



# **Confirmation Candidate Handbook 2023-2024**



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**Dear Confirmation candidates,**

**What a wonderful gift you are preparing to receive!**

**At Baptism, you were born spiritually. You became a member of the Church and a child of God, a participant in the divine life of the most Holy Trinity through the grace that you were given. Your soul was infused with the virtues of faith, hope, and charity, and you were given prudence, justice, temperance, and fortitude to be able to grow in this life of grace. All of these gifts have helped you grow in love and in deeper knowledge of our Lord Jesus Christ.**



**Now you are preparing for the sacrament of Confirmation, which will complete the work that Baptism began in your souls. The gift of the Holy Spirit will enable you to witness to your Catholic faith, as the Apostles did so long ago. You will be empowered to live out the charge of Christ to go out and make disciples of all nations.**

**If you cooperate with the graces that you will be given, then receiving Confirmation will be the powerful beginning of a lifetime of growth, of serving the Lord who created you in love now so that you may be happy with Him eternally.**

**During these years of preparation, you will be asked to form your MIND through learning more about our faith: about the Scriptures, the Sacraments, the social teachings of the Church, the virtues, and the Holy Mass. You will form your HEART through our time in prayer and on retreats. You will form your SOUL by joining your fellow parishioners in worshipping our Eucharistic Lord at Mass each Sunday and on holy days of obligation, by reception of the healing sacrament of Reconciliation, and by reflecting on the Word of God. You will form your STRENGTH by serving your neighbor at home, at school, in our parish, and in our community with all of your gifts and talents.**

**Your parish family supports you in this journey and beyond. We will be praying for you this year. Your parents, who promised at your Baptism to teach you the faith, will be supporting you, and the entire communion of saints, including that one particular saint in whose name you will be confirmed, will be cheering you on!**

**Dear parents,**

**When we asked that our child be baptized, we promised to bring them up in the practice of the faith, teaching them to "keep God's commandments as Christ taught us, by loving God and our neighbor." The fact that they are here seeking Confirmation now is a powerful testament to how well you have carried out this task. Thank you for your love and your fidelity!**

**In accord with the archdiocesan norms, St. Patrick's requires two years of Confirmation preparation. During these two years, your child will be given opportunities for fellowship, prayer, service, and further education in the faith. It is our fervent hope that your child will encounter Christ and deepen his or her relationship with the Lord daily.**

**This handbook is meant to help those preparing for Confirmation (the church calls them "candidates"), their families, and their sponsors keep track of what to do, when to do it, and who should be involved in each element of formation. If at any time you have questions, please don't hesitate to ask one of us!**

**We will be praying for your child and for your entire family throughout this time of discernment and preparation. May it be a time of great graces for all of you!**

**In Christ,**

**Beth Jones  
Director of Catechetical Ministries**

**Lali Guerrero and Desiree Sang  
Year 1 Catechists**

**Catherine and Joshua Haslett  
Year 2 Catechists**



# Confirmation at St. Patrick's

## Candidate Checklist

- ☐ **Kickoff Meeting:** Sunday, September 10, 1:00 PM, Deacons' Hall  
All candidates and parents should attend.
- ☐ October 22 **Baptism certificate** with sacramental notations due to office.  
Exception: if the candidate was baptized at St. Patrick's, notify the office of this, but no certificate is needed.
- ☐ November 12 **saint essays** due.
- ☐ March 24 **service hours** due.



### Year 1 Candidates Only

- ☐ April 23, 24, or 26  
Confirmation Year 1 candidates and their parents are asked to sponsor and serve the reception for the Confirmation Mass.

### Year 2 Candidates Only

- ☐ January 19-21 **Retreat** at St. Therese's Camp  
More information about the schedule, transportation, and what to bring will be sent as the retreat approaches.
- ☐ February 11 **Letter to the archbishop** due.
- ☐ February 11 **Sponsor forms** due to office.
- ☐ April 21: Confirmation **Rehearsal**  
Both candidates and sponsors are required to attend.
- ☐ April 23, 24, or 26: **Confirmation Mass**, 7 pm  
Both candidates and sponsors are required to attend. Dates may change depending on the archbishop's schedule. Reception will follow.
- ☐ April 28: Celebratory Lunch

# Scheduled Events

## **Kickoff Meeting**

Sunday, September 10, 2023 | 1-2:30 pm | Deacons' Hall

Who: All candidates and parents

All candidates and parents are invited to our opening session to meet other candidates and families, talk about the year ahead, and discuss your questions. Please plan for at least one parent to attend with each candidate.

## **Weekly Formation Meetings**

(Dates below) | 1-2:30 pm | Deacons' Hall

Who: All candidates

Each week, we gather to ask some of life's big questions and discuss how they relate to Confirmation. These sessions typically involve study, talks, small group discussion, and prayer.

September 17 & 24

October 1, 8, 15, 22, & 29

November 5, 12 & 19

December 3, 10, & 17

January 14, 21, & 28

February 4, 18, & 25

March 3, 17, & 24

April 7, 14, 21, & 28

## **Year 2 Candidates Only**

### **Confirmation Retreat**

Friday, January 19, 5 pm - Sunday, January 21 1:30 pm | St. Therese's Camp, (Wasilla AK)

Who: All second year candidates

Prior to significant moments in his public ministry, Jesus stepped away to rest and be with his Father. Prior to their confirmation, candidates are asked to do the same through games, reflections by speakers, group discussions, and times of prayer. We'll send more details about transportation, the schedule, and what to bring closer to the event.

### **Confirmation Rehearsal**

Sunday, April 21, 2024 | 1-3 pm | St. Patrick's Church and Deacons Hall

Who: Candidates and sponsors

Prior to the Confirmation Mass, we will walk through the candidates' and sponsors' roles and actions and what will be different about the Confirmation Mass. We will also set aside time for prayer and the sacrament of Reconciliation to help candidates fruitfully receive their full initiation into the Church.



# Scheduled Events Cont'd

## Confirmation Mass

April 23, 24, or 26, 2024 | 7 pm | St. Patrick's Church and Deacons Hall

Who: Candidates and sponsors

We will celebrate the sacrament of Confirmation at a special Mass for candidates and families with Archbishop Bellisario as the presider.

Candidates and sponsors should plan to arrive by **6 pm**. A brief reception , sponsored and served by the year 1 candidates, will follow in Deacons' Hall.



# Baptismal Certificate with Sacramental Notations

**Due Sunday, October 22, 2023**

## **What Is a Baptismal Certificate with Sacramental Notations?**

At Baptism, each person's name is entered in the sacramental register of the parish in which that person is baptized. Whenever that person receives a sacrament of initiation (First Communion or Confirmation), the person's original parish of Baptism is notified and that information is entered into the sacramental register of that parish. The baptismal parish is then able to send a certificate to any other parish in the world with a record of the sacraments of initiation a person has received.

## **Who Needs to Ask for One?**

Only those who have not received Baptism at St. Patrick's Church need to ask for a baptismal certificate with sacramental notations. If a candidate has been baptized here at St. Patrick's, we will already have those records. Simply email Beth Jones (bjones@st.patsak.org) to let her know that you were baptized at St. Patrick's.

## **Why Do We Need One?**

When a candidate for full initiation asks to be confirmed, the pastor of the parish in which Confirmation will be received needs to know that each candidate has indeed been baptized and not previously confirmed. We believe as Catholics that the sacraments are real and effective instruments of grace, not just symbols. The baptismal certificate with sacramental notations is one way we can make sure that each candidate has been prepared and can receive the graces of Confirmation validly.

## **How Do I Get One?**

Simple. Call or email your parish of Baptism and tell them you are seeking to be confirmed at St. Patrick's Parish. Ask them for a "baptismal certificate with sacramental notations." The parish can mail it straight to us or to you (in which case you would share the copy with us).

## **Questions?**

Do you have any questions about baptisms in a non-Catholic setting, missing records, or sacraments received in another country? We can help you work through those details! Contact Beth to get things started.



# Saint Essay

## Due November 12, 2023.

Each candidate is required to submit a one page essay about his/her patron saint. The essay should include the candidate's name, the name of the saint, a short biography of the saint, and why the candidate has chosen that saint. Plagiarized essays will not be accepted.

A candidate who chose a patron saint and wrote the essay may change his/her mind without writing a new essay. That candidate must email Beth ([bjones@st.patsak.org](mailto:bjones@st.patsak.org)) as soon as possible.

## Service Hour Requirements

## Due March 24, 2024.

Confirmation candidates must do EITHER 20 **service hours** (see the next page for the form) OR may complete the **Service Scavenger Hunt** (see pg. 10). Both are centered around the Works of Mercy.

Should the candidate choose the former option, he or she must not directly benefit from the service, it must be a Work of Mercy, and it must be outside of his/her normal duties (i.e. chores do not count. Should the candidate choose the latter option, he or she must complete the hunt with at least one parent and document it in pictures.

When submitting service hours, candidates should include the entire signed form OR the pictures for each hunt activity.

### ***Corporal Works of Mercy***

- 1.Feed the hungry.
- 2.Give drink to the thirsty.
- 3.Clothe the naked.
- 4.Shelter the homeless.
- 5.Visit the sick.
- 6.Visit the imprisoned.
- 7.Bury the dead.

### ***Spiritual Works of Mercy***

- 8.Admonish the sinner.
- 9.Instruct the ignorant.
- 10.Counsel the doubtful.
- 11.Bear wrongs patiently.
- 12.Forgive offenses willingly.
- 13.Comfort the afflicted.
- 14.Pray for the living and the dead.

# Option A: Service Hour Form

Candidate Name: \_\_\_\_\_

Date	Name of Activity	Number of Hours	Supervisor Signature	Supervisor Contact Info	Work of Mercy

# Option B: Service Hours Scavenger Hunt

Don't forget to take a picture of you and a parent or guardian doing these! These photos are for verification purposes only; they will be deleted once the service is logged. You may be asked for permission to post on social media or the website.

1. St. Patrick's in the Wild! Take a picture with another parishioner you run into (with their permission). Say a prayer for that person.
2. Cemetery visit. Go to any cemetery, or our columbarium, and say a rosary for those buried there.
3. Divine Mercy Chaplet. Pray the Divine Mercy chaplet in public! This can be said using rosary beads. A quick Google search will lead you to the prayer.
4. Any Corporal Work of Mercy. Do any of the Corporal Works of Mercy with a parent or guardian.  
Feed the hungry.  
Give drink to the thirsty.  
Clothe the naked.  
Shelter the homeless.  
Visit the sick.  
Visit the imprisoned.  
Bury the dead.
5. A Second Corporal Work of Mercy. Do any of the Corporal Works of Mercy with a parent or guardian. You can do the same one, or pick a new one.
6. A Third Corporal Work of Mercy. Do any of the Corporal Works of Mercy with a parent or guardian. You can do the same as before, or pick a new one.
7. A prayer corner. Make a place in your home dedicated to prayer. This can include statues, images, candles, etc: whatever helps you to pray.
8. Help another family. Do something as a family to help another family. Whether it's making a meal for a family with a newborn or ill member, clearing the driveway, or sending a card, do something to help.
9. Sacred Art at Home! Pick your favorite piece of sacred art. You can do a Google search to find some. Recreate the piece of art as a family.
10. Prayer in the wilderness! Go pray somewhere that isn't your home: on a hike, in the mall, in a park, etc.



# Letter to the Archbishop

Confirmation, like all the Sacraments, requires consent. It also requires the candidate ask to be confirmed. In order to fulfill these, candidates are asked to write a letter to Archbishop Bellisario (to be submitted to [bjones@st.patsak.org](mailto:bjones@st.patsak.org)) requesting the sacrament.

The letter should be no more than one page long, and it should include: the candidate's name, request for the sacrament, who his/her patron saint is and why, and a little about what he/she has done to prepare.

The archbishop does indeed read each of these letters, so take time to make them sincere and well-written!

## Selecting a Sponsor

### **Due: February 22**

A Confirmation sponsor is not merely a mentor or a friend; rather, a sponsor is meant to give spiritual help (CCC 1311). Keep this in mind when choosing a sponsor.

In order to emphasize the connection of Confirmation and Baptism, it is fitting that a sponsor be the candidate's godparent. However, this is not necessary. Common choices for sponsors include: older siblings, older cousins, grandparents, godparents, aunts, or uncles.

According to canon law (CIC. 872-874, 1-5), a sponsor must:

1. Be a fully initiated Catholic (baptized, confirmed, and received his/her first Communion)
2. Over 16 years old
3. If married, married in the Catholic Church
4. If single, living as the Church teaches.
5. Practices his/her faith
6. Free to celebrate the sacrament and not bound by any canonical penalty
7. Not a parent of the candidate

The Sponsor Form must be signed by the sponsor's priest and have the church seal affixed to it. If the sponsor is a St. Patrick's parishioner, it may be returned unsigned with a note to indicate this.

## Confirmation Sponsor Form

Please have your sponsor fill out and return this form to Beth Jones, Director of Catechetical Ministries (bjones@st.patsak.org), by Sunday, October 22, 2023.

CANDIDATE'S NAME: \_\_\_\_\_  
FIRST MIDDLE LAST

SPONSOR'S NAME: \_\_\_\_\_  
FIRST MIDDLE LAST

SPONSOR'S CITY AND STATE OF RESIDENCE: \_\_\_\_\_

SPONSOR'S EMAIL: \_\_\_\_\_

In accepting the responsibility of sponsoring this candidate and initialing each line, I affirm that:

1. I am not a parent of this candidate. \_\_\_\_\_
2. I have received the sacraments of initiation: (Baptism, Eucharist, and Confirmation). \_\_\_\_\_
3. I am at least 16 years of age. \_\_\_\_\_
4. I participate weekly in Sunday or Saturday Vigil Mass and give witness to my faith in Christ Jesus by receiving Holy Communion. \_\_\_\_\_
5. If married, I was married in the Catholic Church and according to the laws of the Church. \_\_\_\_\_
6. If single, I live as the Church teaches. \_\_\_\_\_
7. I believe all that the Catholic Church professes and teaches, and I truly make an effort to incorporate these teachings in my daily life. \_\_\_\_\_
8. I am aware that I am assuming responsibility to be a role model and mentor for the person I am sponsoring by my life of prayer and my Christian example. \_\_\_\_\_

Name of your home parish: \_\_\_\_\_

Address of your home parish: \_\_\_\_\_

City/State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

(Arch)Diocese: \_\_\_\_\_

Are you (the sponsor) a registered parishioner at this parish: \_\_Yes \_\_No

Name of the pastor of your home parish: \_\_\_\_\_

"Pastors must ascertain the spiritual qualifications of sponsors. The sponsor for any candidate may be male or female and is to be sufficiently mature, a practicing Catholic, who has himself/herself been confirmed and has not been prohibited by law from exercising the role of sponsor. One of the Baptismal sponsors is not only allowed, but is in fact desired as the Confirmation sponsor, so as to emphasize the relationship between Baptism and Confirmation" (Canon 893). This person is an active witness of the Catholic faith in both word and deed and is able to perform the duties of a Confirmation sponsor.

Pastor's Signature \_\_\_\_\_ Date \_\_\_\_\_

Affix Church Seal:

# Confirmation Year 1 Class Calendar

## Sundays at 1pm in the Upper Room

DATE	LESSON	NOTES
August 27	Parish Picnic	
September 10	Kickoff Meeting	For teens & parents
September 17	Sacraments: Baptism	
September 24	Sacraments: Confirmation	
October 1	Sacraments: Eucharist	
October 8	Sacraments: Penance	
October 15	Sacraments: Anointing of the Sick	
October 22	Circle of Grace (Safe Environment)	
October 29	Sacraments: Holy Orders	
November 5	Sacraments: Matrimony	
November 12	Scripture: An Introduction to the Bible	
November 19	Scripture: The Early World	
November 26	NO CLASS	Thanksgiving Break
December 3	Scripture: The Patriarchs & Egypt	
December 10	Scripture: Exodus, Joshua, & Judges	
December 17	Scripture: The Kingdom of God: United & Divided	
December 24	NO CLASS	Merry Christmas!



# Confirmation Year 1 Class Calendar Cont'd.

<b>December 31</b>	<b>NO CLASS</b>	<b>Merry Christmas!</b>
<b>January 7</b>	<b>NO CLASS</b>	<b>Merry Christmas!</b>
<b>January 14</b>	<b>Scripture: The Exile, the Return, the Revolt</b>	
<b>January 21</b>	<b>Scripture: Jesus &amp; the Gospels</b>	
<b>January 28</b>	<b>Scripture: The Early Church &amp; the Church Today</b>	
<b>February 4</b>	<b>Praying with Scripture: Lectio Divina &amp; Liturgy of the Hours</b>	
<b>February 11</b>	<b>NO CLASS</b>	<b>Superbowl Sunday</b>
<b>February 18</b>	<b>Prayer and Service: Life &amp; Dignity of the Human Person</b>	
<b>February 25</b>	<b>Prayer and Service: Call to Family, Unity, &amp; Participation</b>	
<b>March 3</b>	<b>Prayer and Service: Rights &amp; Responsibilities</b>	
<b>March 10</b>	<b>NO CLASS</b>	<b>Spring Break</b>
<b>March 17</b>	<b>Prayer and Service: Option for the Poor &amp; Vulnerable</b>	
<b>March 24</b>	<b>Prayer and Service: Dignity of Work &amp; the Rights of Workers</b>	
<b>March 31</b>	<b>NO CLASS</b>	<b>Happy Easter!</b>
<b>April 7</b>	<b>Prayer and Service: Solidarity</b>	
<b>April 14</b>	<b>Prayer and Service: Care for God's Creation</b>	
<b>April 21</b>	<b>Gifts &amp; Fruits of the Holy Spirit</b>	
<b>April 28</b>	<b>Last Class</b>	

# Confirmation Year 2 Class Calendar

## Sundays at 1pm in Theatre Room B

DATE	CLASS	NOTES
August 27	Parish Picnic	
September 10	Kickoff Meeting	For teens & parents
September 17	The Kerygma	
September 24	Pursuit of Happiness	
October 1	God First Loved Us	
October 8	Human Person - Image & Likeness	
October 15	Cardinal Virtues: Temperance	
October 22	Circle of Grace (Safe Environment)	
October 29	Cardinal Virtues: Fortitude	
November 5	Cardinal Virtues: Prudence	
November 12	Cardinal Virtues: Justice	
November 19	Allure of Sin	
November 26	NO CLASS	Thanksgiving Break
December 3	Theological Virtues: Faith	
December 10	Theological Virtues: Hope	
December 17	Theological Virtues: Charity	
December 24	NO CLASS	Merry Christmas

# Confirmation Year 2 Class Calendar Cont'd.

<b>December 31</b>	<b>NO CLASS</b>	<b>Merry Christmas!</b>
<b>January 7</b>	<b>NO CLASS</b>	<b>Merry Christmas!</b>
<b>January 14</b>	<b>Gifts of the Holy Spirit</b>	
<b>January 19-21</b>	<b>RETREAT</b>	
<b>January 28</b>	<b>Fruits of the Holy Spirit</b>	
<b>February 4</b>	<b>Into God's Life</b>	
<b>February 11</b>	<b>NO CLASS</b>	<b>Superbowl Sunday</b>
<b>February 18</b>	<b>Helps to Holiness: Reconciliation and the Conscience</b>	
<b>February 25</b>	<b>Rite of Confirmation &amp; Graces of Confirmation</b>	
<b>March 3</b>	<b>Biblical Foundations of the Mass: Introduction</b>	
<b>March 10</b>	<b>NO CLASS</b>	<b>Spring Break</b>
<b>March 17</b>	<b>Biblical Foundations of the Mass: Introductory Rites</b>	
<b>March 24</b>	<b>Biblical Foundations of the Mass: Liturgy of the Word</b>	
<b>March 31</b>	<b>NO CLASS</b>	<b>Happy Easter!</b>
<b>April 7</b>	<b>Biblical Foundations of the Mass: Liturgy of the Eucharist, Part I</b>	
<b>April 14</b>	<b>Biblical Foundations of the Mass: Liturgy of the Eucharist, Part II</b>	
<b>April 21</b>	<b>Confirmation Rehearsal &amp; Reconciliation, 1:00-3:00</b>	
<b>April 28</b>	<b>Celebratory Lunch/Mystagogy</b>	



# Frequently Asked Questions

## **Why are there expectations for candidates outside of the formation meetings?**

St. Augustine wrote, "The God who created you without you will not save you without you" (St. Augustine, Sermo 169, 13 [PL 38,923]). In Confirmation, we are offered a great gift. The question for all of us, including our Confirmation candidates is, "Are we willing to receive the grace God offers?" Our individual preparation elements are meant to help young people discern their willingness to be confirmed, enlist the help of spiritual mentors, and deepen their daily relationship with the Lord. While our events are meant to help support that readiness, each candidate should spend time outside of these events to prepare for and assent to this gift.

## **What if I can't come to some events?**

We understand that schedule conflicts and illness will prevent perfect attendance. For any missed meetings, there will be materials and resources for candidates and parents/sponsors to review and complete at home. However, we expect candidates to miss no more than 2 classes. The retreat and rehearsal are mandatory.

## **What if my sponsor can't attend the Confirmation Mass?**

If a sponsor cannot attend the Confirmation rehearsal or Confirmation Mass, you can still be confirmed! For the Mass, a "proxy" can stand in. This proxy must be over 16, a confirmed and practicing Catholic, and not a parent (the same requirements for a sponsor). If you will have a proxy at the Mass, please let us know. The proxy's name will be entered into the sacramental register along with the candidate's and sponsor's names.

## **What if I can't come to the Confirmation Mass?**

If you cannot attend the Confirmation Mass, there are two possible alternatives: wait to be confirmed until the next year, or work with us to find a Confirmation Mass at a local parish that you could attend.

**If you have additional questions, please contact Beth Jones, director of catechetical ministries, at [bjones@st.patsak.org](mailto:bjones@st.patsak.org) or (907) 337-1538, ext. 24.**

# Prayers to Memorize

## Rosary

1. Make the Sign of the Cross.
2. Holding the Crucifix, say the *Apostles' Creed*.
3. On the first bead, say an *Our Father*.
4. Say one *Hail Mary* on each of the next three beads.
5. Say the *Glory Be*.
6. For each of the five decades, announce the Mystery (perhaps followed by a brief reading from Scripture) then say the *Our Father*.
7. While fingering each of the ten beads of the decade, next say ten *Hail Marys* while meditating on the Mystery. Then say a *Glory Be*.  
(After finishing each decade, some say the following prayer requested by the Blessed Virgin Mary at Fatima: *O my Jesus, forgive us our sins, save us from the fires of hell; lead all souls to Heaven, especially those who have most need of your mercy.*)
8. After saying the five decades, say the *Hail, Holy Queen*, followed by this dialogue and prayer:

V. Pray for us, O holy Mother of God.

R. That we may be made worthy of the promises of Christ.

*Let us pray: O God, whose Only Begotten Son, by his life, Death, and Resurrection, has purchased for us the rewards of eternal life, grant, we beseech thee, that while meditating on these mysteries of the most holy Rosary of the Blessed Virgin Mary, we may imitate what they contain and obtain what they promise, through the same Christ our Lord. Amen.*

Conclude the Rosary with the Sign of the Cross.



## Apostles' Creed

I believe in God,  
the Father almighty,  
Creator of heaven and earth,  
and in Jesus Christ, his only Son, our Lord,  
who was conceived by the Holy Spirit,  
born of the Virgin Mary,  
suffered under Pontius Pilate,  
was crucified, died and was buried;  
he descended into hell;  
on the third day he rose again from the dead;  
he ascended into heaven,  
and is seated at the right hand of God the Father almighty;  
from there he will come to judge the living and the dead.  
I believe in the Holy Spirit,  
the holy catholic Church,  
the communion of saints,  
the forgiveness of sins,  
the resurrection of the body,  
and life everlasting.  
Amen.

## Lord's Prayer

Our Father, who art in heaven,  
hallowed be thy name;  
thy kingdom come;  
thy will be done on earth as it is in heaven.  
Give us this day our daily bread;  
and forgive us our trespasses  
as we forgive those who trespass  
against us;  
and lead us not into temptation,  
but deliver us from evil. Amen

## Hail Mary

Hail Mary, full of grace, the Lord is with you;  
blessed are you among women,  
and blessed is the fruit of your womb, Jesus.  
Holy Mary, Mother of God,  
pray for us sinners  
now and at the hour of our death. Amen.

# Prayers to Memorize

## Glory Be

Glory be to the Father, the Son, and the Holy Spirit;  
as it was in the beginning, is now, and ever shall be,  
world without end.

Amen.



## Hail Holy Queen (Salve Regina)

Hail, holy Queen, mother of mercy,  
our life, our sweetness, and our hope.  
To you we cry, poor banished children of Eve;  
to you we send up our sighs,  
mourning and weeping in this valley of tears.  
Turn, then, most gracious advocate,  
your eyes of mercy toward us;  
and after this, our exile,  
show unto us the blessed fruit of your womb, Jesus.  
O clement, O loving, O sweet Virgin Mary.

## St. Michael the Archangel

St. Michael the Archangel, defend us in battle.  
Be our protection against the wickedness and snare of the Devil.  
May God rebuke him, we humbly pray;  
And do thou, O Prince of the Heavenly Host,  
By the power of God,  
Cast into hell Satan and all the evil spirits  
Who prowl about the world,  
Seeking the ruin of souls. Amen.



## The 5 Precepts of the Church (not a prayer)

1. Attend Mass on Sundays and Holy Days of Obligation.
2. Confess your sins at least once a year.
3. Receive the Eucharist at least once a year, during the Easter season.
4. Keep holy the Holy Days of Obligation.
5. Observe prescribed days of fasting and abstinence.

The faithful also have the duty to provide for the material needs of the Church, each to his or her ability.  
CCC 2041-2043.