



Confirmation Guide

Christ the King

Faith Formation Program

Medford, MN

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This parish Confirmation guide is based on the Diocese of Winona-Rochester's Preparation Guidelines for the Sacrament of Confirmation (2025), with additional parish-specific requirements.

Confirmation Year 1



- ☐ Participate in the Sacraments of the Mass weekly and the Sacrament of Reconciliation on a regular basis
- ☐ Pray daily on your own and as a family
- ☐ Complete 15 hours of Service

Confirmation Year 2

- ☐ Decide on a Confirmation Sponsor and complete Sponsor Agreement form by October 8, 2025
- ☐ Attend Rite of Enrollment- October 11, 2025 CTK 5:30 p.m. Mass
- ☐ Submit the service log from 2024-2025 year by October 22, 2025
- ☐ Submit a copy of your Baptismal Certificate by November 1, 2025 *

*Baptismal Information

If you were not baptized at Christ the King, Corpus Christi, St. Joseph, or Sacred Heart Parishes, we need a copy of your Baptismal Certificate. Please call the parish where you were baptized and ask them to send you a copy. Return the copy to the Faith Formation office as soon as possible.

Confirmation Year 2



- ☐ Sign the Parent/Student Covenant
- ☐ Participate in the Sacraments of the Mass weekly and the Sacrament of Reconciliation on a regular basis
- ☐ Continue to Pray daily on your own and as a family
- ☐ Meet with your sponsors on a regular basis - minimum three times
- ☐ Confirmation Saint Project Presentation- November 5, 2025 at 6:30 p.m.
- ☐ Attend the Rite of Affirmation- February 21, 2026 – CTK 5:30 p.m. Mass
- ☐ Attend a Confirmation Retreat
*NET Retreat - March 6, 2026 4:00-8:00 p.m. at CTK Parish Hall.
- ☐ Meditate upon and engage in two Works of Mercy and complete a one- to two-page reflection by March 1, 2026
- ☐ Complete 15 hours of Service and submit the Service log by March 1, 2026
- ☐ Write a letter to the Bishop – Due March 1, 2026
- ☐ Sponsor Letter of Recommendation Due March 1, 2026
- ☐ Meet with Father Marreddy on final recommendation

Christ the King Faith Formation 9th and 10th Grade Confirmation Calendar 2025–2026

Sessions meet on Wednesdays at Christ the King
from 6:30-8:00 p.m.

Sept. 10 Opening Faith Formation Mass at Corpus Christi, at 6:00 p.m. All Families Welcome
Sept. 17 Regular Class Session - Parent/student Covenant Due (last page)
Sept. 24 Regular Class Session

Oct. 1 **Required Parent/Student Confirmation Meeting- Grades 9-10- Church (7:30 p.m.)**
Students attend class as scheduled at 6:30 first

Oct. 8 Regular Class Session

Oct. 11 Rite of Enrollment Mass Grades 9 & 10

Oct. 15 **NO CLASSES ***** MEA *******

Oct. 22 Regular Class Session
Greens Fundraiser Due

Nov. 5 ****Saint Presentations to students and Parents at 6:30 p.m. (CTK Church) Grade 10
Memorial Mass at 7:00 p.m.**

**** Nov. Service Hours available- Wreath Distribution- Watch for announcements****

Nov. 12 Regular Class Session

Nov. 19 Regular Class Session

Nov. 26 **NO CLASSES ***** THANKSGIVING VACATION *******

Dec. 3 Regular Class Session

Dec. 10 Regular Class Session

****Saturday, December 13th- Christmas Program **Service Hours Available to help****

Dec. 17 Evening Reconciliation- Families are welcome and encouraged to attend

***** Christmas Break*****

Jan. 7 Regular Class Session

Jan. 14 Regular Class Session

Jan. 21 Regular Class Session

Jan. 28 Regular Class Session

Feb. 7 Regular Class Session

Feb. 11 Regular Class Session

Feb. 18 **Ash Wednesday Mass at 6:30 p.m. –No Faith Formation Classes-
Families encouraged to attend***

Feb 21 ****Confirmation Rite of Affirmation at the 5:30 p.m. Mass at Christ the King
(Recommend Parents and Sponsors) Grade 10**

Feb. 25 Regular Class Session- All Documents due for Grade 10

*****March 1 FINAL DAY FOR REQUIREMENTS TO BE TURNED IN FOR GRADE 10*****

- Letter of Request (Guidelines p. 11) due to Pastor & Bishop
- Letter of Recommendation from Sponsor (guidelines p.9) due to Pastor
- Service Hours Sheet (p.12)
- Sign up for 15-minute individual meeting with Father- Sign up Genius to come

Mar. 4 Regular Class Session

Mar. 6 **NET RETREAT at Christ the King 4:00 p.m. to 8 p.m. *Choose 1 Retreat***

Mar. 11 **No Class – Spring Break**

Mar. 14 **NET RETREAT at Sacred Heart, Owatonna 9:30 a.m. - 3 p.m. *Choose 1 Retreat***

Mar. 18 **** Practice Living Stations of the Cross - Please arrive at 6:00 p.m. or ASAP ****

Mar. 25 Evening Reconciliation 6:30-7:30 p.m.

Presentation of Living Stations of the Cross –7:30 p.m. ** All are welcome **

*****Saturday, March 28th - Living Stations of the Cross- Grades 9/10- Open to the
Parish after 5:30 p.m. Mass at Christ the King**

Apr. 1 Regular Class Session

**Retreat must be completed by today GRADE 10
Sponsor Form due today GRADE 9**

Apr. 8 Regular Class Session

Apr. 15 Confirmation Practice at St. Joseph's 6:30 p.m. - GRADE 10

Apr. 22 Confirmation Mass at 7:00 p.m. with Bishop Barron at St. Joseph in Owatonna

Apr. 29 Last Class –Celebration 😊

What is Confirmation?

Through the Sacrament of Confirmation, there is a special outpouring of the Holy Spirit upon the one being Confirmed – the same outpouring of the Holy Spirit that was given to the Apostles at Pentecost. This Sacrament is necessary for the completion of Baptismal Grace, because it is through the Sacrament of Confirmation that each person is more perfectly bound to the Church and is strengthened with the power of the Holy Spirit. Even the name Confirmation emphasizes that through this Sacrament, Baptismal Grace is both confirmed and strengthened. On multiple occasions, the Lord promised to His followers this immense gift of the Holy Spirit. It was through the gift of the Holy Spirit that the Apostles were able to “go into all the world and preach the gospel to all creation” proclaiming the “mighty works of God.”

In the same way, the Sacrament of Confirmation:

- Brings an increase and deepening of baptismal grace
 - Increases sanctifying grace
 - Roots us more deeply as children of God
 - Unites us more firmly to Christ
 - Increases the gifts of the Holy Spirit within us
- Gives us a special strength of the Holy Spirit to spread and defend the faith by word and action as true witnesses of Christ, to confess the name of Christ boldly, and never to be ashamed of the Cross.

Preparation - A relationship with Christ and His Church

One of the many beautiful ways that the Church helps us foster a relationship with Christ is by offering us the Sacraments. The Sacraments strengthen us on our journey toward eternal life.

The Mass:

We live out our faith as a church community each Sunday when we receive Jesus in the Eucharist. Receiving Jesus is essential for our faith journey. We receive the Word of God and we physically receive Jesus in the Blessed Sacrament in His Body, Blood, Soul, and Divinity.

Reconciliation:

By receiving this Sacrament regularly (at least once a year), we experience the healing power of God. Each of us is wounded, we have been wounded by ourselves or even those around us. God wants to heal those areas of our hearts that cause us to turn away from Him.

Prayer:

Prayer is a conversation with God. Take time for personal prayer and praying as a family. Taking time to pray daily is so important in growing in relationship with Jesus. Make a commitment to daily prayer.

Role of Parents

Growing in Faith Together

Parents are the most influential in their child's faith. While your child is preparing for Confirmation, it is a great time to reflect on how you are living your faith as an example to your children.

What does this look like?

Daily Prayer: No matter where we are in our faith journey, we are always able to grow in our prayer lives. Please pray daily for your children, especially as they are preparing for Confirmation.

Mass: We can always continue learning about the Mass! The more we understand, the more meaningful it becomes. Please talk about the Mass with your children.

Reconciliation: This is the Sacrament of Healing. This is sometimes a difficult Sacrament, especially if we have been away for some time. Jesus meets us where we are and desires to show us His abundant Mercy. Reconciliation is at St. Joseph on Saturdays at 3 p.m. or any of the scheduled services during Advent and Lent at Christ the King.

Living as a Faith Community: Jesus did not send us out alone in our faith journey. How are we walking with others in faith? How are we serving our parish or others in our family and our community?

Further Study: What are you interested in learning about the Faith? There are several groups that meet if you are interested. Technology offers many ways to learn more - with Catholic Apps, podcasts, YouTube options for any Catholic topic of interest, all at your fingertips. Learn more as a family as your child prepares for Confirmation. Talk to them about your faith and let them ask questions.

Where to begin:

Looking for Catholic content or have questions?

Apps:

Hallo
Laudate
Amen
Formed
The Chosen
Lux Catholic

Podcasts:

Bible in a Year- Fr. Mike Schmitz
Word on Fire- Bishop Barron's Sermons
Ask Father Josh
The Jeff Cavins Show
Catholic Saints- Augustine Institute
The Catholic Talk Show

YouTube Content:

Bishop Robert Barron- Word on Fire
Ascension Presents
Fr. Larry Richards- Anchored in Hope
Pints with Aquinas
Catholic 365
Focus Catholic

Role of Your Sponsor

A sponsor for Confirmation mentors the candidate throughout the preparation and beyond on behalf of the faith community.

He or she must be:

- Mature in practicing his or her Catholic faith, at least 16 years old
- Fully initiated, having received the Sacraments of Baptism, Confirmation, and Eucharist and participates in the Eucharist weekly
- A faith-filled, Catholic relative or friend of the candidate

It is desirable that the godparent at Baptism be sponsor at Confirmation, if a faith relationship exists. According to the directives of Canon 874, No. 5, neither the father nor the mother of the candidate can be a sponsor.

Choose someone who will be available and willing to help you, who you admire and trust and can talk to easily, and who will be in a relationship with you for life. Please note sponsors by proxy are not permitted. Sponsors are asked to:

- Help their candidate with the ministry of service.
- Help you research/choose a Saint for a Confirmation name.
- Discuss your progress & meet at least three times with you to discuss the Confirmation sessions and Conversation guide.
- Help you write your letter of request to the Bishop.
- Write a short letter of recommendation for you to the Pastor.
- Attend the Rite of Affirmation in February
- Be present at the Confirmation Mass in April

Sponsor Conversation Guide

Conversation I: What are you looking for?

We all encounter God in various ways throughout our lives. Often, those encounters begin with someone pointing him out, revealing him, and/or witnessing to him allowing us to better see the ways in which God has been seeking after us all along. The life of discipleship (that is, a purposeful relationship with Jesus) is born out of those encounters and is sparked by a question. Our response has the potential to change everything.

Scripture Reflection: Read John 1:19-39

Questions

1. What did you notice as you read through this Gospel passage?
2. Has someone/something ever pointed God out to you? Who/What? What was that like?
3. What does this Gospel passage reveal to you about Jesus?
4. Have you ever encountered Jesus? What is that like?
5. As you prepare to receive the Sacrament of Confirmation, Jesus asks you the same question he asked his followers, "What are you looking for?" What is your answer?

Conversation II: Put out into the deep

Encounters with the Lord lead to an invitation to follow him. When we follow the Lord, he brings us into relationship with him, teaches us how to live, and reveals the heart of the Father so that one day we might live with him forever in Heaven.

Scripture Reflection: Read Luke 5:1-11

Questions

1. What did you notice as you read through this Gospel passage?
2. Have you ever witnessed something that cannot be explained? What was that like?
3. What does this Gospel passage reveal to you about Jesus?
4. Do you think God still speaks to individuals? What makes you say so?
5. As you prepare to receive the Sacrament of Confirmation, Jesus invites you to leave everything and follow him. What does that look like for you right now? What about five years from now? What about ten years from now?

Conversation III: Put off the old... put on the new

The Father has a unique purpose for each of his children, and Jesus equips his disciples for that unique mission. Striving to fulfill that unique purpose requires a change of mind and often means we must live differently than we would if left to our own desires. Confirmation, in part, is about receiving the Holy Spirit so that we might become witnesses of God in the world by striving to fulfill our unique God-given mission.

Scripture Reflection: Read Ephesians 4:1-24

Questions

1. What did you notice as you read through this section of Paul's Letter to the Ephesians?
2. What does this section of Paul's letter reveal to you about the life of a disciple?
3. Have you noticed a nudge to change as you have been preparing for Confirmation?
4. Do you think change is necessary/possible? Why? Why not?
5. Have you considered your unique God-given mission? What do you think it might be?

Sponsor's Letter

Due by Mar. 1

The purpose of the sponsor's recommendation letter is:

- To serve as a means of dialogue with your candidate.
- To support his/her effort to grow in faith & in maturity.
- To share with the pastor & director the good qualities you see developing in your candidate.
- To support their desire for Confirmation.

Hopefully, the sponsor has been mentoring the candidate throughout this time and assisting them in their Ministry of Christian Service. We invite you to discuss with them the challenges, struggles & growth that they are experiencing in their journey to Christian maturity. Share with them the good qualities you appreciate in them; talk with them about how they can develop those talents for their own happiness and for the good of others.

In the letter refer to the following:

- How you have seen your candidate grow in faith in the last year or two?
- In what way do you feel he/she has prepared well for Confirmation?
- What special qualities or talents do you appreciate & commend them for?

You might begin your letter with a sentence such as "I am proud to recommend [Candidate's Full Name] for Confirmation because..." or end it by writing, "And therefore I am happy to support [Candidate's Full Name]'s request for Confirmation."

Be sure to refer to the candidate by first and last name. Please type the letter.

Address the letter to
Fr. Marreddy Pothireddy
512 S Elm Ave
Owatonna, MN 55060

Sponsor Agreement Form

A confirmand fittingly seeks the spiritual help of a sponsor, as he/she (or his/her parents) did when baptized. The confirmation sponsor accompanies the confirmand throughout the preparation process and beyond on behalf of the Catholic faith community. As a sponsor, you are chosen by the confirmand but must be eligible to be a sponsor according to canon (Church) law. The following are the guidelines for eligibility of a confirmation sponsor.

- Must be a practicing Roman Catholic who is at least 16 years of age.
- Must be a baptized, confirmed Catholic who leads a life in harmony with the faith.
- The sponsor need not be of the same sex as the confirmand.
- It is recommended that the confirmand's baptismal sponsor be their confirmation sponsor, but not necessary.
- Neither the father nor mother, biological or adoptive, of the confirmand can be a sponsor.

Sponsors must complete the information below and return this form to their confirmand's confirmation coordinator.

Sponsor Information

Sponsor's Name: _____

Email: _____ Date of Birth: _____

Address: _____

Parish Name, City, & State: _____

I affirm that I am a baptized and confirmed Catholic. I believe all that the Catholic Church teaches and proclaims to be revealed by God, and I lead a life in harmony with the Catholic faith. As a practicing Catholic, I participate regularly in the sacraments of the Church. I realize that I assume great responsibility before God and the Church in becoming a sponsor. I have read and understand the requirements to be a sponsor and I testify that I fulfill the qualifications, according to canon law. I understand that my primary role as sponsor is to be a good model of Catholic Christian living for the confirmand I am sponsoring.

Sponsor's Name: _____

Signature of Sponsor: _____ Date: _____

Confirmand's Name: _____

Signature of Confirmand: _____ Date: _____

Confirmation Name - Saint

The Sacrament of Confirmation completes our initiation, which began at Baptism. In Baptism, candidates were given the name of a saint or of someone who modeled the faith. At Confirmation youth may choose an additional Saint's name. A saint is a person of virtue who has been recognized by the universal Catholic Church. Candidates should research the Confirmation name they choose. Candidates should be ready to tell the Bishop:

1. About the Saint and his/her life, i.e. where and when they lived, why they were named a Saint.
2. Why you chose the name.
3. How do you plan to imitate the life of the Saint?

Our bishop prefers that you choose the name of a Canonized Saint as your Confirmation name. You may choose to use your Baptismal name if it is a Saint's name.

Saint Presentation

November 5, 2025

Students will present about the life of the Saint that they chose for their Confirmation name. This includes when and where he or she lived, important facts about their holy life, and how we should follow the example of this Saint in our lives. Saint presentations will be introduced in class, but most work should be done at home. Presentations will be held on November 5, 2025 at 6:30 p.m. prior to the Memorial Mass (7:00 p.m.).

Parents and all parishioners will be invited.

You must do one of the following for your presentation:

- Slide show
- Dress as the saint
- Picture Collage
- Picture/Drawing
- Other- be creative!

We are excited to hear about your Saint!

Letter to the Bishop

Due by Mar. 1

One of the requirements for Confirmation is that each candidate writes a personal letter to the Bishop formally requesting the Sacrament of Confirmation. Writing this letter can be a meaningful opportunity to reflect on your faith journey, organize your thoughts, and express your desire to be confirmed. Please take care and write thoughtfully. Bishop Barron reads each letter and is genuinely interested in what you have to share.

Each letter should reflect the unique personality and faith experience of the candidate. While every letter will be different, the following topics are recommended for inclusion in the body of your letter:

Greeting

Begin your letter with the greeting: Your Excellency (*or Dear Bishop Barron*),

Body of the Letter

1. Introduce yourself. Say something about your family or your background.
2. Request the Sacrament. Give a few reasons why you would like to receive the Sacrament.
3. Explain how you have prepared for the Sacrament. It is important that you tell about specific parts of your preparation: your prayer life, your celebration of the other Sacraments, your service to others at home, in the community and in the parish, etc.
4. Tell how you will continue to carry out your life of service to God and others through the power of the Holy Spirit. Tell how you plan to make your Confirmation in the faith real and alive in your life. Ask the bishop to pray for you.

Take your time in reflecting on the answers to these questions.

Conclusion

1. Conclude the letter with “Sincerely,” and write your complete signature.
2. Be sure to carefully proofread your letter for spelling and grammar.

Format Recommendations:

1. At least one (1) page long, but no more than two (2)
2. 1.5 spacing
3. 1-inch margins
4. Times New Roman
5. Size 12 Font

***All parish letters will be collected and mailed to the Bishop by the Faith Formation Director**

Source: Diocese of Winona-Rochester, Preparation Guidelines for the Sacrament of Confirmation, 2025 (Appendix J).

Works of Mercy & Service

Growing as Disciples of Mercy

As part of Confirmation preparation, our parish will use the *Disciple of Mercy Journal* throughout the two years of formation. The purpose is to help candidates live out their faith through prayer, service, and reflection.

The Catholic tradition teaches the Corporal Works of Mercy (acts of love that respond to people's physical needs) and the Spiritual Works of Mercy (acts of love that respond to people's spiritual needs). Together they form a way of life for disciples of Jesus Christ.

Corporal Works of Mercy

- Feed the hungry
- Give drink to the thirsty
- Clothe the naked
- Shelter the homeless
- Visit the sick
- Visit the imprisoned
- Bury the dead

Spiritual Works of Mercy

- Instruct the ignorant (share faith and truth)
- Counsel the doubtful
- Admonish sinners (guide others to good)
- Bear wrongs patiently
- Forgive offenses willingly
- Comfort the afflicted
- Pray for the living and the dead

Candidate Expectations

Over the two years of preparation, each candidate will:

- Prayerfully choose two Works of Mercy per year to practice.
- Actively engage in those Works of Mercy in daily life, at home, in the parish, or in the wider community.
- At the end of the two years, write a reflection describing their experience of all four Works of Mercy they have practiced. Due March 1 in year 2

Parish Service Requirement

In addition to the Works of Mercy reflections, candidates are expected to complete 15 hours of service per year. Due April 1 in year 1 and due March 1 in year 2.

Hours can come from:

- Parish service projects
- Community volunteering
- Personal Works of Mercy experiences

Works of Mercy reflections may also count toward service hours when appropriate.

This formation process is meant to help candidates see service not as 'hours to be filled,' but as a lifelong call to live out mercy and discipleship.

Service Hours Log

Name:

Date/Hours	Service Description	Name/Supervisor Signature

Christ the King Faith Formation

Confirmation Covenant

The Youth/Parent Covenant

Just as God presented a partnership with His people through His covenants, we want you to show your commitment to this journey.

As a youth and a parent within the Catholic Communities of Medford, we do affirm that:

We are aware of the guidelines and requirements for our Faith Formation.

As a young person, I promise to cooperate with all leaders in the process and to participate actively and regularly in all aspects. I desire Confirmation of my own free will and will open my heart and mind to learning about the Sacrament.

We will keep this covenant and meet the requirements listed, as a sign of our commitment to Jesus and His Church.

As a parent, I promise to be a good role model as I help my son/daughter to live their faith to the fullest.

Signature of Candidate

Date

Signature of Parent(s)

Date