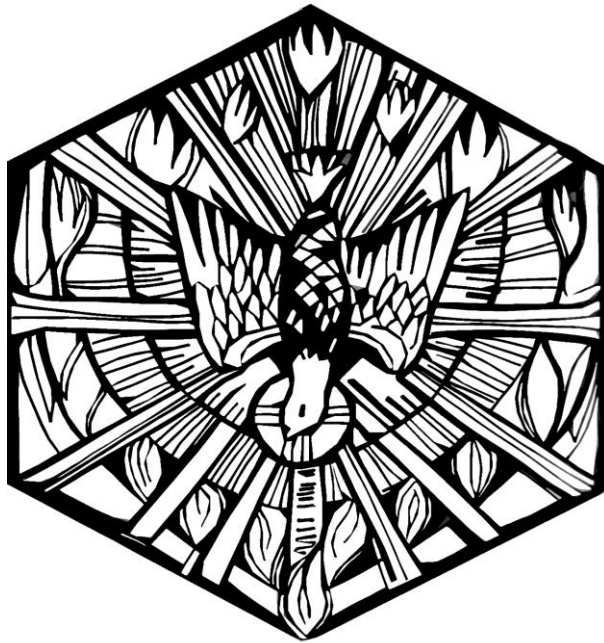


St. Mary of Czestochowa Confirmation Handbook



Revised September 2026

CONFIRMATION EXPECTATIONS

1. Why Be Confirmed?

- a. What? *“The sacrament of confirmation strengthens the baptized and obliges them more firmly to be witnesses of Christ by word and deed and to spread and defend the faith. It imprints a character, enriches by the gift of the Holy Spirit the baptized continuing on the path of Christian initiation, and binds them more perfectly to the Church.”* (Code of Canon Law 879)
- b. Who – *“Every baptized person not yet confirmed and only such a person is capable of receiving confirmation.”* (CCL 889)
- c. When – *“The faithful are obliged to receive this sacrament at the proper time. Parents and pastors of souls, especially pastors of parishes, are to take care that the faithful are properly instructed to receive the sacrament and come to it at the appropriate time.”* (CCL 890)

2. Curriculum

- a. Weekly lessons from Fr Kubista
- b. Baltimore Catechism – this will be incorporated into the weekly lessons as a review
- c. Student Handbook (in binder)

3. Books/Materials

- a. Binder containing Student Handbook and miscellaneous forms, schedule, etc.
- b. Bibles – gift from parish.
- c. St. Joseph Baltimore Catechism No. 2. If you have a copy from a previous year, use this one.
- d. Catechism of the Catholic Church (CCC) – Confirmation gift

4. Student Expectations

- a. Enter the journey with a willing heart and an open mind.
- b. Support and encourage other candidates on the journey.
- c. Attend all sessions and if you can’t make it, your parents must contact Rachel, Heather and/or the teacher. Bring your workbooks and folders to class. If you miss a class, complete the online lesson and homework assignment at home. *If Confirmation is scheduled prior to the last scheduled class, you are expected to attend the remainder of the classes.*
- d. Commit to consistent personal prayer throughout the journey.
- e. ***Attend Mass every Sunday (or Saturday vigil) and Holy Day of Obligation.*** You will be required to sign the attendance sheet on the back table of St Mary or if you attend another parish, bring a bulletin signed by the pastor of that parish or your parents.
- f. Commit to celebrating the Sacrament of Reconciliation frequently.
- g. Willingly engage in community service. Service projects are not required but are encouraged. There will be opportunities to assist with our fund-raising breakfasts this winter.
- h. Find a sponsor who meets the sponsor criteria:
 - i. Pick someone who is important to you and who is a good example of the faith. Read through the Choosing a Sponsor section of the handbook
 - ii. Have them complete the Sponsor Information Form and give them a copy of the Expectations Form.
 - iii. Maintain an open and honest relationship with your sponsor.
- i. Pick a Confirmation saint name
 - i. Review various saints and pick someone who is “special” or has some meaning (see section on Choosing a Saint Name)
 - ii. Write a one page, single spaced, summary of the life of the saint and why the saint was chosen, and present your report to the class (second year).

- j. Provide copy of Baptismal Certificate by the start of the second year.
- k. Participate in annual Confirmation retreats.
- l. Interview with Fr. Kubista prior to Confirmation.
- m. Attend Rite of Sending Mass at St Mary. Sponsors are encouraged to attend.
- n. Attend Confirmation. Please dress appropriately: men (nice shoes, shirt, and tie) and women (nice shoes and dress blouse/pants or a modest dress at knees or below)

5. Sponsor Expectations

- a. Sponsors need to be chosen by the end of the first year and the Sponsor form turned in.
- b. Come to at least one event (i.e., class, retreat, Rite of Sending, volunteer activity)
- c. Do at least one spiritual activity together outside of the events (i.e., Mass, retreat, etc.)
- d. Sponsor eligibility form signed and returned by the last class of the first year.

6. Parent Expectations

- a. **Weekly Mass attendance is required.** Please make sure that your student is able to attend Mass and provide either a bulletin signed by you or the pastor of the parish you attended, or use the sign-in sheet on the back table at St Mary.
- b. Take an interest in what the student is learning.
- c. Help them get the required paperwork completed and returned.
- d. Help with weekly homework assignments. If student misses a class, make sure they complete the online lesson and the homework assignment. You will receive weekly email updates from your teachers with copies of homework sheets and other information.
- e. Attend parent meetings and feel free to attend class.

CHOOSING A SPONSOR

What is a Sponsor?

If you have ever attended a Confirmation ceremony, you have seen an adult who stands behind the candidate with a hand on their shoulder as they are anointed, but the role of a sponsor goes far beyond a simple gesture of support. Did you know that the word sponsor comes from the same root word as “responsible”? A Confirmation sponsor is someone you look up to as a role model in faith and will be there to support you spiritually before, during and after you receive the sacrament. In essence, your sponsor is meant to act as a spiritual guide and friend in your faith.

Choosing a Sponsor

Choosing your sponsor is an important task. Don’t just choose someone because they are fun or because they haven’t done it yet. **Choose your sponsor because you know that they will help you grow in your faith and because they will continue to support you.** Here are some good questions to ask as you consider choosing your sponsor:

- Who in my life has made an impact on my faith?
- Is this person responsible?
- Is this person mature?
- Does he/she practice his/her Catholic faith actively by, among other things, attending Mass weekly?
- Does he/she practice his/her Catholic faith actively in the way that he/she lives and acts?

- Do I trust him/her?

Sponsor Requirements - The Archdiocese of St. Paul – Minneapolis has specific requirements that are to be met by all sponsors. They are:

1. **The sponsor must be an active, participating Catholic who has been Confirmed**; someone who will be an inspiration and support for the candidate. There is to be one sponsor of either gender.
2. Sponsor must be at least 16 years of age.
3. Sponsor must be free from any impediment of law. Some examples of this include: the sponsor cannot have committed serious damage to faith and morals, can not have hostilities against religion, and may not be in an irregular marriage (a marriage not recognized as a Sacrament by the Church) or an irregular living arrangement.
4. He or she may not be the parents, mother or father of Candidate.
5. It is desirable, but not mandatory, that the baptismal sponsor (Godparent) also be the sponsor at Confirmation to show the close connection of the two sacraments. In many cases this is not possible and another suitable person may be selected.
6. The sponsor should be a person who is prayerful, open, dependable, loving and is comfortable sharing his or her faith with young people.
7. The sponsor should be someone who is a witness to Christ and to the importance of a Catholic Christian lifestyle by their words and actions. A person who will be a support and example to the candidate as he/she moves through periods of crisis, questioning, and discernment.

CONFIRMATION SAINT NAME AND REPORT

At Baptism, children are welcomed individually into a new life in Christ. Because of the close relationship between the sacraments of Baptism and Confirmation, it is perfectly acceptable for candidates to choose to affirm the saint's name given to them at Baptism. For example, a candidate named Nick might want to choose St. Nicholas. Many also look at Confirmation as a time for the candidate to accept as their own the faith that was given to them by their parents and godparents. For this reason it is also acceptable for the candidate to choose a saint whose name is unrelated to their given name but whose life will be a model and inspiration for them during their life as a Catholic. **The saint the candidate chooses should express something of the candidate's inner-self, an ideal or goal they are setting for themselves as a Catholic and should be a reflection of their resolve to live as a disciple of Christ. The name that the candidate chooses will be the name by which they are addressed by the Archbishop at the Confirmation ceremony, your "Confirmation Name."**

CHOOSING A SAINT NAME

With nearly 10,000 canonized saints on the books, finding a starting point can be daunting. Here are a few tips to help you with the process. Please note: *this is just a suggestion.*

Step #1 - Pray this simple prayer:

“Come Holy Spirit, help me to choose a saint for my confirmation patron.”

Step #2 - Look up saints who are in some way naturally connected to you:

- **What are my interests, my family’s heritage, hopes for my future?**
 - A great list of saints by what they are patron of can be found here:
www.americancatholic.org/Features/Saints/patrons.aspx
- **Is there a date in my life that is important to me (my birthday, the date of an important life event?)**
 - A calendar view of what saints are celebrated on specific dates can be found here:
www.americancatholic.org/Features/Saints/bydate.aspx
- **Is there someone in my life that has made a difference to me that I want to honor?**
 - Look up saints by name.
 - Remember, some names are derivatives of more traditional names. For example: Jennifer is a modern derivative of Winifred. And, yes, there is a St. Winifred.
 - Don’t forget, there are many saints who had the same first name like Teresa or John.
- **Other good starting points:**
 - Even if your own first name or middle name a saint name, you are encouraged to pick a different saint name.
 - Is there a saint that I have been attracted to for some years?
 - Is there a saint who seems to be “following” me?
 - Ask your parents and sponsor who their favorite saints are.
 - What are your hobbies and interests, and who are the patron saints?

Step #3 - Read about several different saints who have stood out to you so far.

You may find one of their stories stands out to you. (Hint: the more you are interested in your saint or find yourself relating to him or her, the easier it will be to write your report.) Check out the St Mary lending library (located in the gathering area) for books about saints. Be careful researching on the web for saints. **Not all websites are trustworthy.** For example, Wikipedia is not to be used as your primary source, but there may be useful references or links to better sources within its articles. If you have questions, ask you parents or teachers for suggestions. Here are some good go-to websites:

- catholic.org/saints
- americancatholic.org/features/saints
- catholic.com (search for patron saints)
- EWTN.com

Step #4 - Pray that prayer to the Holy Spirit again, before you make your final decision.

SAINT REPORT AND PRESENTATION

Once you have selected a name and researched that saint, you must submit a written report on this saint. Also, you will present your report to the class in the spring of your Confirmation. The following are the requirements for this report:

Start with the basic biographical information about your saint:

- What are the dates of birth and death?
- Patron of what?
- Canonization date?
- Feast day?
- Where was the saint from/where did they do their work?
- What are some major/important events in the life of this saint?
- What makes this person so holy?

Then tell us more about why you chose this saint. The majority of the report should answer the following questions:

- How can you relate to this saint?
- What qualities did this saint possess that you admire?
- What special aspects of the saint's life would you like to use as an example in your own faith life?
- Why did I choose this saint?
- Where did you get the information? Include a list of your sources.

All reports must be prepared in your own words and include a listing of your source materials. Typewritten reports must be 1-2 pages long and presentations 3-5 minutes.

Prayers

Sign of the Cross

In the name of the Father, and of the Son, and of the Holy Spirit, Amen.

Glory Be

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

Angel of God (Guardian Angel Prayer)

Angel of God, my guardian dear, to whom His love commits me here; ever this day be at my side, to light and guard, to rule and guide. Amen.

Prayer Before Meals

Bless us, O Lord, and these Thy gifts which we are about to receive from Your bounty, through Christ our Lord. Amen.

Prayer After Meals

We give Thee thanks for all Your benefits, O Almighty God, who lives and reigns forever. Amen.

Morning Offering

O Jesus, through the Immaculate Heart of Mary, I offer you my prayers, works, joys, and sufferings of this day for all the intentions of your Sacred Heart, in union with the Holy Sacrifice of the Mass throughout the world, for the salvation of souls, the reparation of sins, the reunion of all Christians, and in particular for the intentions of the Holy Father this month. Amen.

Our Father (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 thee; blessed art thou among women, and blessed is the fruit of thy womb, Jesus. Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death. Amen.

Act of Contrition

O my God, I am heartily sorry for having offended thee, and I detest all my sins, because I dread the loss of heaven and the pains of hell, but most of all because they offend Thee, my God, who art all good and deserving of all my love. I firmly resolve, with the help of Thy grace, to confess my sins, to do penance, and to amend my life. Amen.

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; the third day He rose again from the dead; He ascended into heaven, and sits at the right hand of God, the Father almighty, from thence He shall 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.

Act of Faith

Oh my God, I firmly believe that Thou art one God in three divine Persons, Father, Son, and Holy Spirit. I believe that Thy Divine Son became man and died for our sins, and that He will come to judge the living and the dead. I believe these and all the truths that the Holy Catholic Church teaches, because Thou has revealed them, Who can neither deceive nor be deceived. Amen.

Act of Hope

O my God, relying on Thy infinite goodness and promises, I hope to obtain pardon of my sins, the help of Thy graces, and life everlasting, through the merits of Jesus Christ, my Lord and Redeemer. Amen.

Act of Charity (Love)

O my God, I love Thee above all things, with my whole heart and soul, because Thou art all good and worthy of all love. I love my neighbor as myself for the love of Thee. I forgive all who have injured me, and ask pardon of all whom I have injured. Amen.

Hail Holy Queen

Hail, Holy Queen, Mother of mercy, our life, our sweetness, and our hope! To thee do we cry, poor banished children of Eve; to thee do we send up our sighs, mourning and weeping in this vale of tears. Turn then, O most gracious advocate, thine eyes of mercy towards us; and after this our exile show unto us the blessed fruit of thy womb, Jesus. O clement, O loving, O sweet Virgin Mary. Pray for us, O holy Mother of God. That we may be made worthy of the promises of Christ.

Prayer for Poor Souls

V. Eternal rest grant unto them, O Lord.

R. And let the perpetual light shine upon them.

And may the souls of all the faithful departed, through the mercy of God, rest in peace.
Amen.

Prayer to St Michael the Archangel

St. Michael, the Archangel, defend us in battle! Be our defense against the wickedness and snares of the devil. May God rebuke him, we humbly pray; and do thou, O Prince of the heavenly host, by the power of God, thrust into hell Satan and all the other evil spirits who prowl about the world seeking the ruin of souls. Amen.

The Angelus

V. The Angel of the Lord declared unto Mary,

R. And she conceived of the Holy Spirit.

Hail Mary...

V. Behold the handmaid of the Lord,

R. Be it done unto me according to your Word.

Hail Mary...

V. And the Word was made flesh,

R. And dwelt among us.

Hail Mary...

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

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



Let us pray. Pour forth, we beseech you, O Lord, your grace into our hearts: that we, to whom the Incarnation of Christ your Son was made known by the message of an Angel, may by his Passion and Cross be brought to the glory of his Resurrection. Through the same Christ our Lord. Amen.

The Memorare

Remember, O most gracious Virgin Mary, that never was it known that anyone who fled to thy protection, implored thy help, or sought thine intercession was left unaided. Inspired by this confidence, I fly unto thee, O Virgin of virgins, my mother; to thee do I come, before thee I stand, sinful and sorrowful. O Mother of the Word Incarnate, despise not my petitions, but in thy mercy hear and answer me.
Amen.

Come 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. O, God, who by the light of the Holy Spirit, did instruct the hearts of the faithful, grant that by the same Holy Spirit we may be truly wise and ever enjoy His consolations, through Christ Our Lord, Amen.

The Laws of God and the Church

What are the Ten Commandments of God?

1. I am the Lord thy God, Thou shalt not have any strange gods before me.
2. Thou shalt not take the name of the Lord thy God in vain.
3. Remember to keep holy the Lord's Day.
4. Honor thy father and mother.
5. Thou shalt not kill.
6. Thou shalt not commit adultery.
7. Thou shalt not steal.
8. Thou shalt not bear false witness against thy neighbor.
9. Thou shalt not covet thy neighbor's wife.
10. Thou shalt not covet thy neighbor's goods.

What are the Precepts (laws) of the Church?

1. To attend Mass on Sundays and Holy Days of Obligation and rest from servile labor
2. To confess our sins at least once a year.
3. To receive the Sacrament of the Eucharist at least during Easter season.
4. To fast and abstain on days established by the Church.
5. To help to provide for the needs of the Church

From CCC 2041-2043

Holy Days of Obligation

1. The Solemnity of Mary - January 1
2. Ascension Thursday - 40 days after Easter
3. Assumption of Mary - August 15
4. All Saints - November 1
5. Immaculate Conception (of Mary) - December 8
6. Christmas - December 25

The Four Marks of the Catholic Church:

One, Holy, Catholic, Apostolic



Sacraments

What is a sacrament?

A sacrament is an outward sign instituted by Christ to give grace.

How many sacraments did Jesus institute?

Jesus instituted seven sacraments. They are:

Baptism: the sacrament that cleanses my soul of original sin, and gives it a new life of grace. It makes me a Christian, a child of God, and an heir to heaven.

Penance (or Reconciliation): the sacrament by which the sins committed after Baptism are forgiven. Venial sins and especially mortal sins.

Holy Eucharist: the sacrament that contains the Body and Blood, Soul and Divinity of Our Lord Jesus Christ, under the appearances of bread and wine.

Confirmation: the sacrament through which the Holy Spirit comes to me in a special way to make me a strong and more active Christian and a witness of Jesus Christ and to defend the faith.

Anointing of the Sick: the sacrament by which, through the anointing and prayer of the priest, health and strength are given to a soul - sometimes even the body, when I am in danger of death from sickness, accident, or old age.

Holy Orders: the sacrament that gives a man the powers of the priesthood. These powers are to offer the Holy Sacrifice of the Mass, to preach, teach, and to sanctify by giving people the sacraments.

Matrimony: the sacrament that unites a Christian man and woman in holy marriage.

Gifts and Fruits of the Holy Spirit

The Seven Gifts of the Holy Spirit

Wisdom: helps us to know God better and see how lovable He is.

Knowledge: helps us to know better what God wants us to do.

Understanding: helps us to know more clearly the teachings of our religion.

Council: helps us to tell right from wrong and to choose only what is right, even when it is hard.

Fortitude: enables us to suffer patiently the trouble that come in this life.

Piety: inspires us to love God and obey Him because we love Him.

Fear of the Lord: fill us with dread of sin - the greatest of evils.

We received the gifts of the Holy Spirit in Baptism. These gifts help us at particular times when we need them. They help us to see what is right and what is wrong. Once we know what is right, these gifts help us to do it. After Confirmation, these gifts become more active, especially if we pray for them to grow in us. They keep us ready to do whatever the Holy Spirit suggest to us.

Twelve Fruits of the Holy Spirit

Charity: my love for God and for all His children.

Joy: flowing forth from charity, it is the feeling I have due to my love for God and everyone else

Peace: tranquility of my soul due to the absence of conflict.

Patience: my willingness to bear little and big troubles for God, without sadness or resentment.

Kindness: acting for the good of others, regardless of what they do.

Goodness: the desire to want to do good for others and always trying to do what we know is right.

Generosity: sharing my gifts and possessions with others

Gentleness: enables me to be calm and avoid actions that might lead others to anger or resentment.

Faithfulness: the commitment to believe God's words and the Church's teachings at once, easily and happily.

Modesty: makes it easy and natural for me to prefer purity and decency in my thoughts, actions, dress, and my words.

Self-control: mastery of thoughts and actions, having my desires under the control of my will.

Chastity: aids me in resisting the desire to do anything impure, according to my state in life (single, married), according to God's plan.

The fruits of the Holy Spirit are acts of virtue - good works, desires and sentiments inspired in us by the Holy Spirit.



The Beatitudes

What are the Beatitudes?

The Beatitudes are perfect acts that the Holy Spirit enables us to perform. *Beatitudes* means *ultimate happiness*. Those who practice the Beatitudes have a foretaste of heaven.

The nine Beatitudes are:

Blessed are the poor in spirit, for theirs is the kingdom of Heaven.

Blessed are those who mourn, for they shall be comforted.

Blessed are the meek, for they shall inherit the land.

Blessed are those who hunger and thirst for righteousness, for they shall be satisfied.

Blessed are the merciful, for they will be shown mercy.

Blessed are the clean of heart, for they will see God.

Blessed are the peacemakers, for they will be called children of God.

Blessed are they who are persecuted for righteousness' sake, for theirs is the kingdom of heaven.

Blessed are you when they insult you and persecute you and utter every kind of evil against you (falsely) because of me. Rejoice and be glad for your reward will be great in heaven.

- see Mt 5:3-12 and CCC 1716

Works of Mercy

What are the Corporal Works of Mercy?

To feed the hungry
To give drink to the thirsty
To clothe the naked
To visit the imprisoned
To shelter the homeless
To visit the sick
To bury the dead

What are the Spiritual Works of Mercy?

To admonish the sinner
To instruct the ignorant
To counsel the doubtful
To comfort the sorrowful
To bear wrongs patiently
To forgive all injuries
To pray for the living and the dead

Seven Virtues

Virtue is the habitual and firm disposition to do good.

Cardinal Virtues

- **Prudence** - reason to discern the true good and the right means of achieving it
- **Justice** - constant and firm will to give others their due
- **Fortitude** - firmness in difficulties and constancy in pursuit of the good
- **Temperance** - moderation and balance

Theological Virtues

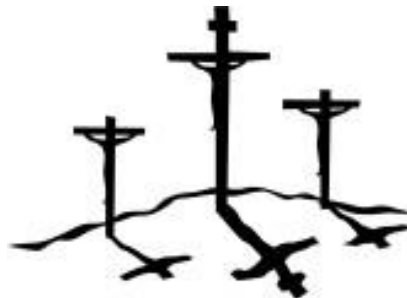
- **Faith** - faith in God and all that he has revealed
- **Hope** - desire for eternal life and the graces to merit it
- **Charity** - love of God and neighbor

Seven Capital Sins

The chief sinful tendencies of fallen human nature; the main sources from which other particular sins arise.

- **Pride** - disordered love of self
- **Avarice** - greed, covetousness, inordinate desire for money or possessions
- **Envy** - sadness at good fortune or success of others
- **Wrath** – misplaced and/or over-placed anger, usually accompanied by antagonism
- **Lust** - disordered and unrestrained desire for sex, money, power, etc.
- **Gluttony** – overconsumption, usually of food or drink
- **Sloth (Acedia)** – physical or spiritual laziness

The Capital Sins are the chief reasons why people commit actual sins, which are willful thoughts, desires, words, actions, or omissions that are forbidden by the law of God. Sins can be mortal or venial. Mortal sin destroys charity in the heart of man and separates us from God. Venial sin allows charity to subsist, even though it offends and wounds it. Mortal sin is a human act that presumes three elements: the object of the sin is a *grave matter*, which is committed with *full knowledge*, and *deliberate consent* of the will. (CCC 1854-1859).



The Mysteries of the Rosary

Joyful Mysteries

The Annunciation

The Visitation

The Nativity of Our Lord

The Presentation of Our Lord in the Temple

The Finding of Our Lord in the Temple

Sorrowful Mysteries

The Agony of Our Lord in the Garden

The Scourging at the Pillar

The Crowning with Thorns

The Carrying of the Cross

The Crucifixion and Death of Our Lord

Luminous Mysteries

The Baptism in the Jordan

The Wedding at Cana

The Proclamation of the Kingdom of God

The Transfiguration

The Institution of the Eucharist

Glorious Mysteries

The Resurrection of Our Lord

The Ascension of Our Lord

The Descent of the Holy Spirit

The Assumption of Our Lady

The Coronation of Our Lady



The Order of the Mass

Introductory Rites

Entrance Song
Greeting
Penitential Rite
Lord Have Mercy
Gloria
Opening Prayer

Liturgy of the Word

God speaks to us and we respond

First Reading
Responsorial Psalm
Second Reading
Gospel Reading
Homily
Creed (Profession of Faith)
General Intercessions

Liturgy of the Eucharist

We offer ourselves and our
gifts to God

Preparation of the Gifts
Preparation of the Bread
Preparation of the Wine
Prayer over the gifts

Christ offers himself to the
Father for us

Eucharistic Prayer
Introductory Dialogue
Preface
Holy, Holy, Holy
Eucharistic Prayer

The Father Gives us
His Son

Communion Rite
Lord's Prayer
Sign of Peace
Breaking of the Bread
Prayer before Communion
Communion Song
Prayer after Communion

Concluding Rite

We go forth to live our
Mass - to love and serve
The Lord

Blessing
Dismissal

FOUR TRUTHS NECESSARY TO BELIEVE FOR SALVATION

That God exists

That God rewards the good and punishes the wicked

That there are three persons in one God

That the Son of God became man and died for our salvation

WHO IS THE HOLY SPIRIT?

The Holy Spirit is God, the third Person of the Blessed Trinity

WHAT IS CONFIRMATION?

Confirmation is the sacrament in which we receive the Holy Spirit in a special way, to make us more strong and more perfect Christians and witnesses of Jesus Christ and defenders of the Catholic faith.

WHAT IS HOLY CHRISM?

Holy Chrism is a mixture of olive oil and balm, which is blessed by the bishop at the Mass on the Thursday before Easter Sunday, in the Cathedral.

EXPLAIN THE INDELIBLE MARK OR CHARACTER THAT IS PLACED ON YOUR SOUL.

This mark is the sign of a spiritual power given by the Sacrament of Confirmation. It will remain on my soul forever. It is a sign of my power and duty to defend my religion.

WHAT DOES IT MEAN TO BE A WITNESS OF JESUS CHRIST?

This means that I promise to tell other about Jesus. By my words and actions I will help non-Catholics learn about the one true Church.

WHAT IS NECESSARY TO RECEIVE CONFIRMATION PROPERLY?

It is necessary to be in a state of grace, and to know well the chief truths and duties of our religion.

AFTER WE HAVE BEEN CONFIRMED, WHY SHOULD WE CONTINUE TO STUDY OUR RELIGION EVEN MORE EARNESTLY THAN BEFORE?

So that we may be able to explain and defend our faith, and thus cooperate with the grace of Confirmation. We cannot possibly explain the faith to intelligent non-Catholics unless we know it well, nor can we live it ourselves as adults, unless our knowledge acquired in school is a good foundation to build on, but all our lives we must continue to read and deepen our knowledge of the mysteries of our faith.

WHY SHOULD ALL CATHOLICS BE CONFIRMED?

In order to be strengthened against the dangers to salvation and to be prepared better to defend their Catholic faith. Confirmation is not necessary to salvation, but tremendously helpful. To neglect it deliberately would be a sin.

WHO MAY RECEIVE THE SACRAMENT OF CONFIRMATION?

A person must have reached the age of reason, baptized and profess the Catholic Faith, be in a state of sanctifying grace, be prepared to be a disciple and witness to Jesus Christ, both in the Church and in the world.

WHY DO YOU TAKE A NEW NAME IN CONFIRMATION?

So that I may place myself under the protection of another saint and follow the good example of that saint?

WHY DO I NEED A SPONSOR IN CONFIRMATION?

To encourage us to live up to the Catholic religion.

WHAT IS DEMANDED OF YOUR SPONSOR IN CONFIRMATION?

A sponsor must be a practicing Catholic, already confirmed, and know the teachings of the Catholic Church.

WHEN DID THE FIRST CONFIRMATION TAKE PLACE?

On Pentecost Sunday, ten days after the Ascension of Our Lord into heaven, when the Holy Spirit came down upon the Apostles.

VESTMENTS THE BISHOP WEARS AT CONFIRMATION:

Crozier (kro-zher) - Gold or silver staff

Zucchetto (tsook-ket-o) - skull cap

Miter - Pontifical hat

WHAT PROMISES SHOULD YOU MAKE TO GOD THE HOLY SPIRIT AFTER CONFIRMATION?

Study my religion

Do all that Christ and His Church tells me to do

Practice my religion faithfully

Go to Mass on Sundays and Holy Days of Obligation

Be a witness for Jesus

Living Our Catholic Faith in the World

Every day, every week, we need the strength of Christ to keep ourselves on the right track.

Jesus said we are to ***Pray Always*** -- read good Catholic books and the Bible....slowly.

We can't deceive ourselves into thinking that the corruption of sin won't contaminate us.

Media glamorize immorality such as unmarried people living together, having pre-marital sex. It glorifies adultery. We accept this and think it's nothing to divorce and remarry 2-3-4 times.

We may start to think that it must be all right since "everybody is doing it."

So that we can meet these challenges, we have another Sacrament (Confirmation). The Power of the Holy Spirit strengthens Christians to be heralds of Jesus Christ.

I would ask you to ask yourself as a Catholic, what is Confirmation? It strengthens us to stand up for Christ. How easy it is to stand up and deny Christ. We deny Christ when we say it's OK to have sex outside marriage. We deny Christ when we say it's all right to take drugs and alcohol. We deny Christ when we say it is all right to have an abortion, miss Mass, steal, etc.

To deny Christ is to choose the ways of the world, and it is telling Christ that His teachings aren't important.

Jesus gave us Confirmation to fortify us with the Holy Spirit.

When you hear people tear down or criticize the Church, ask yourself "What kind of Catholic am I? Do I defend and proclaim Christ or am I ashamed or embarrassed to do so?" Confirmation will fortify us.

Remember:

- Don't want to disappoint someone you love
- Do witness to Christ through good works, words, examples
- Our duty consists in defending and spreading the faith
- Because of errors prevalent in our world today, we must be alert to the fact that misrepresentations of the true faith can appear within and outside the Church. We must be prepared to recognize and reject any false teachers and teachings.

Definitions for a Catholic Who Can Defend the Faith

absolution: the action of the priest in the sacrament of Reconciliation whereby, as a representative of Jesus and His Church, he forgives sins.

actual grace: a spiritual gift from God that helps us to know and love God and our neighbor.

angels: spiritual persons created by God with a will and intellect but no body, who enjoy the Beatific Vision of God and help us to attain heaven.

Annunciation: the even in which the Archangel Gabriel announced to Mary that God wanted her to be the Mother of His son.

Anointing of the Sick: the sacrament in which a priest anoints the head and hands of a seriously sick or very elderly person, and Christ gives strength to help the person spiritually and sometimes physically, if, it be God's will for the person to recover.

Ascension: Jesus' returning to heaven to be with His Heaven Father forty days after His Resurrection.

Assumption: Mary's being taken into heaven, body and soul, when her earthly, life was over.

Baptism: the sacrament in which by water and the gift of the Holy Spirit we are made adopted sons and daughters of God, members of the Church, and heirs of heaven.

baptismal character: a change in us, caused by the sacrament of Baptism, that makes us more like Christ in a permanent, indelible way. Because of the baptismal character, one is made capable of receiving the other sacraments.

Bishop: a successor to the Apostles, who is pastor of a diocese. He teaches, sanctifies, and governs in the name of Christ, and, with the other bishops of the world in union with the Pope, teaches the entire Church.

Blessed Virgin Mary: the virgin Mother of Jesus, the Second Person of God Who was both God and Man.

Cardinal: an honorary title given usually to a bishop. A cardinal has the privilege of electing a Pope and is occasionally consulted by the Pope on special matters.

Catholic Church: the Church founded by Jesus Christ, which continues the fullness of Christ's teachings and the seven sacraments.

Charity: the theological virtue by which we love God above all things for his own sake, and our neighbor as ourselves for the love of God.

confirmation character: a change in us, caused by the sacrament of Confirmation, that makes us more like Christ in a permanent way. Because of the confirmation character, one is made capable of spreading and defending the Catholic Faith in a mature way.

Confirmation: the sacrament by which a person is anointed on the forehead with oil and is thereby strengthened by the gift of the Holy Spirit to spread and defend the Catholic Faith by word and deed.

conscience: the interior faculty that enables us to decide what is right or wrong in a particular situation.

Crucifixion: Jesus' death on the Cross on Good Friday.

Deacon: a man ordained to be of service in the Church and who can baptize, witness marriages, assist at the Eucharist, preach, and bury the dead.

devils: spiritual persons created by God with a will and intellect but no body; they have rejected God and suffer in hell; they seek our sinful rejection of God.

diocese: a geographical territory of the Church under the authority of a bishop.

divine revelation: the hidden truths that God chose to reveal about Himself.

ecumenism: prayer and cooperation between Christian churches to understand better one another's beliefs and practices and to foster the unity of all believers, for which Jesus prayed at His Last Supper

Eucharist: the sacrament in which Jesus gives Himself body and soul, divinity and humanity, to us under the appearance of bread and wine that have been changed into His Body and Blood.

Eucharistic Sacrifice: the Sacrifice of Jesus' death on the Cross made present in an unbloody manner at the Consecration of the Mass, so that we can worship the Father and offer our own sacrifices with this great Sacrifice of the Lord.

examination of conscience: a review of how I have been faithful to God's will and commands.

Faith: the theological virtue by which we believe in God, and believe all that He has said and revealed to us, and that Holy Church proposes for our belief, because He that has revealed them is Truth itself.

firm purpose of amendment: the decision, with the help of God's grace, not to sin again.

God: the all-powerful, almighty, all-knowing, and eternal being, Who created the universe

God the Father: the first Person of the Blessed Trinity; from God the Father proceeds God the Son the Holy Spirit, Who proceeds from both the Father and the Son.

grace: the spiritual gift from God that is unmerited by us and that brings us closer to God and enables us to remain faithful to Him; God's life in us.

Heaven: the place where those who have died in the state of sanctifying grace will receive the rewards of everlasting life, particularly the happiness of seeing God face to face.

Hell: the place where those who have died in the state of mortal sin will suffer for all eternity, particularly because of being separated from God.

Holy Orders: the sacrament in which a man becomes a bishop, priest, or deacon and receives the powers of that office.

Holy Spirit: the Third Person of the Blessed Trinity, Who is equal to the Father and the Son.

Hope: the theological virtue by which we desire the kingdom of heaven and eternal life as our happiness, placing our trust in Christ's promises, and relying not on our own strength, but on the help of the grace of the Holy Spirit.

Immaculate Conception: Mary's being free of original sin from the time of her conception in the womb of her mother, St. Anne.

Incarnation: the term used for the Second Person of God becoming man.

infallibility: the gift given by the Holy Spirit to the Church that it might be free from error concerning truths of Faith and morals necessary for our salvation. This gift is given especially to the Magisterium.

Jesus Christ: the Second Person of the Trinity, Who became Man, and Who has both a divine and a human nature but is one divine Person.

laity (lay people): the non-ordained, baptized members of the Church.

liturgy: the official, public prayers and rites of the church, particularly the Holy Sacrifice of the Mass.

Magisterium: the living, teaching office of the Church, whose task it is to give an authentic interpretation of the word of God, whether in written form (Sacred Scripture) or in the form of tradition.

Matrimony: the sacrament in which a baptized man and a baptized woman promise to take one another to be husband and wife, and through their permanent, faithful, and fruitful love become a sign of Christ's love for the Church.

mortal sin: a thought, word, deed, or an omission of a deed, that offends God so grievously that it cuts us off from the friendship of God.

mystery: a truth that cannot be fully understood by man.

Nativity: Jesus' birth in Bethlehem.

New Testament: the second part of the Bible, written after the death and Resurrection of Jesus Christ.

Old Testament: the first part of the Bible, written before the coming of Jesus Christ.

Original Sin: the first sin committed by Adam and Eve. WE inherit original sin from Adam and Eve, which means that we are conceived and born without grace. Without grace, we cannot share God's life on earth and we cannot live with God in heaven.

pastor: the priest who has been put in charge of a parish

Pope (Holy Father): the successor to St. Peter who, as Bishop of Rome and head of the college of bishops, is pastor of the universal Catholic Church and teaches, sanctifies, and governs all Catholics.

Purgatory: the state in which those who have died in the state of sanctifying grace are purified of the effects of sin, so they can enjoy heaven for all eternity.

Reconciliation: the sacrament whereby we confess our sins with sorrow in our hearts to a priest who, as the representative of Christ and the Church, forgives them.

redemption: the act of God merited by Jesus' death and Resurrection that freed us from sin and some of the effects of sin.

Resurrection: Jesus' rising from the dead on Easter morning, the third day after His death.

sacrament: a physical sign, given to us by Jesus, through which Jesus meets us and gives us grace.

sacramental: a prayer, object, or action that helps us to become closer to God through the disposition of the one using it, rather than the rite being used.

Sacred Scripture (Bible): that message of salvation given by God to the church, which has been written down under the inspiration of the Holy Spirit.

salvation: our being saved from sin, death, and hell by the merits of Jesus Christ's death and Resurrection.

sanctifying grace: the spiritual gift from God that enables us to share in His life and to become holy like Him.

soul: the invisible, spiritual, and immortal gift from God that gives us life.

Tradition: A "handing on" of all God's revelation from the beginning of human history to the end of the apostolic age. It includes all of Sacred Scripture and the words, life, and actions of Jesus Christ, whether these have been written down or transmitted orally. Tradition is passed on from one generation of believers to the next. Tradition is preserved under the guidance of the Holy Spirit through the Church founded by Christ.

transubstantiation: the term used to indicate that at the consecration of the Mass the bread and wine become a new substance, namely, the Body and Blood of Jesus Christ.

Trinity: the term used to describe three Persons (Father, Son, and Holy Spirit) in one God.

venial sin: a thought, word, deed, or an omission of a deed, that offends God but does not break our friendship of God.

Virtue: a habitual and firm disposition to do the good.

Visitation: Mary's visit to her cousin Elizabeth after Mary learns she is to be the Mother of God.

