ON SPONSOR/REQUIREMENTS

WHAT IS A SPONSOR?

A sponsor is a practicing Catholic who lives their life in harmony with the Church. "The sponsor is to take care that the confirmed person behaves as a true witness of Christ and faithfully fulfills the obligations inherent in this sacrament." (Canon #892)

WHAT DOES IT MEAN TO BE A SPONSOR?

We want sponsors to serve in a mentor role. A sponsor will meet with the teen for conversations about faith using a variety of topics important to the confirmation preparation. Upon completion of accompaniment sessions, the sponsor will notify the Faith Formation Coordinator through documentation of the experience. Additionally, the sponsor will join the teen for service projects, Mass, Adoration, and other activities the teen identifies as important to their confirmation journey. Upon completion of the accompaniment sessions, the sponsor serves as a witness testifying to the teen's readiness to receive the sacrament of Confirmation.

QUALIFICATIONS TO BE A SPONSOR

The following are qualifications defined by the church:

- 16 years of age or older.
- Not the father or mother of the Candidate.
- Received the Sacraments of Initiation: Baptism, Eucharist, and Confirmation
- Participates in the Mass on Sundays and Holy Days; and receives the Sacraments of Eucharist and Reconciliation regularly.
- Actively strives to live out their commitment to Christ and to the community life of the church by a lovingly responding to those with whom they come in contact.
- If married, the marriage is valid according to the laws of the Catholic Church.
- Willing to give support to the Candidate through prayer and the example of their Christian life.
- Able to attend the Rite of Confirmation Mass and testify to the bishop the Candidate's readiness to receive the sacrament

WHEN CHOOSING A SPONSOR, PLEASE CONSIDER 3 THINGS:

- A practicing Catholic who lives out the Catholic faith with joy
- Someone you can talk to and you admire
- Someone who is available to journey with you

TIPS FOR CHOOSING A SPONSOR:

- Begin with prayer: ask God to guide you to the person right for you.
- A Godparent can be a good Sponsor, but ask the following questions: Do you know them well? Are they able to fill this role?
- Is there a relative, sibling (16 or older) or family friend who stands out to you as a good candidate?
- Do you feel comfortable diving into prayer and faith conversations with this person?

- Is the person available to meet with you on a regular basis and attend the Rite of Confirmation Mass?

COMMON QUESTIONS:

1. CAN AN OLDER TEEN BE A SPONSOR?

Teens 16 years or older who have received all the sacraments of initiation (*Baptism, Communion and Confirmation*) are eligible to be a Sponsor. However, it is always better to have a trusted adult (often a family member) who can both complete Accompaniment Conversations and ensure readiness for Confirmation.

IMPORTANT: If the Candidate chooses an older teen as their sponsor, please be prepared to provide extra support.

2. CAN I CHOOSE A SPONSOR WHO LIVES OUT OF TOWN?

Absolutely, yes! The Sponsor can certainly complete “Accompaniment Conversations” through Zoom/Facetime. However, when the Sponsor comes in town, it is a great opportunity to come together for Mass with the Candidate.

3. DOES A SPONSOR NEED TO BE VALIDATED BY THE PASTOR?

Yes. Active parish membership and engagement in the sacramental life of the Church are essential to serving as Sponsor. **Please let Sponsors know that Eligibility Forms are to be validated by their priests!**

4. WHAT IF I CAN'T FIND A SPONSOR?

We completely understand that it may be difficult to find someone that fulfills the requirements to be a Sponsor and who can make a commitment to the preparation journey. If you are unable to find a qualified Sponsor, please contact the Faith Formation Office. We will work with you to find someone to journey with you.

5. HOW MANY SERVICE HOURS DO WE NEED TO TURN IN?

Our hope is that Candidates cultivate a heart for service. **This is why we are moving to service projects rather than service hours.** In Accompaniment Conversation #3, you will talk about the baptismal call to serve. We would like one of the service projects to come from this conversation. ***TEN service projects should be completed, with at least FIVE serving the St. Boniface Community (Weekend Mass Greeters, Family Faith sessions, parish community events, and parish outreach projects).*** A list of St. Boniface service opportunities can be found on Page 13 of this Handbook.

6. DOES I NEED TO ATTEND RETREAT?

Teens preparing for Confirmation should attend retreat. Retreats are an important opportunity for Candidates to understand the Saving Love of Jesus and have a meaningful encounter with God. Teens who attend retreats consider the weekend the highlight of their year. While it may seem overwhelming to make a commitment for the whole day, it is always worth the sacrifice. **The teens are made anew!**

ACCOMPANIMENT CONVERSATIONS

Accompaniment Conversations happen around CORE topics for the sacramental preparation for Confirmation. These conversations occur between the Candidate and their chosen Sponsor. The Sponsor is strongly invited to read *Catechism of the Catholic Church* (paragraphs 1285 – 1321) before beginning Accompaniment Conversations. Each topic includes a written assignment in addition to watching a video or doing an activity. The Candidate must complete a reflection after each conversation and submit it to Sarah Kelly at skelly@stbonifacechurch.org.

1. CONFIRMATION

- Begin with a simple prayer asking the Holy Spirit to be with you.
- Sponsor and Candidate will enter into a covenantal relationship of trust, conversion, and commitment to Christian discipleship.
- Sponsor will introduce the Candidate to the riches of the Sacrament of Confirmation with a conversation that centers around these questions: What is a Sacrament, what are seven sacraments, what is Confirmation, and why does it matter?
- Watch two videos:
 - i) <https://www.youtube.com/watch?v=OrCUkEmCfi8>
 - ii) <https://www.youtube.com/watch?v=mlUq39lWHrk>
- Complete the reflection form

2. PERSONAL PRAYER

- Begin with prayer through the Hallow App by choosing one of the sessions from the original Intro Challenge (Open Hallow → scroll to bottom of Home Page → click “Intro” → complete one of those sessions)
- Explore together your thoughts on prayer by focusing on these questions: what prayer is, why it matters, and how to do it. The goal is to agree on simple prayer habits and make a commitment to personal prayer.
- Please watch this video:
 - i) <https://www.youtube.com/watch?v=BO3YJHZVdxs>
- Complete the reflection form

3. SERVICE

- Pray the St. Francis of Assisi Prayer (Prayer for Peace)
- Candidate and Sponsor will explore the call to serve by determining what the Candidate is passionate about, commit to few service initiatives within the parish and in the community, and then reflect on the importance of service.
- Please refer to “Called to Serve: Service Opportunities” on page 13 of the Handbook for different ideas of service projects within and outside St. Boniface Community.
- Complete the reflection form

4. MASS & CONFESSION

- Talk about your experience at Sunday Mass and/or daily Mass.
- Do the following together:
 - i) Attend Confession together, then go for a special treat after!
 - ii) Participate in the Celebration of Eucharistic together
 - iii) Participate in Eucharistic Adoration (*St. Boniface has Adoration every First Monday of the month from 7-8 PM and every Tuesday from 6-7 PM*)
- Watch these three videos
 - i) The Power of Confession
<https://www.youtube.com/watch?v=C4hGM3ItKk&list=PL9Ge1qPY-P-h1sYTZdT69cQZi3gfvOtHi-&index=7>
 - ii) What Happens at Mass:
<https://www.youtube.com/watch?v=55hPqxWAt9A>
 - iii) The Veil Removed:
<https://www.youtube.com/watch?v=OOLZDaTgIaM>
- Complete the reflection form

5. MARY AND THE SAINTS

- Pray: Listen to a “Saints Alive” podcast episode (your choice) on the Hallow App
- Explore the many Catholic Saints together, including the Blessed Virgin Mary, and guide Candidate to choose a Saint that holds significance.
- Sponsors, encourage the Candidate to choose a Saint they feel close to, research more information on the chosen Saint, and help the Candidate to pray with the Saint, to walk with the Saint, and to feel inspired to pursue holiness.
- Watch three videos:
 - i) You Don’t Know Jack...about the Saints:
<https://www.youtube.com/watch?v=1-eZjWeRUnw>
 - ii) Candidates share their chosen Saints:
<https://www.youtube.com/watch?v=usQuLFM8FcQ>
 - iii) Bishop Baron on Confirmation Names:
<https://www.youtube.com/watch?v=Z7bjqldlHl4>
- Complete the reflection form

6. THE FRUITS & GIFTS OF THE HOLY SPIRIT

- Pray “The Upper Room” by Made for Worship on the Hallow App
- Discuss: What are the seven **Gifts** of the Holy Spirit? What are the nine **Fruits** of the Spirit?
- Share about a time when you think you have used the gifts of the Spirit and a time when you have felt the fruits of the Spirit.
- Watch this video:
 - i) <https://www.youtube.com/watch?v=RTD8BNd-Nek>
 - ii) <https://www.youtube.com/watch?v=1INut0Gi09Q>
- Complete the reflection form

7. I BELIEVE...

- Pray the Nicene Creed
- Review the words of the Creed and discuss anything you don't fully understand
- Please watch this video:
 - i) <https://www.youtube.com/watch?v=MPjxgNzcBL4>
- Read through this article and watch the video at the end:
 - i) <https://media.ascensionpress.com/2024/04/26/why-be-catholic-and-not-just-christian-from-fr-mike-schmitz/>
- Complete the reflection form



CONFIRMATION SAINT

WHY DO WE CHOOSE A CONFIRMATION SAINT?

Answer: Confirmation Saints is someone we choose because we admire them and their faith, and they can pray for us from heaven. To aspire to be like a saint is the same as trying to imitate an actor, musician, or athlete; a Confirmation Saint is someone who we want to be like! As members of the Church, we are never alone, as the Letter to the Hebrews says, “We are surrounded by so great a cloud of witnesses” (Hebrews 12:1). These witnesses are the Saints who continually intercede for us (CCC 956); in choosing a Confirmation Saint, we are choosing a special friend to intercede for us and to model our lives here on earth.

WHY DO WE CHOOSE A CONFIRMATION NAME?

Answer: Scripturally, a name is not only what a person is called, but also who the person is—a special meaning of that person. Indeed, it conveyed the truth of the person. Your Confirmation name is the name you choose for yourself; although it is not required that you do so. In the scriptures, changing your name signaled a change in your vocation or even your identity. If you choose to take a new name, then you will select a name of the Saint you research. The Saint should be someone whose life or death inspires you or who exhibited qualities you admire. Even if you do not choose to use the name of a Saint as your confirmation name, the Saint project (Accompaniment Conversation #5) is still required.

HOW DO I SELECT A CONFIRMATION SAINT?

Answer: Pray, Discern, and Choose

- i. **PRAY:** Since you are inviting a Saint to accompany you forever, it is important to take some time to think and pray about the following questions:
 - What kind of role model are you looking for? What qualities do they have that you want? What kind of person are you hoping to become?
 - Pick a few different Saints and then spend time in prayer and ask all of them to pray for you. The Holy Spirit will help you find the one who sticks out more than others, and who resonates with you more than others
- ii. **DISCERN:** Consider doing a little more reading on the Saint you or someone in your family was named after, one from your family’s country of origin, or a patron Saint of something that is important to you. The Church has a saint for almost anything and you can start with this link: <https://lifeteen.com/blog/biggest-best-list-confirmation-saints-guys-girls/>.
Ask your Sponsor, parents, trusted family members, and Confirmation Ministry Leader for recommendations:
 - What Saint stories are they familiar with? Do they have a special devotion to a Saint? Asking those who know you best can help you find a saint you can form a relationship with for the rest of your life.
- iii. **CHOOSE:** Once you have made your choice, pray with that Saint for guidance and to help you prepare for the Sacrament of Confirmation.



CALLED TO SERVE: SERVICE OPPORTUNITIES

Mass Ministry

- ☐ Greeter/Hospitality
- ☐ Altar server
- ☐ Lector/Usher for weekend Mass
- ☐ Assist at Children's Liturgy of the Word
- ☐ Organizing Pews on Mondays

Faith Formation Center

- ☐ Serve as a teen helper for faith formation sessions
- ☐ Serve as a teen helper for child care
- ☐ Serve with a parent on safety team
- ☐ Assist with Family Faith Sessions
- ☐ Office assistant help throughout faith formation year

Parish Events

- ☐ Help with funeral meals
- ☐ Help with parish gardens or landscape
- ☐ Help with set up/clean up after BONIFEST or supervise a game
- ☐ Help sort and organize the coats for the winter coat drive
- ☐ Help set up, serve, and clean up for Turkey Dinner
- ☐ Serve at fall clean up with Men of Boniface
- ☐ Volunteer as a teen helper for Vacation Bible School
- ☐ Help set up, serve, clean up for Fish Fry during Lent with Knights of Columbus

Outreach Ministries

- ☐ Serve with a parent on the Canteen food truck for the Salvation Army
- ☐ Be part of the youth delegation to El Recreo
- ☐ Serve with a parent for Joppa
- ☐ Assemble winter coats for the yearly drive
- ☐ Help with the Angel Tree set up, tear down, and organization

Volunteering Opportunities

- ☐ <https://www.dmarcunited.org/volunteer/>
- ☐ <https://gdmhabitat.org/volunteer/>
- ☐ <https://mealsfromtheheartland.org/get-involved/ways-to-volunteer/>
- ☐ <https://www.rmhdsmoines.org/get-involved/volunteer>
- ☐ <https://svdpdsm.org/>
- ☐ <http://www.waukeechristianservices.org/FoodPantry.html>

COMMITMENT FORM

As a Candidate (please check),

- ☐ I will approach my Confirmation preparation with humility
- ☐ I want to have an intentional relationship with the Holy Spirit
- ☐ I will participate in all the Confirmation sessions
- ☐ I will complete "Accompaniment Conversations" with my Sponsor
- ☐ I will respond to the call to serve through 10 service projects
- ☐ I will participate in the Confirmation Retreat
- ☐ I will attend Mass on Sundays and Holy days of Obligation
- ☐ I will maintain prayer/reflection journal
- ☐ I will celebrate the Sacrament of Confession
- ☐ I will commit to daily prayer

Name of Candidate

Signature of Candidate

Date

Name of Candidate's Parent/Legal Guardian

Signature of Candidate's Parent/Legal Guardian

Date

Sponsor Eligibility Form

Thank you for being a Confirmation Sponsor! **This form is due December 15, 2024**

The Church (CCC 872-874) has several requirements for the Sponsor:

- 1) Be at least 16 years old,
- 2) Have received all three sacraments of initiation (Baptism, Eucharist, Confirmation) and lead a life of faith in keeping with the function taken on,
- 3) Not be bound by any canonical penalty (legitimately imposed or declared), and
- 4) You cannot not be the parent of the candidate.

Name of Candidate: _____

Statement of Faith Commitment/Practice of Sponsor

Sponsor Name: _____

As a sponsor for the Sacrament of Confirmation (Please check),

- ☐ I am fully committed to keeping God's commandments to the best of my ability as Jesus and the Church have taught me.
- ☐ I am committed to worshipping God through prayer, Eucharist, and reconciliation.
- ☐ I faithfully attend Sunday Mass and strive to translate my faith into good example and works.
- ☐ I hereby state that I am a baptized, confirmed Catholic, a registered and active member of _____ in _____;
(Parish) (Town)
- ☐ If married, I am married according to the laws of the Roman Catholic Church.
- ☐ I promise to mentor my Candidate by completing the Accompaniment Conversations.

Finally, I attest that all the above statements are true.

Signature of Sponsor: _____

Address: _____

Phone: _____ Email: _____

Validation by the Pastor:

Comments: _____

Date: _____

Signature of Priest with seal of the parish: _____

SACRAMENT OF CONFESSION: EXAMINATION OF CONSCIENCE

- 1. I am the Lord, your God, you shall have no other gods before Me.**
Have I wanted more things, making things or money more important than God?
Have I made an idol of sports or entertainment figures?
Have I been selfish?
- 2. You shall not take the name of the Lord God in vain.**
Have I used God's name in a disrespectful or unloving way?
Have I used God's name in anger?
- 3. Remember to keep holy the Lord's Day?**
Have I missed Mass on Sunday or Holy Days of Obligation without a good reason?
Have I remembered to pray daily?
- 4. Honor your father and your mother**
Have I disobeyed my parents?
Have I been disrespectful to teachers, coaches, and others in authority?
Have I done my chores without complaining?
- 5. You shall not kill.**
Have I hurt others or fought with them?
Have I not forgiven others and held on to grudges?
Have I been mean to others or made fun of them?
Have I been unfair to others, especially those who are different than I am?
- 6. You shall not commit adultery.**
Have I been respectful of my body?
Have I shown respect for others' bodies?
- 7. You shall not steal.**
Have I taken anything that did not belong to me?
Have I cheated on tests or schoolwork?
Have I cheated in games or sports?
- 8. You shall not bear false witness against your neighbor.**
Have I told lies? Have I been truthful?
Have I called anyone names or said bad things about others?
- 9. You shall not covet your neighbor's wife.**
Have I been jealous of the friends that someone else has?
Do I think of other people in terms of what they can give me or in terms of how I can show them God's love? Have I been envious of others?
- 10. You shall not covet your neighbor's goods.**
Have I held on to anger or jealousy when other people have things that I want?
Do I share with others?

How to Celebrate Confession

1. Enter the confessional and shut the door securely.

2. Make the Sign of the Cross.

3. After the Priest gives the blessing, say:

Bless me Father, for I have sinned. It has been _____ since my last confession.

4. Confess your sins to the priest. When you finish, say:

For all these sins and those I cannot remember, I am truly sorry.

5. Listen to the advice the Priest gives you.

6. Say the Act of Contrition:

**My God, I am sorry for my sins with all my heart.
In choosing to do wrong and failing to do good,
I have sinned against you whom I should love above all things.
I firmly intend, with your help, to do penance, to sin no more,
And to avoid whatever leads me to sin.
Our Savior Jesus Christ suffered and died for us.
In his name, my God, have mercy. Amen.**

**Or:
Lord Jesus, Son of God,
have mercy on me, a sinner.**

7. The Priest will give you absolution. When he finishes, say:

Amen.

8. As you get up to leave, say:

Thank you, Father.

9. Leave the confessional and do the penance that the Priest gave you.

Faith Formation Staff

Beth Henderson

Faith Formation Coordinator

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