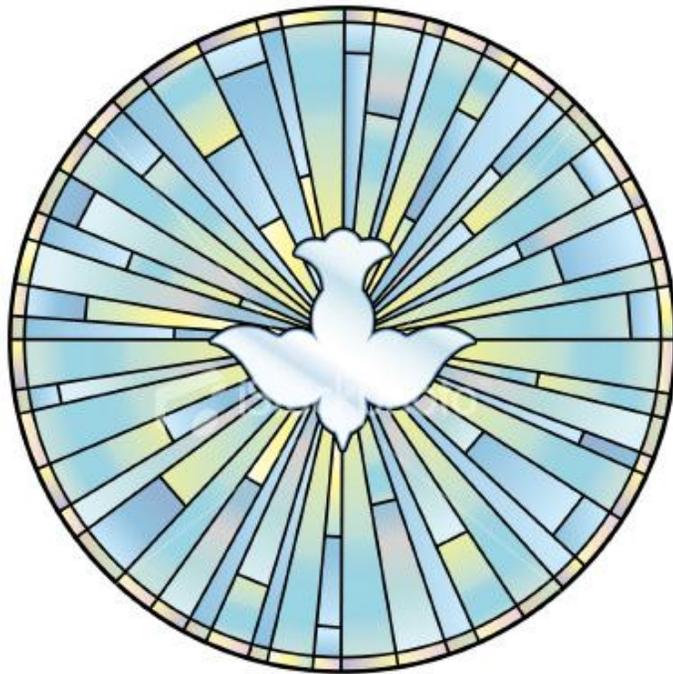


Saint John Vianney & Holy Family



Confirmation 2017-18

Candidate / Parent Booklet

History of Confirmation

Biblical Beginnings

Although the trinity is not fully revealed in the Old Testament, there are many references to the Spirit. The Spirit is active throughout salvation history and the prophet Isaiah references the Spirit when he foretells of the Messiah. The instituting of the Sacrament of Confirmation can be seen within the New Testament. It can be seen in the descending of the Holy Spirit at Jesus' baptism. Later, it is seen at the outpouring of the Holy Spirit to the Apostles on Easter Sunday (John 20:22) and at Pentecost (Acts 2:1-4).

Early Church

The Sacraments of Christian Initiation used to be celebrated together as the ritual for Christian Initiation, including Baptism, Confirmation, and First Eucharist. In these early days, the bishop always presided over these Sacraments of Initiation. As Christianity grew, it became impossible for the bishops to preside at all Sacraments. Gradually, the priests became the ordinary ministers of Baptisms and First Eucharist. However, presiding over the anointing of Confirmation continued to be reserved for the bishop.

Roman Catholic Churches through History

The baptismal rite, celebrated by a priest, involves an anointing with Chrism. A post-baptismal anointing has remained reserved for the bishop, now known as Confirmation. Over time, this anointing by the bishop was done later, when the child was older. In this way, it is possible to see how Confirmation is a "perfecting" or a "completion" or "sealing" of Baptism. This tradition also affirms the unity of the Confirmed with the bishop, and through the bishop, with the universal Church.

Confirmation Today in the United States

At the Second Vatican Council (1962-1965), the document *Constitution on the Sacred Liturgy* called for a reform of Christian Initiation. This reform was to restore the unity of the Sacraments of Christian Initiation and adjustments were made to the liturgical Rites of Baptism and Confirmation. This reform also restored the adult catechumenate, which then began the Rite of Christian Initiation of Adults. This process of preparation for adults into the church emphasizes the unity of the Sacraments of Christian Initiation. The restored catechumenate is now established as the norm for Christian initiation; while the revised Rite of Confirmation is understood in light of its broader context in Christian initiation (considering infants can be baptized but are not at the age of reason to be able to receive Confirmation or Eucharist).

Theology of Confirmation

Confirmation is the Full Outpouring of the Holy Spirit. Since the early Christian Church, the initiation into the Christian Church has meant receiving the full outpouring of the Holy Spirit. This outpouring is signified in the Rite of Confirmation by the anointing with the Sacred Chrism, a laying on of hand, and the words "be sealed with the gift of the Holy Spirit" (*Rite of Confirmation, 27*).

Confirmation is a Sacrament of Initiation. We are united to Christ and His Church through the Sacraments of Initiation: baptism, Confirmation, and Eucharist. Confirmation completes and perfects Baptism.

Confirmation Makes Us More like Christ. The power of the Holy Spirit makes us more like Christ. We are then able to better carry out his mission. We are strengthened through Christ and filled with the Holy Spirit in order to assume more responsibility as a disciple. Confirmation propels us into mission for the life of the world. A key aspect of this mission is to actively participate in the celebration of the Sacraments with the Church and within the Christian community.

The Role of the Church Community

- Provide experiences that give candidates a personal sense of community.
- Encourage parish members to support the candidates and the newly confirmed.
- Build a sense of belonging to the local Catholic community & universal church.
- Offer opportunities to participate in deeper experiences of personal and liturgical prayer.
- Help candidates become more conscious of God's presence in day to day living.
- Encourage use of a variety of prayer forms and methods.
- Pray with and for one another and the rest of the church community.

As a church community we also have to and will:

- Choose a proper Confirmation program for the candidates.
- Celebrate the liturgy on a weekly basis and do extensive planning for Confirmation liturgy.
- Be a witness of how to live out the Sacrament of Confirmation, be a model of what it means to be Christ for others, and to actively participate in worship, service, evangelization and catechesis.
- Pray for the candidates throughout the preparation process

Roles of Parents and/or Guardians

“The initiation of children into the sacramental life is ordinarily the responsibility and concern of Christian parents” (Rite of Confirmation, 3).

- Parents/Guardians are the first and primary teachers of the faith to their children
- Parents/Guardians are called to help their child prepare for the Sacrament of Confirmation by their active participation in the celebration of other Sacraments such as, Eucharist and Reconciliation.
- Parents/Guardians are asked to walk alongside their child to help them throughout the Confirmation process – to encourage them, help them decide on a Saint name and sponsor, join them for Mass and Reconciliation, to be aware of the Confirmation schedule, help ensure the candidate is in attendance and to pray with and for their candidate.

Ministry of Christian Service

Jesus said, "I came not to be served, but to serve."

Following guidelines established by our Bishops and the Diocese of Winona, the Confirmation formation includes the Ministry of Christian service. This service gives each candidate the opportunity to mature, assume responsibility, to share their own time, energy and talents, and to discover ways of putting faith into practice. Service projects are the most significant ways to develop faith. Experiencing ministry through this type of fellowship helps each candidate discover Christian Service as a lifestyle – To live in the image of Christ.

Guidelines:

- **Baby Bottle Campaign/Life Chain – October 1st starting at 11:00 am**
Information and details emailed in August 2017.
- There is one night dedicated to service project in the Faith Formation calendar for Grade 8-10. This year Confirmation candidates will be volunteering as a group at the **Twelve Baskets Thrift Store** - TBA. (take the place of their class for the week)
- You are to have a total of **5 Service Projects** completed for your Confirmation
- All projects are to be logged and signed off by someone at your chosen projects, if it is other than service projects through SJV.
- Project suggestions:
 - ✓ Help with Children's Liturgy at 10am Mass
 - ✓ Volunteer at the Humane Society, Martin County Library, Salvation Army, Hope Shop, Nursing Home, Hospital or other local charitable organizations
 - ✓ Assist with yard work for someone who physically unable to do so.
 - ✓ Grocery shop for the elderly
 - ✓ Visit those that are unable to leave their home due to age or disability
 - ✓ Help coach youth sports at SJV School or Fairmont Elementary
 - ✓ Tutor – help elementary age children with their reading
 - ✓ Prayer Listener – for the K-6 Faith Formation Students
 - ✓ **Opportunities are endless!!!**

It should be noted that no pay is to be accepted for this service.
Services are to be done on a volunteer basis - living in Christ's image.

In your service project reflections, you will answer the following questions:

- What kind of response did you get from the people you helped?
- What did you learn about working with people?
- How did the service projects help you understand better the value and importance of Christian Service?
- What talents or strengths did you discover about yourself while helping others?
- What do you feel you learned about caring, helping and loving by being of service to others?

Service project reflections (**5 total – 2 paragraphs per project at a minimum**) must be typed in 12 point font and printed on white clean paper and be 1-2 pages in length and returned to Katie Stone by **April 4, 2018.**

Faith Formation 2017-18

10th Grade Mass Journal

“It’s so important to go to Mass every Sunday because that’s where people receive Christ who saves, forgives and unites everyone to his father, church and each other.”
– Pope Francis

In the Third Commandment, God tells us to “Remember to keep holy the Sabbath day.” The Church tells us that we have an obligation to fulfill the Third Commandment by refraining from unnecessary work on Sunday and by participating in the Mass, our chief form of worship as Christians. We are called to be Christians together; while we can and should engage in the private worship of God throughout the week, our primary form of worship is public and communal, which is why Sunday Mass is so important.

As a member of the church we are all asked to be active members. A portion of your Faith Formation journey this year is to attend weekend Masses throughout the year. As a student of Faith Formation you are to journal **at least 10 weekend Masses** – and keep a Mass Journal.

In the Mass Journal you must provide:

- Date & Time of Mass
- What Church you attended
- A short reflection of a reading, the homily, and/or the music – the reflection must be at least 5 or more sentences in length.
- Provide one way how you will actively live out your faith based on what the Mass was about that particular week.

God made us social beings. He wants us to come together in community to worship Him.
Jesus said, "Where two or three are gathered together in my name, there am I"
- Matthew 18:20

Journals are due April 4, 2018.
(Wednesday - Youth Masses do not apply towards these Masses)

Saint/Confirmation Name

At Confirmation, all candidates are given the opportunity to choose the name of a Saint for their Confirmation name. A Saint is a person of virtue who has been recognized by the universal Catholic Church. Candidates will research their Confirmation name and have the saint hold a special meaning in his or her life.

Be ready to tell the Bishop:

- Who your chosen Saint is and their story?
- Why you chose this Saint and how you will emulate your Saint's life?

Our Bishop's preference is that choose the name of a Canonized Saint as your Confirmation name. A Canonized Saint is a deceased person who has been declared by the Vatican (the current Pope) to be an officially-recognized Saint. It is preferred that your Saint be a Canonized Saint because the Saint's life is an example to follow, we may ask the Saint to pray for us as we prepare for Confirmation and continue our lives in the church, and to reflect on our roles as the living Saints here on earth.

There are many books that can be checked out of Katie's office which contain stories of the Saints and here are credible websites for you to use:

www.catholic.org/saints/

www.franciscanmedia.org/saints/

www.ewtn.com/saintsholy/

Saint Paper

You are also asked to write a paper about the Saint you have chosen. In this paper, describe the following:

- Who your chosen Saint is
- About your chosen Saint's life – where & when they lived, life story, how they died, why they were canonized a Saint, etc.
- Why you chose this Saint?
- How you plan to emulate the life of your chosen Saint?
- Feast Day
- Prayer of Intercession, if noted

The paper you write is to be 1-2 pages in length, typed in 12 point Arial Font and printed on clean paper. The paper is due to Katie on **March 7, 2018.**

You can email the paper: sjvyouthministry@gmail.com; bring it to the Parish Center Office; or mail it: 901 South Prairie Avenue, Fairmont.

Letter of Request for Confirmation

Draft Due: February 28, 2018

Final Letter Due: March 14, 2018

One of the requirements for Confirmation is that each candidate writes a letter of request to be Confirmed. This letter is to be addressed to both Father and Bishop Quinn. Below you will find an outline to guide you in writing your letter.

Most Reverend John M. Quinn and Father Andrew Beerman,

Introduce yourself and your family

I humbly request to receive the Sacrament of Confirmation this May. I believe I am ready to receive this sacrament as I have spent the past two years preparing for confirmation and... (tell how you have grown in your faith , e.g. you have drawn closer to Christ through the sacraments, prayer, your love your faith, now that you have studied it in depth, Mass is more meaningful; etc.)

In my classes at St. John Vianney Catholic Church, I have studied many things about our Catholic Faith. Some of the things I have learned are... _(list some of the topics you have studied in class-- The Creed, The Mass, The Sacraments, Prayer, others etc.)

Service projects were a part of my preparation. I have humbly served the our community by... (explain some service you have performed, such as helping with: Totus Tuus-summer faith formation program, Hope Cafe, Hope Shop Collection, Trick or Eat Food Drive, Life Chain, Twelve Baskets , etc.)

I have studied the life of St. _____ (list your Confirmation Saint) and have chosen (him/her) for my Confirmation Saint because ..._(explain why you chose this Saint, something about their life, that is relevant to yours, or what draws you to them. etc.)

I look forward to May in anticipation of my Confirmation Ceremony.

Sincerely or Yours in Christ,

This letter should be thoughtful and sincere, as Bishop Quinn & Father Beerman do read the letters and are extremely interested in what you have to say.

Please make sure that your letter is typed, in 12 point Arial font, printed on clean paper, and hand-signed. All letters are to be kept to one or two pages in length. Sign the letter with your full name, first and last, and be sure your full name is printed underneath your signature.

Return the letters to Katie by email at sjvyouthministry@gmail.com or to the Parish Center office located at 901 S Prairie Avenue, Fairmont.

Confirmation Interviews

My Scheduled Date & Time Is: _____

Everyone who is Confirmed is required to do an interview with Father. This is to help him get to know you more as well as to talk to you about your desire to be Confirmed. This is an opportunity for Father to have an honest discussion with you regarding your journey towards Confirmation and to discuss why you chose the Saint name that you did. All meetings will last approximately 15 minutes and will take place in Father's office in the Parish Center.

Some questions to consider before meeting with Father are:

- **Confirmation is one of the seven Sacraments – what are the other six?**
Baptism, First Eucharist, Confirmation, matrimony, Holy Orders, Anointing of the Sick, Reconciliation
- **What is a Sacrament?**
A sacrament is an outward sign, instituted by Christ to give grace.
- **What is the outward sign of Confirmation?**
The anointing on the forehead with the Sacred Chrism and laying on of hands
- **Where in Scripture is the sacrament of Confirmation instituted by Christ?**
The story of Pentecost, Acts 2:1-11
- **What grace do we receive from Confirmation?**
The gifts of the Holy Spirit
- **What are the seven gifts of the Holy Spirit?**
Wisdom, understanding, knowledge, right judgment, courage, reverence, and wonder & awe
- **What are the Precepts of the Catholic Church ?**
Attend Mass on Sundays and Holy Days of Obligation, Confession – at least once a year, Easter – receive Communion at least once during the Easter season, Fasting & Abstinence: Ash Wednesday, Good Friday, Fridays during Lent. Supporting the Church: Help to provide for the needs of the church or Tithe
- **What is your Confirmation Saint name? Why did you choose that Saint? What do you know about the Saint? Why is this Saint important to your life?**

The Seven Gifts of the Holy Spirit

As Baptism, we receive seven special gifts from the Holy Spirit. These gifts are freely given to us to help us live as followers of Jesus and to build up the Body of Christ, the Church. The Gifts of the Holy Spirit are sealed and strengthened within us at Confirmation. These seven gifts help us to respond to the presence of the Holy Spirit in our lives, to make good choices, and to serve God and others.

Wisdom is the gift of knowing the right choices to make to live a holy life. The gift of wisdom helps you to avoid the things that could lead you away from God.

Related Scripture: Ephesians 1:17-19

Understanding is the gift of comprehension, or the ability to grasp the meaning of the teachings of the Church. The gift of understanding helps you be tolerant and sympathetic of others. It helps you sense when someone is hurting or in need of compassion.

Related Scripture: John 16:13

Right Judgment, or Counsel, is the gift of prudence. The gift of right judgment helps you make choices to live as a faithful follower of Jesus.

Related Scripture: 1 Thessalonians 5:19-22

Courage, or Fortitude, is the gift that helps you stand up for your faith in Christ. The gift of courage helps you overcome any obstacles that would keep you from practicing your faith.

Related Scripture: Joshua 1:9

Knowledge is the gift of knowing and enlightenment. The gift of knowledge enables you to choose the right path that will lead you to God. It encourages you to avoid obstacles that will keep you from him.

Related Scripture: Ephesians 3:18-19

Reverence, or Piety, is the gift of confidence in God. This gift of reverence inspires you to joyfully want to serve God and others.

Related Scripture: John 16:13

Wonder and Awe, or Fear of the Lord is the gift of wonder and respect that encourages you to be in awe of God. The gift of wonder and awe moves you to so love God that you do not want to offend him by your words or actions.

Related Scripture: Psalm 33:8-9

The Fruits of the Holy Spirit

When we cooperate with the graces and gifts we receive from the Holy Spirit, we grow as followers of Jesus. We see the effect of the Holy Spirit's presence in our lives in special qualities and attitudes that we develop as we grow in faith. The Church identifies these qualities and attitudes as the fruits of the Holy Spirit. The twelve fruits of the Holy Spirit are signs that the Holy Spirit is alive within us and helping us live the Catholic faith in our daily lives.

Love - We exhibit the virtue of charity, or love, by our unselfish devotion and care for God and our neighbor.

Joy - We live with joy when we recognize that true happiness comes, not from money or possessions, but from knowing and following Christ.

Peace - We are freed from worrying about trivial things because of the inner peace we experience with God in our hearts. We work and pray for peace throughout the world.

Patience - We demonstrate patience by treating others with thoughtfulness and tolerance. We know that we can overcome the temptations and sufferings of life because God is always with us.

Kindness - We live the virtue of kindness by treating others as we want to be treated.

Goodness - We exhibit goodness when we honor God by avoiding sin and always trying to do what we know is right.

Generosity - We demonstrate the fruit of generosity when we share our gifts and possessions with others.

Gentleness - Gentle people act calmly and avoid actions that might lead others to anger or resentment.

Faithfulness - We are faithful when we live out our commitment to the teachings of Jesus, the Scriptures, and the Catholic Church.

Modesty - We exhibit modesty by being pure in our thoughts, words, and dress.

Self-control - We exercise self-control by working to overcome the temptations we face and by trying always to do God's will.

Chastity - We live the virtue of chastity when we use the gift of sexuality wisely, according to God's plan.

The 5 Precepts of the Catholic Church

The precepts of the Church are duties that the Catholic Church requires of all the faithful. Also called the commandments of the Church, they are binding under pain of mortal sin, but the point is not to punish. As the Catechism of the Catholic Church explains, the binding nature "is meant to guarantee to the faithful the indispensable minimum in the spirit of prayer and moral effort, in the growth of love of God and neighbor." If we follow these commands, we'll know that we're headed in the right direction spiritually. This is the current list of the precepts of the Church found in the Catechism of the Catholic Church. Traditionally, there were seven precepts of the Church; the other two may be found at the end of this list.

The Sunday Duty

The first precept of the Church is "You shall attend Mass on Sundays and holy days of obligation and rest from servile labor." Often called the Sunday Duty or the Sunday Obligation, this is the way in which Christians fulfill the Third Commandment: "Remember, keep holy the Sabbath day." We participate in the Mass, and we refrain from any work that distracts us from a proper celebration of Christ's Resurrection.

Confession/Reconciliation

The second precept of the Church is "You shall confess your sins at least once a year." Strictly speaking, we only need to take part in the Sacrament of Confession if we have committed a mortal sin, but the Church urges us to make frequent use of the sacrament and, at a minimum, to receive it once each year in preparation for fulfilling our Easter Duty.

The Easter Duty

The third precept of the Church is "You shall receive the sacrament of the Eucharist at least during the Easter season." Today, most Catholics receive the Eucharist at every Mass they attend, but it wasn't always so. Since the Sacrament of Holy Communion binds us to Christ and to our fellow Christians, the Church requires us to receive it at least once each year, sometime between Palm Sunday and Trinity Sunday (the Sunday after Pentecost Sunday).

Fasting and Abstinence

The fourth precept of the Church is "You shall observe the days of fasting and abstinence established by the Church." Fasting and abstinence, along with prayer and almsgiving, are powerful tools in developing our spiritual life. Today, the Church requires Catholics to fast only on Ash Wednesday and Good Friday, and to abstain from meat on the Fridays during Lent. On all other Fridays of the year, we may perform some other penance in place of abstinence.

Supporting the Church

The fifth precept of the Church is "You shall help to provide for the needs of the Church." The Catechism notes that this "means that the faithful are obliged to assist with the material needs of the Church, each according to his own ability." In other words, we don't necessarily have to tithe (give ten percent of our income), if we can't afford it; but we should also be willing to give more if we can. Our support of the Church can also be through donations of our time, and the point of both is not simply to maintain the Church but to spread the Gospel and bring others into the Church, the Body of Christ.

Two More...

Traditionally, the precepts of the Church numbered seven instead of five. The other two precepts were:

- To obey the laws of the Church concerning Matrimony.
- To participate in the Church's mission of Evangelization of Souls.

Both are still required of Catholics, but they are no longer included in the Catechism's official listing of the precepts of the Church.

Review of Candidate Responsibilities

- Regularly attend and actively participate in faith formation class, special events, adoration, and youth Masses
- Rite of Welcome Mass, Sunday October 1st, 2017 at 10am
- Write about the Saint (Saint Paper) that you have chosen for your Confirmation Name
Draft due: Feb 22nd, 2018 & Final Letter due: March 7, 2018
- Write Letter of Request for Confirmation addressed to Bishop John M. Quinn & Father Andrew Beerman. Draft due: Feb 28th, 2018 & Final Letter due: March 14, 2018
- Complete **5** Service Projects and write reflections, due April 4, 2018
- Attend weekend Mass regularly and keep a Mass Journal, due April 4, 2018
- Attend mid-year Confirmation Candidates & Parents Group Meeting - Jan 2018
- Attend a Confirmation Retreat – more information to follow
- Rite of Affirmation Mass, Sunday, April 22nd, 2018 at 10am
- Meet with your Sponsor once a month, October-April
- Confirmation Prayer Service, Pictures, Practice and May 2, 2018
- Confirmation Mass @ St. John Vianney - May 5, 2018 (Tentative date)

Responsibilities of Parents

- Regularly celebrate Mass/Sunday liturgy with your student
- Discuss the Catholic Faith (5 precepts of the Church) with your student on a regular basis
- Encourage and assist your student with their service projects
- Encourage and assist your student as they choose their Saint/Confirmation Name
- “Chosen” Parent Guide – use as reference to ask your student about what they are learning in Faith Formation
- Reference our website: sjvhf.org/confirmation for Confirmation information, booklet, service projects, sponsor booklet, calendar, etc.
- Bring your student’s baptismal candle to the Confirmation Prayer Service and participate with them, May 2, 2018
- Celebrate the sacrament of Confirmation with your student, May 5, 2018 (Tentative)

Websites/Resources

www.sjvhf.org	Saint John Vianney & Holy Family
www.dow.org	Diocese of Winona
www.usccb.org	US Conference of Catholic Bishops
w2.vatican.va/content/vatican/en.html	Vatican - The Holy See
wordonfire.org/resources/video/	Word on Fire – Bishop Robert Baron
ascensionpresents.com/videos_categories/fr-mike-schmitz/	Ascension Presents – Fr. Mike Schmitz
ascensionpresents.com	Ascension Presents - Jeff Cavins, Leah Darrow, Fr. Josh,
http://www.americancatholic.org/	American Catholic
http://catholic.com	Catholic Answers
http://www.catholic.org/	Catholic Online
http://dynamiccatholic.com/	Dynamic Catholic
http://lifeteen.com/blog/	Life Teen
http://ucatholic.com/	U Catholic
http://reallifecatholic.com/	Real Life Catholic – Chris Stefanick
http://www.ewtn.com/	EWTN – Catholic Global Network
www.virtusonline.org	Virtus Online
safekids.com/kids-rules-for-online-safety/	Safe Kids.com - online safety