



CHURCH *of* St. Dominic

Confirmation Handbook 2025-2026

May God the Father, who made us, bless us.
May God the Son, who redeemed us, send healing into our midst.
May God the Holy Spirit, who gives us life, move within us.

May God give us eyes to see God, ears to hear God,
and hands to bring God's work into the world.

May we walk with God and preach the word of God to all.
May the angel of peace watch over us and lead us at last by God's grace
to the eternal Kingdom.

- Prayer of St. Dominic

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Our Confirmation Program

The main goal of our Confirmation program is for our youth to build a personal relationship with Christ, to continue to grow in their understanding of the Catholic faith and to recognize the importance and significance of the Sacrament of Confirmation. We receive the Holy Spirit when we are baptized, so the Holy Spirit is already with us. In Confirmation we receive an intensification of the power of the Holy Spirit and we are strengthened for service to Christ.

The prophets of the Old Testament foretold that God's Spirit would rest upon the Messiah to sustain his mission. Their prophecy was fulfilled when Jesus the Messiah was conceived by the Spirit and born of the Virgin Mary. The Holy Spirit descended on Jesus on the occasion of his baptism by John. Jesus' entire mission occurred in communion with the Spirit. Before he died, Jesus promised that the Spirit would be given to the Apostles and to the entire Church. After his death, he was raised by the Father in the power of the Spirit.

Confirmation deepens our baptismal life that calls us to be missionary witnesses of Jesus Christ in our families, neighborhoods, society, and the world. . . . We receive the message of faith in a deeper and more intensive manner with great emphasis given to the person of Jesus Christ, who asked the Father to give the Holy Spirit to the Church for building up the community in loving service.

~from the *United States Catholic Catechism for Adults* / *en español*

Our program consists of three major parts:

1. Mass Attendance -

Parents of Confirmation students are encouraged to set a positive example by attending Mass with their children each Sunday. Canon law requires that Catholics attend Mass on Sundays and holy days of obligation. Catechists will check in with students about Mass attendance and if there are concerns, we will address this with students and parents.

2. Regular Confirmation Sessions -

Weekly sessions provide an opportunity for students to ask questions about the Catholic Faith and learn about the Sacrament of Confirmation. We will be utilizing The Chosen Confirmation Curriculum. The day of the week, time and location varies depending on the small group. Most sessions will be 75 minutes.

3. Special Events -

Large group events, parent and sponsor events, fundraisers and service projects, retreat (year 2 only), reflections, adoration, interviews (year 2 only) and Youth Nights. Youth Nights are held on the second and fourth Wednesday of the month, throughout the school year. Youth nights serve as opportunities for teenagers to grow in their faith and build connections with their peers in a place where they can openly talk about their beliefs.

Responsibilities of the Confirmation Candidate

Sunday Mass: Attend Sunday Mass every Sunday and Holy Day of Obligation

Attend Confirmation Classes: Attend the large group events shown on the Faith Formation Calendar and confirmation schedule. Attend the small group meetings on Wednesday evenings (or the night chosen by your small group). Be on time and prepared for the meetings and events. Curriculum for Year 1 and 2: The Chosen Confirmation Program, Ascension Press.

Attend Candidate and Sponsor Meetings: Candidates, parents, and sponsors will be invited to different events throughout the year, as shown on the confirmation schedule. Parents should also support their confirmation candidates at service projects, Mass and communal penance services (see calendar).

Attend Retreat: Attend the Confirmation Retreat for Year 2 Candidates, scheduled for Saturday, October 25, 2025. If the student is not able to attend the St. Dominic Confirmation retreat, they will need to attend a NET Ministries in-person 2-day Confirmation retreat. There are usually 9 dates to choose from between the months of September and April. You will be responsible for covering the cost (\$175). More information can be found at <https://www.netusa.org/mn-events#crw>

Attendance: Attendance at Sunday Mass, Confirmation classes and other events is part of the program. If you will be absent, please promptly notify us via Flocknote, email or phone. In the event there are an excessive number of absences for a student, a meeting will be arranged to address and discuss the matter.

Communication: Most communication will be sent via Flocknote. Students should join the Confirmation Year 1 or Year 2 Flocknote group and the Youth Group Flocknote group. There is a link on the St. Dominic website homepage where you can create an account.

Complete Required Paperwork: The Sponsor Form and Saint Form are due at the beginning of Year 1 and the Reflection Form is due at the beginning of each year.

Reflection: Complete a reflection sheet in the beginning of the school year to evaluate where you are at on your journey to the Sacrament of Confirmation. This reflection will be done during class in the beginning of the school year, given to your catechist and revisited near the end of the school year. There is a copy of the form on the Confirmation web page.

Service: Through Confirmation we are strengthened by the Holy Spirit and called to service for Christ. Confirmands are choosing to become an active member of the Catholic Church community and can demonstrate this by serving at Mass. We encourage Mass Liturgy opportunities, such as altar serving, music, ushering and greeting. Candidates can also help at Donut Sundays, Communal Penance services, leading Youth Nights, helping with Family Formation classes and helping with other church and school events. Participating in service projects also provides opportunities for confirmands to demonstrate their faith by giving to others. The Apple Pie Faith Formation Fundraiser is our major fundraiser for the year.

Interviews: Participate in confirmation interviews and adoration on Wednesday, April 1, 2026.

Reconciliation: Receive the sacrament of reconciliation prior to receiving the sacrament of confirmation. Opportunities will be provided during retreats and communal penance services at St. Dominic Church.

Confirmation Names: During Year 1, candidates select a name that the bishop will use during the sacrament of confirmation. This can be their baptismal name or another Christian name, like that of a beloved saint or blessed individual. Candidates should ask the Holy Spirit for guidance when choosing a saint to be an intercessor. See page 9 for guidance.

Sacrament of Confirmation: The Archdiocese has assigned the Church of St. Dominic the date of Confirmation to be Saturday, April 11, 2026 at 10:00 am at the Cathedral of St. Paul.

* If a confirmation student is unable to make the parish's group confirmation date and they still want to be confirmed during the current confirmation year, please notify Nancy Ivers. Next, look at the Archdiocese of Saint Paul and Minneapolis website (archspm.org). Click on "Offices", "Worship", then "Sacraments & Worship". There will be a list of downloads, click on the current year's confirmation date list. Parents will look at this list and select three dates that would work for them and notify Nancy Ivers of the preferences (please indicate first, second, and third choices). She will then email the Office of Worship those dates and they will take it from there. To see the entire procedure, [click here](#)

Responsibilities of the Parents / Guardians

Spiritual Guidance: The Catholic Church calls parents to be “the first and foremost educators of their children”. Parents are in the best position to nurture their child's spiritual growth and assist them in knowing their faith and developing a personal relationship with God. An important part of this is regular attendance at mass, engaging in prayer together at home and spending time discussing and reflecting on Catholic teachings and values. Parents serve as role models for their children so it is important to strive to live out Catholic values and beliefs in your daily lives. In this way you will provide a positive example for your child's own faith journey.

Catechetical Support: Parents are encouraged to dive into the exciting journey of preparing their child for Confirmation! This means joining us for occasional parent meetings, lending a hand with at-home assignments, projects, and making sure your child reads the pages assigned and works on the goal they chose for the week. This is a great time to have some discussions about our Faith. Encourage your child to attend Youth Nights and ask them what they did and talked about. Parents can volunteer to be a chaperone at Youth Nights or other youth events. Your involvement makes all the difference!

Parents should wholeheartedly embrace their child's passion and involvement during the Confirmation preparation journey! This means providing emotional support, answering questions, and truly listening to your child's ideas and worries. Plus, acknowledging and celebrating milestones and achievements along the way can boost their sense of accomplishment and motivation.

Communication: Most communication will be sent via Flocknote. Parents - be sure you have downloaded the Flocknote app and are signed up for the appropriate Confirmation Group (Confirmation Year 1 Parents 2025 - 2027 or Confirmation Year 2 Parents 2024-2026). There is a link on the St. Dominic website homepage where you can create an account.

Complete Required Paperwork: Baptismal records must be verified prior to receiving the Sacrament of Confirmation. All parents must fill out this Baptismal Certificate Form by November 3, 2025 (this will be sent to parents in September). Note that if your child was baptized outside of the United States, in addition to filling out the form, you will need to obtain a copy of the record and submit it to St. Dominic Church by December 1, 2025.

Choosing a Sponsor

Every candidate will choose one sponsor. The confirmation sponsor serves as an example of faith and a personal spiritual guide for the candidate. During Year 1, you will take some time to think about someone who you want by your side as you walk through this journey toward Confirmation.

The primary responsibility of your sponsor is to provide you with support and guidance as you prepare for Confirmation, so he or she should be someone with whom you will feel comfortable sharing responses to the questions included in the "Take 5" (next page).

The Catholic Church encourages you to consider asking one of your baptismal sponsors or godparents to also be your Confirmation Sponsor since he or she is a person already committed to taking an interest in your spiritual development and serving as a role model for you.

There are a few requirements set by the Catholic Church regarding the selection of Confirmation Sponsors:

- Sponsors must be Catholic, and have already received their First Holy Communion and the Sacrament of Confirmation.
- The sponsor must attend Mass and receive Communion regularly and lead a life of faith in keeping with the function to be taken on.
- The sponsor must be at least 16 years of age and can be of either sex.
- The sponsor cannot be the father or mother of the candidate.

If you have any difficulty in finding a sponsor, please reach out so we can provide assistance.

Responsibilities of the Sponsor

Preparing for Confirmation:

- Be a convinced, enthusiastic Catholic who lives a life of faith, and is committed to fulfilling the responsibilities of a sponsor.
- Pray regularly for and with the candidate, showing him/her how to pray by example.
- Have knowledge of the personal faith of the candidate and share your own faith experience.
- Attend the confirmation sponsor meetings shown on the confirmation schedule.
- Initiate the weekly Take 5 conversations (explained below).

After confirmation:

- Continue to maintain regular contact with the confirmed.
- Pray regularly for (and with) the confirmed and help the confirmed to learn how to experience a deeper prayer life.
- Continue ongoing catechesis (e.g., sharing good books, apps, podcasts, study groups) and be available for questions.
- Encourage participation in the life of the Church, especially through his/her parish (Youth Group, small groups, ushering, choir, Knights of Columbus, etc.).

Take Five

The candidates and sponsors are asked to “take five” each week and review the five questions listed below. With each question, the sponsor begins by asking for the candidate’s response. Then the candidate in his/her turn asks the same question of the sponsor. In this manner you can both learn from one another and reflect together on your faith journey. We encourage the candidate to keep a journal of his/her responses to be able to look back on their faith journey from time to time.

The sponsor should take the initiative in calling the candidate. Consider getting together in person for this weekly review once a month. Whether by phone or in person, remember to “take five” each week.

1. What has been the highlight of your week?
2. What has been the most challenging for you this week?
3. How have you felt the presence of God in your life this week?
4. What have you done this week to grow in your relationship with God and the Church?
5. What are your goals for the week ahead, in particular your spiritual goals?

Choosing a Confirmation (Saint) Name

Candidates select a name to be used by the bishop during the sacrament of Confirmation. This may be the candidate's baptismal name or it could be another Christian name. How exciting to make a meaningful selection!

We see in scripture that names were changed to signify a new reality or conversion (for example, "Simon to Peter", Sarai to Sarah", "Saul to Paul").

Confirmands often choose a saint or blessed individual. The saints lived on this earth and experienced joy and pain and challenges just like us. Now they are in heaven, are in communion with God and can intercede for us in prayer the same way we would ask someone here on earth to pray for us. The saints provide examples of how to overcome obstacles here on earth.

Choose your confirmation saint early on in your Confirmation preparation, so your saint can walk with you on your journey.

There are so many choices, so how do you choose a saint?

- First, pray about it. Ask the Holy Spirit for guidance in choosing a saint because your saint will be an intercessor for you!
- Next, learn about saints. Read as much as you can.
- What is the significance of their name?
- What challenges did they face?
- What are your interests and passions? Did you read about any saints with the same interests?
- Think about your values and virtues and find a saint who exemplifies those qualities.
- Talk to a priest, deacon, sponsor, catechist, parent or peers for guidance.
- Your saint should be someone that inspires you and you feel a connection to.
- Need more help?
<https://lifeteen.com/biggest-best-list-confirmation-saints-guys-girls/>

Once you have chosen your saint,

- Fill out the Confirmation (Saint) Name Form. Explain why you chose this saint.
- Learn more about your saint's life, obstacles and accomplishments. Read things that your saint wrote, such as prayers, letters, meditations, books.
- Mark your saint's feast day on your calendar and celebrate with your saint.
- Remember to ask your saint to pray for you!

Confirmation Details

Date: Saturday, April 11, 2026

Time: 10:00 am (arrive between 9:00 - 9:30)

Location: Cathedral of St. Paul

Attire: Men should wear a solid white, buttoned-down collared shirt and red tie, dress pants and dress shoes. The red tie will be provided by St. Dominic Church. Women should wear a solid white dress with a red scarf and dress shoes. Dresses and skirts must extend to the top of the knee, and no bare shoulders or midriffs. The red scarf will be provided by St. Dominic Church. The red ties and scarves must be returned after the Confirmation Mass.

When to arrive: People may arrive one hour before Mass begins; candidates must arrive no later than thirty minutes before Mass. Be aware that some locations may have other events scheduled right before confirmation and parking may be a challenge. See the calendar of events on their website: cathedralsaintpaul.org

Parking: Please see the archdiocese [Parent Guide](#) for information on parking.

Photography: Guests are welcome to take photos before and after Mass at any side chapel. Professional photographers will not be afforded special accommodations. No one may step into the aisle during Mass to take photos; photos taken during Mass may not use a flash.

Group photos after Mass: At the Cathedral of Saint Paul, candidates will be called by parish to take a group photo with the bishop in the sanctuary immediately after Mass. Attending clergy may join their parish in the photo. A volunteer will be needed to take the group photo and email it to Nancy Ivers, who can forward it to family members.

Note: If you are unable to be confirmed on April 11, 2026 and wish to receive the sacrament of confirmation at another time this year, please contact Nancy Ivers as soon as possible. You will still go through the classes at St. Dominic, but will have the option to receive the sacrament with a confirmation class from another parish.

Confirmation Sponsor Form

Congratulations on being asked to be a sponsor for the Sacrament of Confirmation. To be a sponsor there are several requirements the Church asks of you:

- Sponsors must be a Confirmed Catholic, and have already received their First Holy Communion.
- The sponsor must lead a life of faith in keeping with the function to be taken on, and be at least 16 years of age.
- The confirmation sponsor can be the candidate's baptismal godparent
- The sponsor cannot be the father or mother of the candidate.

Name of Candidate (please print): _____

Statement of Candidate: I understand that a sponsor for the Sacrament of Confirmation is an important choice to make. In choosing this person I understand he/she will be my guide during the coming year (and beyond) as I prepare to become a fully initiated member of my Church and the Catholic faith. Therefore, I understand that I must choose a person who is practicing their Catholic faith, and who will be a good example and guide for me. Candidate's initials: _____

Name of Sponsor (please print): _____

Statement of Sponsor: I recognize that as a sponsor for this sacrament: I am:

1) committed to keeping God's commandments as Jesus and the Church have taught me; 2) to worship God through prayer; and 3) faithfully attending Catholic Sunday Mass and to also strive to translate my faith into good examples and works.

I hereby state I am: 1) a baptized, confirmed Catholic; 2) a registered member of _____ Parish in _____; and

3) if married, married according to the laws of the Catholic Church. I also promise to assist this candidate both before and after the reception of the Sacrament of Confirmation to live out the Catholic faith. I promise to give my support to the confirmation candidate by my prayers, my continued interest in his/her growth as a Catholic, and in the Christian example of my daily life.

Address of Sponsor

Phone of Sponsor

Email of Sponsor

Signature of Candidate: _____

Signature of Sponsor: _____

My Confirmation (Saint) Form

Name (First and Last): _____

The Confirmation (Saint) Name I have chosen is _____

I chose this saint because... (describe how they impacted others, what they are the patron saint of, when they lived, why you feel a connection to this saint, etc).

[illegible]

Baptismal Record Request – Due November 3, 2025

Baptismal records must be verified prior to receiving the Sacrament of Confirmation. All parents must fill out this Baptismal Certificate Form. The form will be sent to you via Flocknote in September and should be filled out by November 3, 2025.

If your child was baptized at St. Dominic, we will verify the records in our books. We do need the baptismal date (at least month and year), your child's name and parent names.

If your child was baptized in the U.S., but at another church, we will obtain the record. We need the name of the church and address, as well as the baptismal date (at least month and year), your child's name and parent names.

If your child was baptized outside of the United States, please request a copy of this record by November 3, 2025 in order to submit it to St. Dominic Church by December 1, 2025.