

Supplement to Parent/Student Handbook
Sacrament of Confirmation 2023



St. Raymond of Peñafort
Roman Catholic Church
Springfield, Virginia

Requirements for both 7th Grade and 8th Grade:

- Candidate must attend and participate in 75% of weekly scheduled Religious Education (CCD) classes. Students who miss one-quarter or more of the scheduled classes may be required to retake the course work for that year in the following year's Religious Education program. *
- Candidate must pass, with a minimum score of 70%, the midterm and final exams administered during the 7th and 8th grade Confirmation preparation years. *
- Candidate is required to perform a total of 20 hours of church, prayer and home service as outlined in this supplement; hours to be spread out between 7th and 8th grade. (pp. 7-8).*
- Candidate must complete Service Hours Record form and Service Experience forms. *
- Candidate must document Mass attendance (October – April) by placing Mass Attendance cards in the collection basket at Mass on Sundays and Holy Days of Obligation. Candidate must meet a 75% fulfillment goal for EACH year - 7th and 8th grade. Candidates will receive attendance cards within the first month of class.

Requirements specific to 7th Grade:

- Candidate must select a saint's name as a Confirmation name. Candidates are required to write and submit a report on the chosen saint. (pp. 5-6)* Report must be handwritten!

Requirements specific to 8th Grade:

- Candidate is required to participate in the Confirmation Retreat. If a candidate does not attend the Confirmation Retreat offered by St. Raymond's parish, he/she must find and attend another Confirmation Retreat within the Diocese of Arlington during their eighth grade year and prior to the date of the Confirmation Mass. Verification of attendance from the host of the Retreat must be submitted to the Religious Education Office.
- Candidate will complete Gown Order Form.
- Candidate must participate in a Confirmation interview with one of the parish priests. Interview will be scheduled through the Religious Education Office.
- Candidate must turn in signed Pledge and Promise form at time of priest interview.

* **Catholic School students** are exempt from this requirement.

➤ **Homeschool students** must meet all the above requirements with the exception of attending weekly CCD classes.

Important Dates in Preparation for Confirmation 2023

All forms referenced herein are available through the Religious Education Office.

Date	Description
March 31, 2022	Deadline: Confirmation Registry Form due to Religious Education Office with Baptismal Certificate attached
April 28, 2022	Deadline: Saint Report in the <i>Interviewing a Saint</i> format due to the Religious Education teacher
September 16, 2022	Deadline: Confirmation Sponsor Interview due to Religious Education Office
October 22, 2022	Mandatory: Confirmation Retreat
February 9, 2023	Deadline: Service Hours Record Form and Service Experience forms due to Religious Education Office
March 23, 2023	Deadline: Sponsor Eligibility Letter (from sponsor's home parish) due to Religious Education Office. Statement of Sponsor form due to Religious Education Office
April 12, 2023	Deadline: Confirmation Gown Order Form due to Religious Education Office Family Priest/ Deacon Attendance form due to Religious Education Office
Spring 2023	Mandatory: Interview with the priest - turn in Pledge and Promise form
April 30, 2023	Deadline: last Sunday for submission of Mass attendance cards to Religious Education Office
May 2023	Written Final Exam
Spring 2023	Confirmation Rehearsal (Sponsor should attend) Sacrament of Confirmation

Guidelines for Selecting a Confirmation Name

For Confirmation, you receive another name in addition to your Baptismal name to remind you (1) that you are to place yourself under the protection of another patron saint, who is your advocate before God; and (2) that you are to imitate the exemplary life of the new patron. You may choose a name to honor that saint and/or to make that saint your special patron. You should make it a habit to pray to this saint as you prepare to receive the Sacrament of Confirmation.

Good websites that you may find helpful in selecting your Confirmation name are:

<http://www.catholic.org/saints/stindex.php>

<http://www.ewtn.com/catholicism/saints>

<http://www.newadvent.org/cathen>

Check here to find a listing of patron saints by subject (e.g. patron saint of athletes):

<http://www.catholic.org/saints/patron.php>

Guidelines for Selecting a Confirmation Sponsor

All candidates for Confirmation are presented to the bishop by a sponsor, who “is to take care that the person confirmed behaves as a true witness of Christ and faithfully fulfills the duties inherent in this sacrament” (*Code of Canon Law, canon 892*). This is a lifelong commitment on the part of the sponsor. A sponsor should be actively living the Catholic Faith and serve as a role model for you.

The sponsor must be at least sixteen years of age, a practicing Catholic who will help you fulfill the responsibilities of Confirmation, and someone who has already received the sacraments of Baptism, Confirmation, and the Eucharist. *The sponsor cannot be a parent of the candidate.*

In addition, the sponsor should meet the following qualifications:

- Practicing Catholic who attends Mass on Sundays and Holy Days of Obligation;
- If married, current marriage is a valid Catholic marriage;
- Is not cohabiting; that is, living together without marriage.
- Be living a life that is not publicly gravely inconsistent with the teachings of the Catholic Church.

A PARENT MAY NOT BE A SPONSOR, though they may present their child to the Bishop as a proxy in the event the candidate’s sponsor is unable to be present for the Confirmation Mass.

Saint Report: Interviewing a Saint

Due April 28, 2022

Reports must be handwritten!!

The saints lived heroic lives of service for God and others. They provide us with examples of how we can be people of service, charity, and obedience to God's commandments and people who express the Faith by what we do. Many saints also spread the Catholic faith by their words. They were willing to defend the message of Christ against the attacks of those who defame or distort the truths of God. Armed with the gifts of the Holy Spirit, the saints were given the strength and courage to defend the Faith, even to the point of physical death (i.e., martyrdom).

Write a newspaper article, in the form of an interview, based on your saint's life. The responses should be written in the first person (that is, use the word I as in; *I had a devotion to the Blessed Virgin Mary from a young age*). Show how the saint spread and/or defended the Faith through action and/or words, using the interview questions provided below. You may want to consult reference material available in your school, your parish library, from the office of the Director of Religious Education, and online. The reference material may contain quotations that you can use in your article (but make sure you quote the source at the end of your report). *Remember that the goal of this particular article is to point out how the saint spread and/or defended the Faith through action and/or word.*

Good reporters know how to interview persons who are knowledgeable about certain topics. Efficient reporters think about questions they can ask during an interview. Good interviewers also try to think of questions during the interview itself. Some of the answers from the person being interviewed may provoke questions that were not formulated before the interview.

The following questions **must** be asked during your interview:

- What is your special calling in the Church? What kind of work do you do?
- How have the gifts of the Holy Spirit, strengthened in the Sacrament of Confirmation, helped you in your special calling in the Church?

(continued on next page)

- Describe an instance where you were rejected or ridiculed by people as a result of living out your special calling in the church.
- What role have the corporal and spiritual works of mercy played in your efforts to spread or defend the Catholic faith?

Choose any 1 question from the following list to ask during your interview:

- Do any members of your religious community, family, parish, or friends encourage and support you in your good works?
- Have there been times when your work has not gone well?
- Are there occasions when you have thought that your work, in cooperation with God's grace, has gone very well?
- Have you ever thought that God has worked through you to bring others closer to Him?
- Do you ever have the opportunity to explain the Faith to those whom you are helping?

Then, ask an original question of your own...one which you come up with based on what you have learned about the saint. The question must be one of substance, dealing with the faith. Therefore simple questions such as "Where were you born," "When were you born," and the like are not allowed.

Finally, conclude with an original (you make it up yourself) prayer to your patron saint requesting their assistance as you prepare for Confirmation.



[Many thanks to Mr. Mike Turk for providing this outline]

GUIDELINES FOR SERVICE HOURS for Confirmation Candidates

The goal of service hours is to encourage young people to be “Christ-like” in His love for others. Jesus served and prayed for those in need not to feel good about Himself, but out of love for them and in order to teach us all how to love. **Service is not just a job to be done to fulfill a requirement, but something to help the student realize that serving others should be a life-long commitment.** Through completion of service hours, the students will hopefully develop a sense of unity with others (solidarity). Also, it is hoped the hours related to personal prayer will inspire the young people to develop or improve their prayer life. Each candidate for Confirmation must complete a total of 20 service hours* spread out over the 7th and 8th grade years. Candidates who attend Catholic School are exempt from the service hours requirement.

*The twenty hours are a minimum; students are encouraged to exceed this amount.

1. Church Service Hours (5 hours)

- Candidates may sign up via the Religious Education Office for service events such as First Communion Retreat, Confirmation reception, volunteer in a CCD classroom, etc.
- Other parish events are available such as Knights of Columbus events, the Parish Picnic, Breakfast with Santa or the Senior Luncheons. The Religious Education Office will inform candidates of volunteer opportunities and will have contact information for each event/activity.

2. Prayer Service Hours (10 hours)

Ten prayer service hours are required to complete the student’s preparation for Confirmation and should be spread out over the two year (7th and 8th grade) preparation period. (NOTE: you must participate in at least **3 different** prayer opportunities e.g. you may not complete all 10 hours praying the Rosary)

- a. Praying before our Lord in the Blessed Sacrament for one hour equals two (2) hours of service. (Parents will sign your service hours log once this requirement is completed).
- b. Praying the Stations of the Cross at St. Raymond’s during Lent is two (2) hours of service. (Parents will sign your service hours log once this requirement is completed).

(continued on next page)

c. Attending the Parish Holy Hour and Rosary in October is two (2) hours of service.

d. Praying the Novena for the Poor Souls in Purgatory IN THE MONTH OF NOVEMBER, is two (2) hours of service. (Parents will sign your service hours log once this requirement is completed). You may request a copy of the prayer from the Religious Education Office or you can find the prayer here:

<http://www.ewtn.com/catholicism/devotions/prayer-to-jesus-christ-for-the-holy-souls-286>

e. Praying the Christmas Novena during Advent is two (2) hours of service. (Parents will sign your service hours log once this requirement is completed). You may request a copy of the prayer from the Religious Education Office or you can find the prayer here:

<https://www.ewtn.com/catholicism/devotions/christmas-novena-276>

f. Praying the Most Holy Rosary (5 decades) is one (1) hour of service. (Parents will sign your booklet once this requirement is completed).

g. Praying the Novena to the Holy Spirit nine days prior to Pentecost, is (2) hours of service. (Parents will sign your service hours log once this requirement is completed). You may request a copy of the prayer from the Religious Education Office or you can find the prayer here:

<https://www.ewtn.com/catholicism/devotions/novena-to-the-holy-spirit-for-the-seven-gifts-309>

3. Home service hours (5 hours) spread out between the 7th and 8th grade years.

a. Assist a parent/grandparent/sibling/relative - without being asked - with a chore you would not normally do (preparing dinner, washing windows, weeding a garden, cleaning a room other than your own, making sibling(s) lunch(es) for school, etc.)

b. Assist a neighbor – mowing the lawn, taking out trash, shoveling snow, weeding a garden, washing windows, etc.

The parent or neighbor witnessing the service should sign your service hours log.

Dress Code for Confirmation Mass

Confirmation candidates wear robes for the Confirmation Mass, but there is a dress code.

Girls should wear modest dresses or a dress blouse and skirt (hemlines need to be knee length or longer and shoulders must be covered) and dress shoes (no athletic shoes, sneakers, or flip flops). Girls should not wear pants. Halter tops, tank tops, midriff shirts, spaghetti straps, or clothing that may be considered immodest dress should not be worn.

Jewelry and make-up should be tasteful and kept to a minimum.

Boys should wear a white shirt and a tie (sport coat or suit optional - may be cumbersome under the robe), dress pants, and dress shoes (no athletic shoes, sneakers, sandals, or flip flops).

Sponsors are expected to respect the dress code, also.

Personal Checklist

Date Turned into the RE Office

1st Year (7th Grade) Requirements:

- Baptismal Certificate** _____
- Confirmation Registry Form** _____
- Saint Report** _____

2nd Year (8th Grade) Requirements

- Sponsor Interview** _____
- Service Hours Record Form** _____
- Prayer Service Hours Experience Form** _____
- Church Service Hours Experience Form** _____
- Sponsor Eligibility Letter** _____
- Statement of Sponsor** _____
- Confirmation Gown Order Form** _____
- [Family Priest or Deacon form]** _____
- Interview with parish priest** _____
- Pledge and Promise Form*** _____

***to be turned in at time of interview with priest**

