

St. Bridget of Sweden
Catholic Church

CONFIRMATION HANDBOOK





WELCOME TO CONFIRMATION



Welcome to your Confirmation year!

The preparation to receive the Sacrament of Confirmation is very important and impactful.

This year we will focus on your relationship with Jesus and the Holy Spirit through prayer and active learning about His Church and plan for your life.

Our Confirmation program will also provide the scaffolding of how to learn about the faith and dive deeper in the Catholic Church, even after formal faith formation is “finished.” Confirmation is your “yes” to enter into the fullness of the Catholic Church, but it is first and foremost, Jesus confirming His “yes” in you, His disciple.

So let’s ask the Holy Spirit to be present as we journey towards Confirmation this year!

HOW TO USE THIS HANDBOOK

This handbook has all of the logistics and expectations of the Confirmation program. Please refer to this handbook when you have questions. Or you may email or call Laura, the Director of Youth & Adult Formation.

Email: Ischaad@stbridgetofsweden.org

Phone: 651-257-2474 x156

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WHAT IS CONFIRMATION?



"Confirmation is the Sacrament that completes Baptism; in it the gift of the Holy Spirit is bestowed upon us. Anyone who freely decides to live a life as God's child and asks for God's Spirit under the signs of the imposition of hands and anointing with Chrism receives the strength to witness to God's love and might in word and deed. He is now a full-fledged, responsible member of the Catholic Church."

YouCat #203

In Baptism, our parents choose the Catholic faith for us until in Confirmation, we choose the Catholic faith for ourselves. And it is a choice. It's a choice to turn to Christ daily, picking up our crosses, and following Him.

As you journey through this year of Confirmation preparation, ask yourself, am I ready to take the next step in my Catholic faith and relationship with Jesus? Am I ready to take ownership of my faith? Am I ready to continue as a disciple of Christ and become a lifelong learner of the Church?

Confirmation Year I & II

2 0 2 5 - 2 0 2 6 C A L E N D A R

All sessions are held in the Social Hall, unless otherwise noted.

Confirmation Classes begin at 7:00pm and end at 8:15pm.

Questions? Contact Laura, Director of Youth & Adult Formation at lschaad@stbridgetofsweden.org

Sessions

10/8 Orientation Meeting
7:00 PM, Social Hall
(Parent Attend with Youth)

10/22 Confirmation Session 1

10/29 Confirmation Session 2
Open Youth Room 6:00pm - 6:50pm

October

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

Sessions

11/5 Confirmation Session 3
Open Youth Room 6:00pm - 6:50pm

11/12 Confirmation Session 4
Open Youth Room 6:00pm - 6:50pm

11/19 Confirmation Session 5
Open Youth Room 6:00pm - 6:50pm

11/26 No Session

November

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

Sessions

12/3 Confirmation Reconciliation & Adoration Night in the Church
(Sponsors Invited) Session 6

12/10 Confirmation Session 7
Open Youth Room 6:00pm - 6:50pm

12/17 Confirmation Session 8
Open Youth Room 6:00pm - 6:50pm

12/24 No Session

12/31 No Session

December

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

Sessions

1/7 Confirmation Session 9
Open Youth Room 6:00pm - 6:50pm

1/14 Confirmation Session 10
Open Youth Room 6:00pm - 6:50pm

1/21 Confirmation Session 11
Open Youth Room 6:00pm - 6:50pm

1/28 Confirmation Session 12
Open Youth Room 6:00pm - 6:50pm

January

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

Sessions

2/4 Confirmation Session 13
Open Youth Room 6:00pm - 6:50pm

2/11 Confirmation Session 14
Open Youth Room 6:00pm - 6:50pm

2/18 No Session - Ash Wednesday

2/25 Confirmation Session 15
Open Youth Room 6:00pm - 6:50pm

February

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28

Sessions

3/4 Confirmation Session 16
Open Youth Room 6:00pm - 6:50pm

3/11 No Session - Spring Break

3/18 Confirmation Session 17
No Open Youth Room

3/25 Confirmation Session 18
Open Youth Room 6:00pm - 6:50pm

March

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Sessions

4/1 No Session - Holy Week
Youth Encouraged to Attend Holy Week
Masses/Services

4/8 Confirmation Session 19
Open Youth Room 6:00pm - 6:50pm

4/15 Confirmation Session 20
Open Youth Room 6:00pm - 6:50pm

4/18 Confirmation Retreat (Required)
10:00am - 6:00pm, St. Bridget's

4/22 Confirmation Session 21
Open Youth Room 6:00pm - 6:50pm

4/29 Confirmation Session 22
Open Youth Room 6:00pm - 6:50pm

April

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

Sessions

5/6 Confirmation Session 23
Open Youth Room 6:00pm - 6:50pm

5/13 Confirmation Session 24
Open Youth Room 6:00pm - 6:50pm

5/17 Confirmation Rite of Sending
@ 10:00am Mass
(Sponsor Attend as well)

5/20 Final Confirmation Session
(Sponsor Attend Class w/ Candidate)
Open Youth Room 6:00pm - 6:50pm

May

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

Sessions

6/14 Confirmation Mass
2:00pm, Cathedral of St. Paul

June						
S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20

Questions?

Visit the Confirmation webpage:
www.stbridgetofsweden.org/highschoolformation

Or contact:

Laura Schaad
Director of Youth & Adult Formation
lschaad@stbridgetofsweden.org
651-257-2474 x156



IMPORTANT DATES

**Please take special note of these
very important dates:**

Saturday, April 18th: Confirmation Retreat (*Required*)

Sunday, May 17th: Confirmation Rite of Sending
at 10:00 AM Mass

Sunday, June 14th: Confirmation Mass at 2:00 PM
at the Cathedral of St. Paul

ATTENDANCE

Confirmation candidate attendance is very important at all Wednesday night sessions and the required retreat.

Candidates are allotted a maximum of two absences from Wednesday night sessions. If more than two sessions are missed, make-up work will be required.

Missing the Confirmation retreat will require extensive make-up work.

If too many sessions and/or the retreat is missed, the Candidate's readiness to receive the Sacrament of Confirmation will be examined.

MATERIALS

Candidates are provided a YouCat (Youth Catechism) and a Bible. Please bring these materials to each Confirmation Session.

CHOOSING A SPONSOR



Choosing a Confirmation sponsor is very important.

This person will walk with you on your journey this year in Confirmation preparation, be present with you as you receive the Sacrament, but also continue to walk with you and be a mentor for your entire life. **When you have chosen your sponsor, please email Laura their name and email address.**

This must be done by December 1st.

In order for someone to be accepted as a Confirmation sponsor, they must meet these requirements and expectations:

- Sponsor is not a candidate's parent
- Chosen by the candidate or candidate's family
- At least 16 years of age
- Sponsor has received all the Sacraments of Initiation (*Baptism, First Eucharist, and Confirmation*)
- Sponsor is a practicing Catholic who holds great importance for their faith and relationship with Jesus
- Not be bound by any canonical penalty (*consequence of serious transgressions against Church law or authority*)
- Be available to meet with candidate for faith-building meetings on their own time throughout the year.
- Be able to attend the last Confirmation session
- Be present at the Confirmation Mass
- Continue to be a mentor of faith for life

If a candidate cannot find a suitable sponsor, please contact Laura to help you find someone in our parish.

MEETING WITH YOUR SPONSOR



Confirmation Candidates are **required to meet with their sponsor one-on-one three times this year.**

These meetings should be spaced out throughout the year, and not rushed. Allow *at least* an hour to be with each other and follow the sponsor/candidate meeting guides in this handbook.

During these meetings you will discuss faith topics, but you're welcome to get creative with your meeting options such as going out to lunch, getting coffee, taking a walk, going to Mass or Adoration together, volunteering or attending an event at St. Bridget's. You are required to meet a minimum of three times, but it is highly encouraged to meet as often as possible.

After each Confirmation Candidate and Sponsor meeting, the sponsor will be required to fill out a short online form reflecting on the meeting and the Candidate's preparedness. This form link will be emailed to sponsors and parents and can be reused/resubmitted for each Sponsor/Candidate meeting.



The next few pages are guides for what each meeting between candidates and sponsors should generally consist of.

SPONSOR MEETING #1

Begin in Prayer Together with the Sign of the Cross:

"In the Name of the Father, and of the Son, and of the Holy Spirit.
Come, Holy Spirit, fill the hearts of your faithful
and kindle in them the fire of your love.
Send forth your Spirit and they shall be created,
and you shall renew the face of the earth.

Let us pray.

O God, who have taught the hearts of the faithful
by the light of the Holy Spirit,
grant that in the same Spirit we may be truly wise
and ever rejoice in his consolation.

Through Christ our Lord. Amen.

In the Name of the Father, and of the Son, and of the Holy Spirit. Amen."

Prayer to the Holy Spirit

Sponsor and Candidate Faith Discussion Guide:

- Candidate share why you chose this person to be your sponsor. Sponsor share how you see a great gift of faith or holiness in the candidate.
- Candidate, share your desires for the Confirmation preparation, what you hope to learn, and how you believe your sponsor can help foster your relationship with Jesus.
- Sponsor speak about your own Confirmation preparation experience and what advice you have for the candidate as they prepare to receive the Sacrament.
- Read the YouCat paragraph #203 together. Sponsor share what your vocations in life are and how the Holy Spirit has called you into this work for the Kingdom of God. Candidate, in what way is the Holy Spirit calling you in work for the Kingdom of God?
- Why is attending Mass, receiving the Sacraments, reading Scripture, praying, and living out your faith important?
- Both share about anything else on your mind or questions about the faith you have.
- Share with one another one concrete way you will grow in your faith until your next meeting. (Example: go to Adoration, pray for someone who challenges you, attend Sunday Mass every Sunday, etc.)
- Close in a simple prayer lead by the Sponsor.

SPONSOR MEETING #2



Begin in Prayer Together with the Sign of the Cross:

"In the Name of the Father, and of the Son, and of the Holy Spirit.
Come, Holy Spirit, fill the hearts of your faithful
and kindle in them the fire of your love.

Send forth your Spirit and they shall be created,
and you shall renew the face of the earth.

Let us pray.

O God, who have taught the hearts of the faithful
by the light of the Holy Spirit,
grant that in the same Spirit we may be truly wise
and ever rejoice in his consolation.

Through Christ our Lord. Amen.

In the Name of the Father, and of the Son, and of the Holy Spirit. Amen."

Prayer to the Holy Spirit

Sponsor and Candidate Faith Discussion Guide:

- Sponsor and Candidate share how each of you grew in faith since the last time you met.
- Read YouCat paragraph #310. Candidate share about which gifts of the Holy Spirit you feel most called to develop, and how might they influence your actions and decisions? Sponsor share about which gifts of the Holy Spirit are active in your life and how they help your discipleship of Christ.
- Read YouCat paragraph #120. Sponsor share what role prayer plays in your relationship with God how the Holy Spirit guides your prayer. Candidate share how you believe you can develop a more consistent prayer life and allow the Holy Spirit to help you listen to God in the quiet.
- Both share, how your faith and the Holy Spirit guide you in making difficult moral and ethical decisions? Are there any specific areas where you seek guidance? (*Maybe a disagreement with Catholic teaching, or a difficult relationship, etc.*)
- Candidate share with Sponsor what you would like them to pray for for you. Sponsor share with Candidate what you would like them to pray for for you.
- Close in a simple prayer lead by the Candidate.

SPONSOR MEETING #3



Begin in Prayer Together with the Sign of the Cross:

"In the Name of the Father, and of the Son, and of the Holy Spirit.
Come, Holy Spirit, fill the hearts of your faithful
and kindle in them the fire of your love.

Send forth your Spirit and they shall be created,
and you shall renew the face of the earth.

Let us pray.

O God, who have taught the hearts of the faithful
by the light of the Holy Spirit,
grant that in the same Spirit we may be truly wise
and ever rejoice in his consolation.

Through Christ our Lord. Amen.

In the Name of the Father, and of the Son, and of the Holy Spirit. Amen."

Prayer to the Holy Spirit

Sponsor and Candidate Faith Discussion Guide:

- Sponsor and Candidate share how each of you grew in faith since the last time you met.
- Candidate share how you plan to live out your faith in the daily life after Confirmation. What challenges do you anticipate, and how can you overcome them?
- Candidate share how you see yourself as an active member of the Church after Confirmation. What commitments are you ready to make to your parish community?
- Candidate share about your hopes for the future. Where is God calling you? How will you keep seeking relationship with Jesus as an adult in the faith?
- Candidate share about a saint or person in your life who inspires you to continue on your faith journey and deepen your faith in Jesus. Why does this person inspire you?
- Sponsor share how you have seen the Candidate grow in their faith over the year of Confirmation preparation. Share with them any more advice you have as they step into the final stages of preparing for Confirmation.
- Close in a simple prayer lead by Candidate.

SERVICE HOURS

Confirmation Candidates are **required to complete 3 hours of dedicated service work** during this year of Confirmation.

The three hours can be completed all at once or separated out.

Candidates need to complete the service work, provide a brief description(s) of the work they did, and receive a signature from the supervisor or organizer of the service work and have a parent signature.

This service work must be beneficial to a wider community, meaning something like loading the dishwasher or helping a younger sibling with their homework is not the goal. This service work should push you out of your comfort zone a bit and challenge you.

Service Project Ideas:

- Volunteer at the Food Shelf
- Volunteer at Safe Haven Foster Shoppe
- Organize a park clean up day
- Visit and volunteer at a nursing home
- Volunteer with New Pathways at St. Bridget's
- Volunteer at St. Bridget's Fish Fry
- Volunteer at Feed My Starving Children
- Help deep clean the church or decorate for the liturgical seasons
- Organize a drive for food, personal care items, etc, and donate to those in need
- Volunteer with the Baby Blanket & Beyond
- Shovel a neighbors driveway who is need of help
- Volunteer as a classroom aide in the younger grade Faith Formation classes
- Get involved in Liturgical Ministry and lector, altar serve, be a greeter or usher at Sunday Masses.
- Volunteer as an aide for Children's Liturgy of the Word sessions
- Volunteer at the local pregnancy help center.

You are not limited to this list, but if you have an original idea for service work, please reach out to Laura to discuss it ahead of time.

CHOOSING A SAINT

Choosing a Confirmation saint is a tradition that provides spiritual significance and inspiration for those preparing to receive the Sacrament of Confirmation.

Some key reasons why Confirmation Candidates choose a saint is so they have a spiritual role model and can ask for that saint's special intercession, as well as, relate to the patronage of the saint. It is also because choosing a saint deepens our connection to the universal Church and the Communion of Saints.

Confirmation candidates take on this new name of the saint they choose representing a new chapter in one's spiritual life - much like how many biblical figures received a new name as a sign of their mission and calling.

Candidates will need to choose their Confirmation saint by the end of February. They will notify Laura who they chose and why via an online form provided later.

A great resource to look up any saint, their patronage, and their life story is found below. Visit this website to explore many saints and assist you in the decision of which one to choose as your Confirmation saint.

www.mycatholic.life/saints



CANDIDATE LETTER



This Candidate Letter is an end-of-year letter that expresses the Candidate's understanding, commitment, and personal journey towards receiving the Sacrament of Confirmation.

This letter will be one page long at minimum and is due on the last day of classes.

Overall Structure of Candidate Letter:

Introduction:

- Address the letter to Fr. Dave
- Briefly introduce yourself

Paragraph #1 - Opening Reflection:

- Share some initial thoughts or reflections on your overall experience during your Confirmation preparation year. You can mention any highlights or meaningful moments that stood out to you.

Paragraph #2 - Personal Journey and Growth:

- Describe how the process of preparing for Confirmation has impacted your faith and personal growth.
- Mention at least two specific examples from this year that impacted you or helped you understand the Catholic faith better (i.e. classes, meetings with sponsors, personal prayer time, the retreat. etc.)

Paragraph #3 - Reason for Wanting to be Confirmed:

- Briefly explain your understanding of what Confirmation is and its significance in the life of a Catholic.
- Clearly state why you desire to be confirmed, expressing your personal commitment to Christ and the Church.
- Mention how you plan to live out your faith more fully as a confirmed Catholic.

Paragraph #4 - Gratitude and Closing:

- Thank those who have supported and guided you through your faith journey so far.
- Conclude with a hopeful message about the future, trusting in the Lord, and sign the letter appropriately with your name.

EXTRA FAITH RESOURCES



This page contains extra faith-building resources for you to discover on your own, implement in your daily life, and find what works for you to continue to seek Jesus. *This is of course not exhaustive. There are many many resources out there, go and find them!*

Catholic Podcasts:

- The Bible in a Year
- The Catechism in a Year
- The Rosary in a Year
- Ave Explores
- Let Love
- All Things Catholic
- Pints with Aquinas
- Among the Lilies
- Ask Fr. Josh
- Busted Halo Show
- Amen Hallelujah
- Sunday Homilies with Fr. Mike Schmitz
- The Catholic Podcast
- Lust is Boring with Jason Evert
- Word on Fire

Catholic Authors/Books:

- C.S. Lewis
- Jason Evert
- Emily Wilson Hussem
- LifeTeen Bible
- The Case for Jesus by Brant Pitre
- YouCat
- DoCat
- The Story of a Soul by St. Therese of Liseux
- Mark Hart
- Leah Darrow
- Blessed is She Bible and Virtue Studies

Mass Resources:

- Every Sacred Sunday Mass Journal
- Magnificat
- Word Among Us
- Give Us this Day
- The Catholic Journal by Blessed is She

Catholic YouTube Channels:

- Ascension Presents
- Word on Fire
- The Fr. Leo Show
- LifeTeen
- Pints with Aquinas
- The Catholic Talk Show
- Breaking in the Habit
- Emily Wilson
- Real Life Catholic
- Catholic Answers
- That Catholic Couple

St. Bridget's Youth Ministry:

- Annual Summer Mission Trip
- Annual Lenten Retreat
- Annual Summer Trip to Steubenville Youth Conference

Prayer:

- Hallow App

Follow any of the above resources on social media too.

PRAYER TO THE HOLY SPIRIT

"Come, Holy Spirit, fill the hearts of your faithful
and kindle in them the fire of your love.
Send forth your Spirit and they shall be created,
and you shall renew the face of the earth.

Let us pray.

O God, who have taught the hearts of the faithful
by the light of the Holy Spirit,
grant that in the same Spirit we may be truly wise
and ever rejoice in his consolation.

Through Christ our Lord. Amen.

In the Name of the Father, and of the Son, and of
the Holy Spirit. Amen."

Prayer to the Holy Spirit

