

# Confirmation Parent Handbook 2023-2024



Holy Infant Catholic Church  
627 Dennison Drive  
Ballwin, MO 63021



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**“...Confirmed by the gift of the Spirit, that they give witness to Christ by lives built on faith and love...”**

General Intercession from the *Rite of Confirmation*

Congratulations! Your child has chosen to prepare for the sacrament of Confirmation. You have been journeying with your son or daughter in this adventure of life and faith for quite a stretch. This is an important part of the road you are traveling; a chance to stop and view where you have been, where you are and where you are going both in your own life of faith and together with your child. As a parish community, we strive to support you and your family as you share life and faith with your adolescent.

This guidebook is a resource, a “trail guide” for your continuing journey with your young person. It is our hope that you will gain a few new insights and understandings about your teenager and your relationship with him or her. We offer an understanding of Confirmation that is based on the *Catechism of the Catholic Church*. In addition, Scripture reflections accompany ways that you can share faith with your teenager during the Confirmation preparation process. You will also find guidance in helping your child choose a sponsor for Confirmation.

Blessings for the journey!

Patricia.

Patricia Foley  
Director of Religious Education  
636-227-0802 – Option 3 #138  
314-742-0626 cell  
[pfoley@holynfantballwin.org](mailto:pfoley@holynfantballwin.org)



## **CONFIRMATION: General Information**

Confirmation is a sacrament in which those who have been baptized receive the fullness of the Holy Spirit, whom the Lord sent upon his apostles at Pentecost. It is a sacrament that celebrates God's special strengths and gifts in those who have been baptized.

In 1972, the church published The Rite of Christian Initiation of Adults (RCIA). The RCIA stresses the connections between the three sacraments of Christian initiation – Baptism, Confirmation and Holy Eucharist.

In baptism, a person becomes a Christian and receives grace and life from the Holy Spirit. In Confirmation, the baptismal vows are renewed and the sealing of the Spirit serves as a preparation for a mature Christian life.

In Eucharist, the great sign of Christian unity, the faithful are nourished and strengthened. They are transformed into a more loving and united community of believers. Through these sacramental rites the faithful are officially acknowledged as Christians. They are commissioned to carry out the mission of Christ and his Church.

Confirmation is a parish community celebration. It provides an opportunity for members of the parish family to renew their baptismal commitment. Confirmation time in the parish is a time when the community celebrates the gifts of the Holy Spirit among them.

## **The Rite of Confirmation**

The sacrament of Confirmation:

- is celebrated during Mass
- begins after the Liturgy of the Word
- is presided over by the bishop or a designated auxiliary or pastor

There are four parts to the rite:

- renewal of baptismal vows
- laying on of hands
- anointing with oil
- sign of peace

# **Candidates Preparing for Confirmation**

Candidates:

- must freely choose to be confirmed and make their desire known.
- must be in the state of grace.
- must have adequate knowledge of the Catholic faith and have participated in required learning sessions.
- must be practicing their faith.
- should attend Mass and receive the sacraments of Eucharist and Reconciliation regularly.
- must be aware of the 'initiation' aspect of the sacrament of Confirmation and be committed to continuing the faithful practice and study of their religion.
- must be willing to participate in and complete the Confirmation program of study, prayer, retreat, community groups and service projects.

## **Christian Commitment to Service**

Jesus came "not to be served, but to serve." (Mt 20:28) The church is a servant community and all those accepting full membership in the church are also accepting responsibility to serve.

Candidates for the reception of Confirmation are asked to select service projects that are geared to their own special talents and abilities. Service should be performed freely and willingly. It could help the parish, neighborhood, or the local community. The service projects are meant to represent the candidate's intention of becoming a full member of this servant community, the church.

## **The Rite of Commissioning**

The Rite of Commissioning is a ceremony in which the candidates who choose to enter into the immediate preparation for the sacrament of Confirmation make their commitment official. Prior to the Rite of Enrollment candidates are asked to seriously and prayerfully think about what will be required of them during this time of preparation.

# **Philosophy of the Sacrament of Confirmation** **At Holy Infant Parish**

The opportunity to prepare for and to receive the Sacrament of Confirmation is being presented to you now. As with all sacraments, it is necessary that your participation is voluntary.

The eighth-grade religion curriculum in both the elementary school and the Parish School of Religion is comprehensive. It encompasses much more than the sacrament of Confirmation. As a candidate choosing to prepare for Confirmation, (one of the Sacraments of Initiation), it is crucial that you attend and participate in certain activities and accomplish certain tasks beyond what is studied in class. These requirements will, hopefully, lead you to a stronger commitment to your faith and to actively witnessing your beliefs. The dates for events are enclosed in this guidebook. Mark your calendar now so that Confirmation activities receive first priority.

The choice to be confirmed is yours, however, the decision to attend religion classes is a commitment that you have made and are responsible to fulfill, regardless of any decision to delay the reception of the Sacrament. All PSR students are required to attend class until May. The permanent record card notes your completion of the year.

Attached you will find the general sacramental preparation requirements for the Sacrament of Confirmation at Holy Infant Parish. Your teacher and Parish Community Group leader can and will add to these requirements during the course of immediate preparation.





## Parental Responsibilities

As the primary religious educators of your children, you are a VITAL component for the preparation of Confirmation. It has been your faith and your witness that have laid the foundation for your child. While the candidate must want to receive the Sacrament of Confirmation, your opinion of this Sacrament will have a dramatic impact on your child.

As parents, you need to keep in mind the responsibility placed on your child and his/her sponsor for this Sacrament. Encouragement and enthusiasm for this Sacrament are one of the greatest gifts you can give.

Please find the responsibilities for this sacrament listed here:

- Help your child discern if he/she is ready to make the commitment to begin preparation for Confirmation. Discuss with your child that Confirmation activities and meetings must be a priority for the next several months. Help him/her fill out the Commitment sheet.
- Assist your child in filling out the Registration sheet. Please fill these forms out completely.
- Help your child choose a Parish Community Group. Again, emphasize that this group and its activities will be a priority over other activities. Help him/her fill out the form.
- Mark your calendar **NOW** with all the Confirmation events. Assist your child in the timely completion of all requirements. Turn in the forms on time.
- Assist your child in the selection of a suitable sponsor. You may want to read over the sponsor's responsibilities and help your child form a list of possible sponsors. Enter into a dialogue with potential sponsors about the meaning of their role and the needs of your child. Turn in the completed sponsor form and sponsor letter by **January 8, 2024** to Patricia Foley, Director of Religious Education at the Parish School of Religion Office.
- Palanka Letters or Letters of Affirmation are letters that contain words of advice, friendship, spirituality, and love from parents, sponsors, siblings, relatives or friends and should be initiated by parents and sent to "Name of your child" c/o Patricia Foley at Holy Infant Church by **Thursday, March 7, 2024**. They are a surprise to be given out at the retreat so please do not tell your child.
- Support your child and sponsor through prayer.

- Serve as a proxy when the sponsor is unable to attend or complete the necessary requirements.
- Encourage and initiate meetings with your child and sponsor. Your coordination between the sponsor and your child is vital.
- Become involved in your child's Parish Community Group projects by volunteering to drive and help with activities.
- Share with your child how you use your own gifts and talents in service to the church and community. (time, talent, treasure)
- Continually encourage your child to participate in the sacramental life of the church before as well as after the reception of this sacrament. Please be sure as a family that you attend the Saturday/Sunday celebration of the Mass and participate in Eucharist.
- See that your child receives the Sacrament of Reconciliation approximately one week prior to receiving this Sacrament.
- Be a role model and attentive listener to the religious needs of your child. The Sacrament of Confirmation need not be received in the 8<sup>th</sup> grade year. All 8<sup>th</sup> grade students will be expected to complete the full year of religious instruction regardless of a mutual decision to delay the sacrament. Keep in constant communication with your child and his/her sponsor. Challenge and respect their feelings.
- Support the continued religious education of your child after Confirmation by keeping them in religion class and encourage their participation in Holy Infant's Youth Group.
- Encourage your child to continue to be of service to the parish and community. Guide and support them in using their gifts of time, talent, and treasure within the parish community.







Dear Parents, Sponsors, Siblings, Family Members and Friends,

Holy Infant started a tradition that has become an integral part of our Confirmation retreat. Palanka Letters or Letters of Affirmation as they are also called are letters that contain words of advice, friendship, spirituality, and love from sponsors and parents, siblings, or relatives. It is our hope that these letters inspire the Confirmation candidate to develop a closer relationship with God, themselves, and others.

These letters will be handed to each individual candidate at a special ceremony of reflection at our Luke 18 Retreat on **Friday – Sunday, April 19-21**. What a wonderful opportunity for you to share your feelings about your children as they get ready to take the first steps towards an adult relationship in the Catholic faith. Remember, this year is a time of many changes for our Confirmande, and your written thoughts and words will go a long way in supporting and building their spirituality.

The letters are a surprise. **Please do not let the children know you are writing or sending them. This is the only notice that will be sent. Mail letters in a sealed envelope or drop them off at the Rectory:**

**YOUR CHILD'S NAME  
c/o Patricia Foley  
Holy Infant Church  
627 Dennison Drive  
Ballwin, MO 63021**

**Letters must be received on or before Thursday, March 7<sup>th</sup>. Please do not save them until the day of the retreat as we will be too busy to sort them on that day. (NOTE: Sponsor Letter is due with the Sponsor Form on January 8, 2024.)**

It must be stressed that these letters are to be of a positive and uplifting nature. Our candidates look forward to receiving these letters, and we wish no one to be left out. Please make sure that each child receives at least several!

# Candidate Requirements for Confirmation at Holy Infant Parish

- A sincere desire to receive the Sacrament of Confirmation.
- A spirit of cooperation and prayerful attitude toward receiving and living out one's Confirmation.
- A sufficient knowledge of the basic beliefs of the Catholic Faith as demonstrated through:
  - Active participation in class
  - Successful completion of all assignments
  - Participate in service projects
  - Written/oral testing
  - Attendance at weekly Mass
  - Reception of the sacrament of Reconciliation prior to the Confirmation ceremony
- Attendance at the following:
  - All Class periods (less than 85% attendance by PSR students will require extra work; full time elementary students will have to make up worked missed. Irregular attendance and/or poor achievement/cooperation may result in the delay of the sacrament.
  - Prayer and Practice Day – **(Candidate and Sponsor must attend)**
  - **Sponsor and Candidate Evening of Reflection**
  - **Luke 18 Retreat- mandatory**
  - Interview
- Active and regular participation in the meetings and activities of the assigned Parish Community Group:
  - Six sessions
  - Three or four service projects designed by the group
  - Attendance at the Evening of Reflection and Practice
  - Sponsor and Candidate Meeting**(Missing more than 2 of these 10 sessions will result in delaying the reception of the sacrament to the next year.)**
- Completion of paperwork and forms:
  - Letter to the confirming bishop (See sample)
  - Registration form
  - Sponsor form and permission from sponsor's parish
  - Sponsor letter (A personal letter written by sponsor to the candidate for the retreat in April (see sample)
  - Saint report
  - Completion of the full eighth grade religion curriculum.

# Sample Letter to the Bishop

**Date:**

**Salutation:**

Most Rev. Mitchell T. Rozanski  
Archbishop of St. Louis  
Archdiocesan Pastoral Center  
20 Archbishop May Drive  
St. Louis, MO 63119

**Greeting:**

Begin your letter with the greeting: Dear Archbishop Rozanski,

**Body of the letter:**

Paragraph 1: Introduce yourself. Tell something about your family, your background.

Paragraph 2: Request the **Bishop to accept** you as a candidate for the Sacrament of Confirmation. Give several reasons why you would like to be confirmed.

Paragraph 3: Explain how you have prepared for the sacrament. It is important that you tell about specific parts of your preparation: your prayer life, your celebration of the other sacraments, service for others exercised at home, within the parish and within the community.

Paragraph 4: Tell how you will continue to carry out your life of service to God and others through the power of the Spirit. Tell how you plan to make your Confirmation in the faith real and alive in the future.

**Conclusion:** Conclude the letter and write your complete signature.

## **Candidate Review Guide**

The following topics should already be mastered by anyone entering a Confirmation preparation program. Parents and sponsors should assist candidates in reviewing this material.

### **Gifts and Fruits of the Holy Spirit**

The gifts of the Holy Spirit help Christians live their lives more fully committed to Christ. These gifts are:

• Wisdom	• Courage	• Reverence
• Understanding	• Knowledge	• Right Judgment
	• Wonder & Awe	

From the Gifts of the Holy Spirit come the Fruits, which are:

• Charity	• Benignity (kindness)	• Faith (Fidelity)
• Joy	• Goodness	• Modesty
• Peace	• Longanimity(Longsuffering)	• Continence
• Patience	• Mildness	• Chastity

### **The Commandments**

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



## Sacraments

• Baptism	• Holy Orders
• Confirmation	• Matrimony
• Holy Eucharist	• Anointing of the Sick
• Reconciliation	

## Beatitudes

- Blessed are the poor in spirit, for theirs is the kingdom of heaven.
- Blessed are the meek, for they will inherit the land earth.
- Blessed are they who morn, for they will be comforted.
- Blessed are they who hunger and thirst for righteousness, for they will 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 those who are persecuted for the sake of righteousness, for theirs is the kingdom of heaven.

## Corporal Works of Mercy

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

## Spiritual Works of Mercy

• To warn the sinner	• To bear wrongs patiently
• To instruct the ignorant	• To forgive all injuries
• To counsel the doubtful	• To pray for the living and dead
• To comfort the sorrowing	

## **The Laws of the Church**

- To assist at Mass on all Sundays and Holy Days of Obligation
- To fast and abstain on the days appointed
- To confess our sins at least once a year
- To always receive Eucharist and especially during Easter
- To contribute to the support of the church
- To observe the laws of the Church concerning marriage
- To contribute to the missionary efforts of the church

## **The Marks of the Church**

● The Church is One	● The Church is catholic
● The Church is Holy	● The Church is apostolic

## **Prayers the Candidate Should Know by Heart**

● The Our Father	● The Glory be to the Father
● The Hail Mary	● An Act of Contrition
● The Apostles' Creed	





## **Sponsor Requirements for the Sacrament of Confirmation**

The role of the Confirmation Sponsor is often an overlooked and underused source for a candidate's preparation and growth. Sponsorship is one very concrete means of sharing in the Church's teaching ministry.

As a sponsor, you take on more than a casual interest in one person's spiritual life. Your candidate is contemplating a life commitment that will influence everything he/she does from now on. You can be a valuable instrument by listening to his/her thoughts, sharing your own experiences, and understanding, and by introducing him/her to whatever will enhance Catholic Christian growth.

For some, sponsorship is no more than the momentary "honor" a candidate bestows on someone he/she thinks highly of. Surely being a sponsor should be considered an honor, but its ministry and responsibility goes beyond the moment of Confirmation. It is our hope that our Confirmation candidates will be fortunate enough to find sponsors who care for them and are eager to participate in their preparation.

Below are the requirements for Sponsor for Confirmation at Holy Infant Parish. Before accepting this responsibility, we urge you to weigh each requirement and to be honest with your candidate if you can or cannot live up to these needs.

- The sponsor must be sufficiently mature for the responsibility (emotionally and spiritually) and at least 16 years of age.
- Complete the required Confirmation Sponsor Form and Sponsor Letter and return to Holy Infant Church by the required date. (See included form in back of guidebook)
- The Sponsor must be an **active member of the Catholic Church** and initiated in the Sacraments of Baptism, Eucharist, and Confirmation.

- Ideally, the sponsor should **be the godparent at Baptism** to more clearly express the relationship of the two sacraments. However, the sponsor must have experiences in common with the candidate and **be actively involved in the life of his/her parish**. The parent may not be the sponsor.
- The sponsor must be someone who can commit personal time to the candidate over the next several months at the following events:
  - Individual meetings with the candidate to discuss work done in the Parish Community Group, to witness the sponsor's own faith and practice of the Catholic religion, and to encourage and develop a strong relationship with the candidate.
  - Being part of a service project with your candidate
  - Attending Mass and a Church Tour at Cathedral Basilica St. Louis if scheduled
  - Helping with the Confirmation retreat in March
  - Sponsor and Candidate Evening of Reflection
  - Prayer Service of Light and Practice with the candidate
  - Confirmation Ceremony
- **A sponsor needs to be a model of a Catholic-Christian who is active in service, faith and prayer.** As your candidate prepares for the reception of this Sacrament, you too can explore the depth of your commitment and understanding of Confirmation.
- Pray daily for your candidate and his/her family.
- Challenge and encourage the candidate to meet the requirements asked of him/her. **Please assume the responsibility for initiating get-togethers with your candidate. Most eighth graders are hesitant to assert such initiative.**
- A sponsor needs to be available as a faith companion and support to their candidate throughout your life:
  - Continue to touch base regularly with your candidate after Confirmation.
  - Celebrate the anniversary of Confirmation every year.
  - Encourage the candidate to continue service to others.
  - Continue to initiate attending liturgies and prayer services together.
  - Encourage your candidate to regularly receive the sacraments.

## Why Choose a Confirmation Name?

Your name gives you an identity; it tells others who you are. When you were baptized, your parents choose your name. If you do not know your parents' reason for choosing your name, ask them about it.

Now that you are about to be Confirmed, it is time to choose the name you will take as a sign of your growth in Christ in your Catholic faith. Confirmation saints are chosen to be a person we want to be like, as well as someone who can pray for us from heaven. Through the process of canonization, when someone is declared by the Church to be a saint, the Church is proclaiming that this member of the faithful practiced heroic virtue during their life on earth, 'the Church recognizes the power of the Spirit of holiness within her and sustains the hope of believers by proposing the saints to them as models and intercessors' (CCC 828).

The tradition of taking on a new name to show a new role can be traced back to the Old Testament. When Abram was called to lead his people to believe in the one true God, his name was changed from Abram to Abraham meaning "the father of many nations." Again, in the New Testament we find Simon's name changed from Simon to Peter, meaning "Rock" because he was to become the rock upon which Jesus founded His Church.

Your Confirmation Name should reflect the role, the NEW role you will undertake as a more mature Catholic. You may have a famous actor, musician, or athlete that you really admire for their talent and skill. What many people don't realize is that there are good people to look up to within our Church, for us to try to be like as well. It is common for us to think that only adults are able to become saints, but that is wrong. As a young teen in the early 4th century, Saint Agnes was martyred because she refused to denounce her faith. Saint Aloysius, a young Jesuit in the late 16th century, helped care for people who were sick with the plague giving them care and love as they left this world. His close contact with the disease took his life soon thereafter. Both these young saints bear witness to having love of God as their first priority.

It is important to remember that as members of the Church, we are never alone, as St. Paul said, "We are surrounded by so great a cloud of witnesses" ([Hebrews 12:1](#)). These witnesses are the saints who continually intercede for us (CCC 956). In choosing a confirmation saint, we are choosing a special friend to intercede for us in heaven and after whom we can model our lives while here on earth.

You can't call up a famous person you want to be like and ask them for help, but your Confirmation saint is someone who you can talk to whenever you need them, and they will always have your back!

After you decide on a name, you must research your saint and using the following questions/statements, complete and write or type in your own words an essay. You may add pictures if you choose.

The essay must be at least 2 pages typed and double spaced. And include/answer all of the following.

1. The Saint I chose to pray and imitate in my preparation for Confirmation is:
2. The reason I chose this Confirmation name is:
3. What are some facts about your Saint? (ex. When & where born, patron of who or what, when is feast day.) At least 2 paragraphs.
4. What event in the life of this Saint most impressed you? Why? Tell of the event in detail.
5. Every Saint is known for a particular quality or virtue. What special virtues did this Saint have?
6. How could you imitate this Saint today? Be specific!
7. Explain why your Confirmation name is meaningful to you.

## Saints That Inspire

### CAUSE

### SAINT

#### A

Accountants	<u>St. Matthew</u>
Actors	<u>St. Genesius</u>
Addicts	<u>St. Maximilian Mary Kolbe</u>
Advertising	<u>St. Bernardine of Siena</u>
African-Americans	<u>St. Benedict the African, St. Peter Claver, St. Martin de Porres</u>
AIDS patients	<u>St. Peregrine Laziosi</u>
Air travelers	<u>St. Joseph of Cupertino</u>
Alcoholics	<u>Venerable Matt Talbot, St. Monica</u>
Altar servers	<u>St. John Berchmans</u>
Americas	<u>Our Lady of Guadalupe, St. Rose of Lima</u>
Anesthetists	<u>St. Rene Goupil</u>
Animals	<u>St. Francis of Assisi</u>
Archaeologists	<u>St. Helen</u>
Architects	<u>St. Thomas the Apostle</u>
Argentina	<u>Our Lady of Lujan</u>
Art	<u>St. Catharine of Bologna</u>
Artists	<u>St. Luke, St. Catharine of Bologna, Blessed Fra Angelico</u>
Astronauts	<u>St. Joseph of Cupertino</u>
Astronomers	<u>St. Dominic</u>
Athletes	<u>St. Sebastian</u>
Attorneys	<u>St. Thomas More, St. Raymond of Penyafort</u>
Australia	<u>Our Lady Help of Christians</u>
Authors	<u>St. Francis de Sales</u>

## B

Babies	<u>Feast of the Holy Innocents</u>
Bakers	<u>St. Elizabeth of Hungary, St. Nicholas</u>
Bankers	<u>St. Matthew</u>
Baptism	<u>St. John the Baptist</u>
Barbers	<u>Sts. Cosmas and Damian, St. Louis of France, St. Martin de Porres</u>
Bee keepers	<u>St. Ambrose</u>
Beggars	<u>St. Alexis, St. Giles</u>
Belgium	<u>St. Joseph</u>
Blacksmiths	<u>St. Dunstan</u>
Blind	<u>Raphael (Michael, Gabriel and Raphael), St. Lucy</u>
Bodily ills	<u>Our Lady of Lourdes</u>
Bohemia	<u>St. Wenceslaus</u>
Bookkeepers	<u>St. Matthew</u>
Booksellers	<u>St. John of God</u>
Boy Scouts	<u>St. George</u>
Boys	<u>St. John Bosco</u>
Brazil	<u>Feast of the Immaculate Conception</u>
Breast disease, against	<u>St. Agatha</u>
Brewers	<u>St. Luke, St. Augustine of Hippo, St. Nicholas</u>
Bricklayers	<u>St. Stephen</u>
Brides	<u>St. Nicholas</u>
Broadcasters	<u>Gabriel (Michael, Gabriel and Raphael)</u>
Builders	<u>St. Barbara, St. Vincent Ferrer</u>
Businessmen	<u>St. Homobonus</u>
Businesswomen	<u>St. Margaret Clitherow</u>
Butchers	<u>St. Anthony the Abbot, St. Luke</u>

## C

Cab drivers	<u>St. Fiacre</u>
Canada	<u>Sts. Ann and Joachim, St. Joseph</u>
Cancer patients	<u>St. Peregrine Laziosi</u>
Carpenters	<u>St. Joseph</u>
Catechists	<u>St. Charles Borromeo, St. Robert Bellarmine, St. Viator</u>
Catechumens	<u>St. Charles Borromeo, St. Robert Bellarmine</u>
Catholic schools	<u>St. Thomas Aquinas</u>
Catholic youth	<u>St. Aloysius Gonzaga, St. Maria Goretti</u>
Charities	<u>St. Vincent de Paul</u>
Childbirth	<u>St. Gerard Majella, St. Raymond Nonnatus</u>
Children	<u>St. Nicholas</u>
Chile	<u>Our Lady of Mount Carmel, St. James the Greater</u>
China	<u>St. Joseph</u>

Choirboys	<u>St. Dominic Savio</u>
Church	<u>St. Joseph</u>
Civil servants	<u>St. Thomas More</u>
Clergy	<u>St. Gabriel of Our Lady of Sorrows</u>
Colleges	<u>St. Thomas Aquinas</u>
Colombia	<u>St. Louis Bertrand, St. Peter Claver</u>
Comedians	<u>St. Vitus</u>
Communication workers	<u>Gabriel (Michael, Gabriel and Raphael)</u>
Computers	<u>St. Isidore of Seville</u>
Construction workers	<u>St. Thomas the Apostle</u>
Cooks	<u>St. Thomas the Apostle, St. Lawrence</u>
Court clerks	<u>St. Thomas More</u>

## D

Dairy workers	<u>St. Brigid of Kildare</u>
Dancers	<u>St. Vitus</u>
Deacons	<u>St. Stephen</u>
Deafness	<u>St. Francis de Sales</u>
Death	<u>St. Joseph, Michael, Gabriel and Raphael</u>
Denmark	<u>St. Ansgar, St. Canute</u>
Dentists	<u>St. Apollonia</u>
Desperate causes	<u>St. Jude (Simon and Jude)</u>
Difficult marriages	<u>St. Rita of Cascia</u>
Disabled	<u>St. Giles</u>
Disasters	<u>St. Genevieve</u>
Doctors	<u>St. Luke</u>
Dogs	<u>St. Roch</u>
Dominican Republic	<u>St. Dominic</u>
Drivers	<u>St. Fiacre</u>
Drug addiction	<u>St. Maximilian Mary Kolbe</u>

## E

Earaches	<u>St. Polycarp</u>
Earthquakes	<u>St. Francis Borgia</u>
Ecology	<u>St. Francis of Assisi</u>
Ecuador	<u>Sacred Heart</u>
Editors	<u>St. John Bosco</u>
Engineers	<u>St. Patrick, St. Ferdinand III</u>
England	<u>St. Augustine of Canterbury, St. George, St. Gregory the Great</u>
Epilepsy	<u>St. Dymphna, St. Vitus, St. Willibrord</u>
Europe	<u>St. Benedict, St. Bridget, St. Catherine of Siena</u>
Eye disorders	<u>St. Clare, St. Lucy</u>



## F

Falsely accused	St. Raymond Nonnatus
Farmers	<u>St. Isidore the Farmer</u>
Fathers	<u>St. Joseph</u>
Firefighters	St. Florian, <u>St. John of God</u>
Fishermen	<u>St. Andrew</u> , <u>St. Peter (Peter and Paul)</u>
Florists	<u>St. Thérèse of Lisieux</u> , <u>St. Rose of Lima</u> , St. Dorothy
Foundry workers	<u>St. Agatha</u>
France	Our Lady of the Assumption, St. Denis, St. Joan of Arc
Funeral directors	St. Joan of Arc

## G

Gambling, compulsive	<u>St. Bernardine of Siena</u>
Gardeners	St. Adelard, St. Fiacre
Germany	<u>St. Boniface</u> , <u>Michael</u> , <u>Gabriel and Raphael</u> , <u>St. Peter Canisius</u> , <u>St. George</u>
Girls	<u>St. Agnes</u> , <u>St. Maria Goretti</u>
Grandparents	<u>Sts. Ann and Joachim</u>
Gravediggers	St. Anthony the Abbot
Greece	<u>St. Andrew</u> , <u>St. Nicholas</u>
Greetings	St. Valentine
Grocers	<u>Michael</u> , <u>Gabriel and Raphael</u>
Grooms	<u>St. Louis of France</u> , <u>St. Nicholas</u>
Gypsies	<u>Blessed Ceferino Giménez Malla</u>

## H

Hairdressers	<u>St. Martin de Porres</u>
Happy death	<u>St. Joseph</u>
Headaches	<u>St. Teresa of Avila</u>
Heart patients	<u>St. John of God</u>
Homeless	<u>St. Benedict Joseph Labre</u>
Horses	<u>St. Martin of Tours</u>
Hospital administrators	<u>St. Frances Xavier Cabrini</u>
Hospitals	St. Camillus de Lellis, <u>St. John of God</u>
Hotel keepers	St. Amand
Housewives	<u>Sts. Ann and Joachim</u> , <u>St. Martha</u>
Hungary	St. Gerard, <u>St. Stephen</u>
Hunters	St. Hubert, St. Eustachius

## I

Immigrants	<u>St. Frances Xavier Cabrini</u>
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Impossible causes	<u>St. Frances Xavier Cabrini, St. Rita of Cascia</u>
India	Our Lady of the Assumption
Infertility	<u>St. Rita of Cascia, St. Philomena</u>
Insanity	St. Dymphna
Internet	<u>St. Isidore of Seville</u>
Invalids	St. Roch
Ireland	<u>St. Brigid of Kildare, St. Patrick, St. Columba</u>
Italy	<u>St. Francis of Assisi, St. Bernardine of Siena, St. Catherine of Siena</u>

## J

Japan	<u>St. Francis Xavier, St. Peter Baptist and Companions</u>
Jewelers	St. Eligius
Jordan	St. John the Baptist
Journalists	<u>St. Francis de Sales</u>
Judges	<u>St. John of Capistrano</u>
Juvenile delinquents	<u>St. Dominic Savio</u>

## K

Kidney disease	<u>St. Benedict</u>
Knee problems	St. Roch

## L

Laborers	<u>St. Isidore the Farmer, St. James the Greater</u>
Latin America	St. Rose of Lima
Learning	<u>St. Ambrose</u>
Librarians	<u>St. Jerome</u>
Lithuania	<u>St. Casimir</u>
Longevity	<u>St. Peter (Peter and Paul)</u>
Lost items	<u>St. Anthony of Padua</u>
Lovers	St. Valentine

## M

Maids, domestic workers	<u>St. Zita of Lucca</u>
Married women	<u>St. Monica</u>
Medical technicians	<u>St. Albert the Great</u>
Mentally ill	St. Dymphna
Merchants	<u>St. Francis of Assisi, St. Nicholas</u>
Messengers	<u>Gabriel (Michael, Gabriel and Raphael)</u>
Metal workers	St. Eligius
Mexico	Our Lady of Guadalupe
Midwives	St. Raymond Nonnatus
Military members	St. Joan of Arc

Miscarriage, prevention of	St. Catherine of Sweden
Missionaries	<u>St. Francis Xavier</u> , <u>St. Thérèse of Lisieux</u>
Monks	St. John the Baptist
Mothers	<u>St. Monica</u>
Motorists	<u>St. Frances of Rome</u>
Musicians	<u>St. Cecilia</u>
Mystics	<u>St. John of the Cross</u>

## N

Netherlands	St. Willibrord
Neurological diseases	St. Dymphna
New Zealand	Our Lady Help of Christians
Nicaragua	<u>St. James the Greater</u>
Nigeria	St. Patrick
North Africa	<u>St. Cyprian</u>
North America	<u>St. Isaac Jogues, John de Brébeuf and Companions</u>
Norway	St. Olaf
Notaries	<u>St. Luke</u> , <u>St. Mark</u>
Nuns	<u>St. Scholastica</u> , <u>St. Brigid of Kildare</u>
Nurses	St. Camillus de Lellis, <u>St. John of God</u> , <u>St. Agatha</u>

## O

Obstetricians	St. Raymond Nonnatus
Oceania	<u>St. Peter Chanel</u>
Orators	<u>St. John Chrysostom</u>
Orphans, abandoned children	<u>St. Jerome Emiliani</u>

## P

Painters	<u>St. Luke</u>
Paraguay	Our Lady of the Assumption
Paralysis	St. Osmund
Parenthood	<u>St. Rita of Cascia</u>
Parish priests	<u>St. John Vianney</u>
Pawnbrokers	<u>St. Nicholas</u>
Penitents	<u>St. Mary Magdalene</u>
Perfumers	<u>St. Mary Magdalene</u>
Peru	<u>St. Joseph</u> , <u>St. Rose of Lima</u>
Pharmacists	<u>Sts. Cosmas and Damian</u>
Philippines	<u>St. Rose of Lima</u>
Philosophers	<u>St. Catherine of Alexandria</u> , <u>St. Albert the Great</u>
Physicians	<u>St. Luke</u> , <u>Sts. Cosmas and Damian</u>
Pilots	<u>St. Joseph of Cupertino</u> , <u>St. Thérèse of Lisieux</u>

Poets	<u>St. Columba</u> , <u>St. David of Wales</u>
Poisoning	<u>St. Benedict</u>
Poland	<u>St. Casimir</u> , <u>St. Florian</u> , <u>St. Stanislaus</u>
Police officers	<u>Michael</u> , <u>Gabriel</u> and <u>Raphael</u>
Politicians, public servants	<u>St. Thomas More</u>
Poor	<u>St. Anthony of Padua</u> , <u>St. Lawrence</u>
Popes	<u>St. Peter (Peter and Paul)</u>
Portugal	<u>St. George</u>
Postal workers	<u>Gabriel (Michael, Gabriel and Raphael)</u>
Preachers	<u>St. John Chrysostom</u>
Pregnant women	<u>Sts. Ann and Joachim</u> , <u>St. Gerard Majella</u> , <u>St. Margaret</u> , <u>St. Raymond Nonnatus</u>
Priests	<u>St. John Vianney</u>
Printers	<u>St. Augustine</u> , <u>St. John of God</u>
Prisoners	<u>St. Dismas</u> , <u>St. Joseph Cafasso</u>
Prussia	<u>St. Joseph Cafasso</u>
Public relations	<u>St. Bernardine of Siena</u>
<b>R</b>	
Race relations	<u>St. Martin de Porres</u>
Radio	<u>Gabriel (Michael, Gabriel and Raphael)</u>
Radiologists	<u>Michael</u> , <u>Gabriel</u> and <u>Raphael</u>
Reconciliation	<u>St. Vincent Ferrer</u>
Retreats	<u>St. Ignatius of Loyola</u>
Rheumatism	<u>St. James the Greater</u>
Robbers, danger from	<u>St. Leonard of Noblac</u>
Rome	<u>St. Peter (Peter and Paul)</u>
Russia	<u>St. Andrew</u> , <u>St. Basil the Great</u> , <u>St. Casimir</u> , <u>St. Nicholas</u> , <u>St. Joseph</u>
<b>S</b>	
Sailors	<u>St. Elmo</u> , <u>St. Brendan</u> , <u>St. Francis of Paola</u>
Savings	<u>St. Anthony Claret</u>
Scholars	<u>St. Brigid of Kildare</u> , <u>St. Bede the Venerable</u>
Schools	<u>St. Thomas Aquinas</u>
Scientists	<u>St. Albert the Great</u>
Scotland	<u>St. Margaret</u> , <u>St. Andrew</u>
Sculptors	<u>St. Claude</u>
Secretaries	<u>St. Genesius</u>
Seminarians	<u>St. Charles Borromeo</u>
Serbia	<u>St. Sava</u>
Servants	<u>St. Sava</u> , <u>St. Zita of Lucca</u>
Shepherds	<u>St. Marie Bernadette Soubirous</u> , <u>St. Paschal Baylon</u>

Sick	<u>St. John of God</u>
Skin diseases	<u>St. Anthony the Abbot</u>
Slavic peoples	<u>Sts. Cyril and Methodius</u>
Sobriety	<u>Venerable Matt Talbot</u>
Social justice	<u>St. Joseph, St. Martin de Porres</u>
Social workers	<u>St. Louise de Marillac</u>
Soldiers	<u>St. George, St. Martin of Tours</u>
South Africa	<u>Our Lady of the Assumption</u>
South America	<u>St. Rose of Lima</u>
Spain	<u>St. James the Greater</u>
Speakers	<u>St. John Chrysostom</u>
Stomach disorders	<u>Sts. Timothy and Titus</u>
Students	<u>St. Catherine of Alexandria, St. Thomas Aquinas</u>
Surgeons	<u>Sts. Cosmas and Damian, St. Luke</u>
Sweden	<u>St. Bridget of Sweden</u>
Switzerland	<u>St. Nicholas von Flue</u>
<b>T</b>	
Tailors	<u>St. Homobonus</u>
Tax collectors	<u>St. Matthew</u>
Taxi drivers	<u>St. Fiacre</u>
Teachers	<u>St. Gregory the Great, St. John Baptist de la Salle</u>
Teenagers	<u>St. Aloysius Gonzaga, St. Maria Goretti</u>
Telecommunications	<u>Gabriel (Michael, Gabriel and Raphael)</u>
Theologians	<u>St. Alphonsus Liguori, St. Augustine of Hippo</u>
Throat ailments	<u>St. Blase</u>
Toothache	<u>St. Apollonia</u>
Travelers	<u>St. Anthony of Padua, St. Nicholas, St. Joseph, Raphael (Michael, Gabriel and Raphael)</u>
Turkey	<u>St. John the Apostle</u>
<b>U</b>	
Undertakers	<u>Sts. Joseph of Arimathea and Nicodemus</u>
United States	<u>Feast of the Immaculate Conception</u>
Universal Church	<u>St. Joseph</u>
Universities	<u>Blessed Contardo Ferrini</u>
Uruguay	<u>Sts. Philip and James</u>
<b>V</b>	
Venereal disease	<u>St. Fiacre</u>
Venezuela	<u>Our Lady of Coromoto</u>
Veterinarians	<u>St. Eligius</u>
Vietnam	<u>St. Joseph</u>

Vintners  
Vocations

St. Amand  
St. Alphonsus Liguori

**W**

Waiters, waitresses

St. Martha

Wales

St. David of Wales

Weavers

St. Anthony Claret

West Indies

St. Gertrude

Widows

St. Frances of Rome, St. Paula

Wine trade

St. Amand, St. Vincent of Saragossa

Women in labor

Sts. Ann and Joachim, St. Elmo

Workers

St. Joseph

Writers

St. Francis de Sales

**Y**

Youth

St. Aloysius Gonzaga, St. Maria Goretti, St. John Bosco



# **Confirmation Dress Code For Candidates and Sponsors**

## **Proper Attire for Confirmation:**

As every candidate knows, a Sacrament is an outward (visible) sign instituted by Christ to give grace. Therefore, it is important we focus on both the outside appearance and the internal conversion during all of our Sacramental ceremonies. At the Sacrament of Baptism, we wear special gowns; the Sacrament of First Communion, we wear white dresses or suits; and at our Marriage, we wear formal gowns or tuxedos.

It is with this same consideration that we consider our outward appearance during the Sacrament of Confirmation. While the church greatly respects the uniqueness and individuality in each of its members, it holds that modesty is a fruit of the Holy Spirit and that, "Teaching modesty to children and adolescents means awakening in them respect for the human person." (Catechism of the Catholic Church 25234)

It is in this spirit of fostering respect for each other and for the sanctity of the Sacrament of Confirmation that we set forth a code of dress consistent with our culture's view of modesty. Semi-formal, modest attire is appropriate to the solemn beauty of this occasion.

## **Young Men Attire:**

- Suit or sports coat and dress pants
- Tie and dress shirt
- Dress shoes
- When fixing your hair, your forehead must be uncovered for anointing from the Bishop.

## **Young Women Attire:**

- Modest dress, skirt and blouse, pant suit or dress pants and blouse.
- Dress or skirt must be no shorter than one inch above knee.
- Dresses should be modest and cover shoulders, belly, back, mid-thigh, and chest.
- Dress may not be tight nor see through.
- Dress shoes.
- When fixing your hair, your forehead must be uncovered for anointing from the Bishop.

# From One Parent to Another

## Guiding Your Adolescent

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Adolescence ushers in a new era in family life brought on by new adolescent life tasks and the changing role of the parents in relationship to their adolescent children. The changes of adolescence – puberty, new ways of thinking, wider sphere of social activity and relationships, greater autonomy – present the family as a whole with a new set of challenges. In fact, it would be fair to say that the whole family experiences adolescence. The challenge for families with adolescents involves.

- allowing for the increasing independence of adolescents, while maintaining enough structure to foster continued family development
- reflection by parents on their personal, marital and career life issues
- adjusting patterns of family communication, traditions, celebrations to accommodate the growing adolescent
- beginning the shift toward joint caring for the older generation, for some families

The task for most families with adolescents – and it is by no means an easy one – is to maintain emotional involvement, in the form of concern and caring, while gradually moving toward a relationship characterized by greater behavioral autonomy.

What if the period of Confirmation preparation for your child could become a time for you to reflect on this special and challenging time in your life as a parent – parenting an adolescent?

Parent-teen relationships will challenge everyone involved to grow. This growth involves a little pain. Here are a few of the issues unique to families with adolescents and ideas on how individuals and families can facilitate growth. The following is adapted from Audrey and Joe Taylor's book, *Parenting for Faith Growth -- The Older Adolescent Years* (published by the Center for Ministry Development).

# Parenting Older Adolescents

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Joe and Audrey Taylor

## **Teen independence — “I can do it myself.”**

You heard this phrase when your young person was two years old. But the difference now is, when our children as teenagers say, “I can do it myself,” they mean it! There are no easy answers or foolproof guidelines as we watch our young person explore that new emerging sense of self which is partnered with a growing independence...from us! How tightly should we hold on as dating becomes serious? How much can we loosen the reins when they start their first job? If we don’t allow more and more independence, how can we expect to see a mature and self-sufficient adult emerge? In watching our teenagers, full of contradictions as they struggle with the challenges of this exploration, we become less and less captains of their journey and more and more loving companions.

## **Parental Flexibility — “But Dad, this is different.”**

“OK, is he being manipulative, or should I bend this time?” Don’t we ask ourselves questions like this as our young person explains (and how good they are at that!) why a particular rule should apply differently, *this time*? Here comes the challenge for us parents – how to be flexible and consistent at the same time. Let’s take the age-old family issue of curfew. We’d all like to call it a night at midnight and expect that our young person would be home by then. But perhaps the situation or event requires more flexibility than the standard mandatory time to be home. For instance, we know a teen whose curfew is rigidly set at 11:30 p.m. After working at a local fast food restaurant until 9:00 p.m., the only weekend movies he could attend were at 9:30 or 9:45 p.m. That young person walked out on the climax of several films in order to get home by the 11:30 deadline, and his resentment towards parents grew every time. Even though he lived up to the curfew, his relationship with his parents was stressed. A little flexibility on the part of the parents would have paid wonderful dividends. So, what is our motto? The rigid tree breaks in the storm; the tree that sways and bends with the wind survives and flourishes.

## **Permeable Family Boundaries — “But, mom, this is the ‘90’s. It’s not the same as when you were a kid.”**

No, it’s not. It is a difficult world at the same time that it is an awesomely marvelous world. The point is the world is much different than the one in which we grew. “Family” is a much more encompassing word, and the boundaries are much less rigid. Experience of family can occur outside of our doors. The move back and forth between different

homes and lifestyles can be an occasion for tension or for growth depending on how it is handled by the adults involved.

### **Parental Authority — “You can’t make me. You parents don’t know anything.”**

Yes, how often we are reminded of our lack of knowledge! After all, we learn as we go and grow as parents. In a family with adolescents, we, the parents, are no longer the complete authority in the lives of our children that we were in their young days. As our young people develop their lives separate from ours, they will seek out other authorities in their quest. No longer being the authority in your adolescent’s life is scary, but it is also freeing.

### **Influence of the Adolescent’s Friends — “But my friend said...”**

What friends say carries a lot of weight. The world of adolescents is a world of friendships, some healthy, some destructive. Either way, friends are influencers. A wise parent learns to pay attention to friends and their lifestyles. Accepting your child’s friends is an important part of living through this stage. We must be careful to accept their friends even if their behavior leads to some intense discussion and compromise. Our acceptance can be a lesson in Christian love and a model for our young people. An added benefit of knowing your youth’s friends is that you will learn a lot about your son or daughter from them.

### **Fluctuation between Independence and Dependence — “I can’t wait to get my driver’s license.”**

Families with adolescents experience a lot of fluctuation. Teens may move from feeling independent and confident to dependent and insecure several times a day. This is normal. The adolescent years are the years that our young people can test out their independence, knowing that they have you to fall back on. Wise parents increase their adolescents’ independence and diminish the dependence gradually as the years pass.

### **Relationship with Extended Family Members — “You parents don’t understand as well as Aunt Beth does.”**

Independent relationships, particularly with members of your extended family, broaden the young person’s social skills, human resources and ability to love. Your relationship will benefit from the independent relationships your son or daughter forms with grandparents, aunts and uncles, et al.

# Growing Up Healthy and Holy!

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*What do you want your young person to become? How do you want him or her to grow up? What do you want your teenager's life to look like, both now and in the future? What picture do you have in your mind? These are critical questions for parents. Answering them can help shape the way we raise our children.*

Perhaps this Confirmation preparation period is a time for you, a parent of an adolescent, to identify how what you do as a parent influences -- in fact helps "build" -- your young person into a healthy adult. Perhaps this is a time for you to reflect not on what you don't want your child to become, but on the wonderful possibilities for your adolescent to be a healthy, whole, (and holy) human being. Your young person's development of essential life skills is a process of achieving wholeness and "holiness."

The **Search Institute** has identified thirty developmental assets that are necessary in order for young people to grow in a healthy way. In *Parenting with a Purpose* and *240 Ideas for Building Assets in Youth* Dean Feldmeyer and Eugene C. Roehlkepartain describe external and internal assets and ways that parents can help their adolescents develop these assets.

**External assets** come from outside the teen — from you as parents, from other people, from institutions such as schools, churches and youth serving organizations. External assets are those that surround the young person with support, boundaries and structure. Have you ever

- wiped your child's tear when he or she was hurt by a friend's unkind words?
- accepted him or her regardless of the hair style or the clothing?
- helped your child through the awkward physical and emotional growth points of adolescence?
- cheered on the sidelines during that football game or swim meet?
- encouraged your child's involvement at church?

These simple actions illustrate ways in which parents provide external assets for their adolescents.

## ► Consider these tips to build the external assets of your child....

- ❑ Tell your child how much you love him or her – over and over, verbally! Adolescents are not “too old” to hear “I love you” from mom and dad.
- ❑ Young people need their “space” – allow your child his or her own space, but at the same time let them know you are available. When they need your attention, be present to them!
- ❑ Do you know what your child is thinking and believing? Ask!
- ❑ Adolescents grow much through relationships with other adults. Give your child opportunities to be with other adults; recommend that they ask other adult role models for advice.
- ❑ Ask your child, “What one new thing did you learn today?” While reinforcing the value of their education at school, expand their notion of learning beyond the classroom by helping them pull new learning’s out of their day-to-day experiences.
- ❑ Ever find yourself in a bind, not quite knowing how to deal with a particular situation with your son or daughter? Talk with other parents of adolescents, or those who have raised teenagers to get feedback and advice.
- ❑ Be consistent! If you and your child negotiate rules of behavior, stick to them!
- ❑ Put a family calendar up in a prominent place (refrigerator door?!) where your teenager can track his or her activities as well as those of the rest of the family.
- ❑ Do you know who your young person is hanging out with at the dance this Friday night? Ask!
- ❑ Is your home the neighborhood teenagers’ hangout? Inviting your child’s friends into your home is a great way to get to know them.
- ❑ We want our children to be involved in Church. What do you model? Are you involved in the religious activities of your community?
- ❑ Participate in intergenerational religious education experiences, gathering with other families to learn, grow and live the Catholic faith.
- ❑ Participate together in the sacramental preparation of individual family members.

**Internal assets** are commitments, attitudes, values and skills that support youth from within. These are assets that parents support, encourage and nurture through modeling. Have you ever

- modeled a commitment to lifelong learning by reading or taking a night class?
- volunteered as individuals or as a family in the community?
- involved your young people in family decisions?
- welcomed your child’s friends into your home?

Actions such as these can nourish internal assets in your young person.



## ► Consider these tips to help build the internal assets of your child...

- ❑ Are you a motivated learner? Model interest in learning for your children.
- ❑ Share your life goals, dreams, and priorities with your adolescents. Ask them about theirs.
- ❑ What's beyond high school for your youth? Make a commitment to make post-high school education a reality for your young person.
- ❑ Gather as a family in service to others. Talk about why you are involved in outreach and what you as a family are learning.
- ❑ Include the whole family in discussions about which charitable organizations the family will make contributions. Use dinnertime to talk about world issues.
- ❑ Put downs and negative humor do not have a place in the family. Model respect.
- ❑ Allow your teenager to express his or her feelings without those feelings being minimized. Model acceptance and listening and teach your child to listen to others.
- ❑ Teach and model appropriate ways to show affection. Make sure that the family's expectations in this regard are clear.
- ❑ Young people need to learn how to make healthy decisions. Involve them in the family's decision-making process and allow them to "learn" from their poor decisions.
- ❑ Be there to support your child in establishing and maintaining healthy friendships. Model healthy friendships yourself.
- ❑ Celebrate the things about your son or daughter that are unique. Affirm first!
- ❑ The dreams of your son or daughter are very real. Do not dismiss these dreams!
- ❑ Continue to grow in your faith through reading, informal discussion or participation in parish or community educational programs and share your learnings with one another in the family.
- ❑ Help your teenager make the connection between their life experiences and faith values, drawing on the rich resources of Scripture, Catholic Tradition and the faith traditions found in their ethnic heritage.
- ❑ Recognize the impact of media and learn to evaluate media critically in light of the life-giving values of the Catholic Christian faith.

### Resources

Feldmeyer, Dean and Roehlkepartain, Eugene C. *Parenting with A Purpose*. Minneapolis: Search Institute, 1995.

Roehlkepartain, Eugene. *240 Ideas for Building Assets in Youth*. Minneapolis: Search Institute, 1994.

Taylor, Joe and Audrey. *Parenting for Faith Growth: The Older Adolescent Years*. New Rochelle: Don Bosco Multimedia, 1993. (Available from the Center for Ministry Development.)

# Sharing Stories of Faith

As important as faith may be, it isn't a normal topic of dinner conversation in most families with adolescents. Most often young people (and their parents) need a bit of assistance and structure in order to move faith to the forefront in family discussions. This activity takes a story sharing approach to discussing faith. It helps young people and parents articulate why faith is important to them and how they find it in the ordinary experiences of their life.

## ► Reflect

Use any or all of the following open-ended sentences as a starting point for a family discussion on faith. Choose the questions together. Give people some quiet time to reflect on their responses before moving to discussion.

- ❖ Something that is really different about Catholicism today, compared to 20 or 30 years ago is....
- ❖ In my experience as a teenager, attending Mass on Sunday.....
- ❖ A person who has really influenced my faith life.....  
He or she influenced me by.....
- ❖ As a child, I was taught to pray.....      Now I pray.....
- ❖ Something I love about being part of the Church.....
- ❖ A difficulty I have with the Church.....
- ❖ A time in my life when I really needed God was.....
- ❖ When I think about Jesus.....
- ❖ I believe faith is important because.....

## ► Share

Invite family members to share their reflections with one another. Some may find it difficult to share aloud the first time or two, so patience is essential. Just talking about faith together reflects its importance in your life and offers family members a chance to rethink how they see or experience faith. Here are a few hints on dialoguing about faith with adolescents:

- ❖ Allow and encourage young people to be honest with themselves and with you about where they are at in their faith journey. For some young people faith is a certainty. For others it is a real struggle. Both faith stances can be very real. Both need to be respected.
- ❖ For many young people faith is most tangible when seen through the perspective of personal relationships and/or values. Raising the issue of who and what they believe in, and why, can be a fruitful starting point for discussions of faith.
- ❖ Be flexible in your conversations about faith. Discussing issues and questions of immediate concern to young people, even when the issues do not appear to be explicitly religious, can be a prelude to an encounter with the deeper questions of personal faith.

► **Pray** Close your sharing of faith stories with a simple prayer or Scripture reading.



# CONFIRMATION CALENDAR 2023 - 2024



*There are varieties of gifts, but the same Spirit; varieties of services, but the same Lord; varieties of activities but the same God who inspires them all in everyone. To each is given the manifestation of the Spirit for the common good. (1 Cor. 12:4-7)*

***Attendance is expected at all activities listed on this calendar.***

*Although we do not intend on changing dates, please know that dates are subject to change as we adjust and respond to ever changing circumstances due to the coronavirus pandemic. The health and safety of our students and facilitators remain of utmost importance to us.*

Sun. Aug. 27, 2023

## **FACILITATOR TRAINING**

3 pm - 6 pm Upper Cafeteria

Thurs. Sept. 7, 2023

## **CONFIRMATION PAPERWORK DUE TO PATRICIA FOLEY IN THE PSR OFFICE OR RECTORY**

Pink Registration Form

Orange Commitment Sheet

Copy of Baptism Certificate (For **Day School  
parents** even if child was baptized at Holy  
Infant.)

Community Group Choices Form (**Late drop off  
will result in minimal choice of group and day  
to  
meet.**)

Thurs. Sept. 21, 2023

## **CONFIRMATION PARENT EVENING OF REFLECTION**

7 pm - 8:30 pm Upper Cafeteria

Parents will meet small group facilitators.

Sat. Nov. 11, 2023 – 5:30 pm

## **CONFIRMATION CANDIDATE COMMITMENT MASS**

or

**(Must attend with Confirmation Parish  
Community Group)**

Sun. Nov. 12, 2023 – 12 noon

## **CONFIRMATION CANDIDATE COMMITMENT MASS**

Sun. Dec. 10, 2023	<b>LIVE NATIVITY – SERVICE PROJECT</b> (Limited number of groups can participate)
Mon. Jan. 8, 2024	<b>SPONSOR FORM AND SPONSOR LETTER DUE</b> *Make sure each Sponsor Form is signed and sealed by the sponsor's Church. (Located in Sponsor & Parent Guidebooks.) *Sponsor Letter (Shh . . . it's a surprise! This can be mailed ahead of time to Patricia Foley in the PSR office or rectory – see information in Sponsor Guidebook.)
Wed. Jan. 17, 2024	<b>SPONSOR/CANDIDATE EVENING OF REFLECTION</b> <b>7 pm - 9 pm – Upper Cafeteria - \$10 per person</b> <b><u>Last Day for Late Paperwork! (See Jan. 8<sup>th</sup> list.)</u></b>
Mon. Feb. 5, 2024	<b>CONFIRMATION NAME DUE TO CATECHISTS</b>
Thurs. March 7, 2024	<b>LETTERS OF AFFIRMATION/PALANKA LETTERS FROM FAMILY, FRIENDS, ETC. DUE TO PSR OFFICE OR RECTORY – <u>REMEMBER THEY ARE A SURPRISE!</u></b> (See email sent to parents for instructions.)
Mon. April 8, 2024	<b>BISHOP'S LETTER DUE TO CLASSROOM TEACHER</b> (See sample in Parent Guidebook)
Fri.-Sun. April 19-21, 2024	<b>LUKE 18 RETREAT - MANDATORY FOR ALL CONFIRMANDE</b> Parish Center
Mon. April 29, 2024	<b>PSR CONFIRMATION INTERVIEWS</b>
Tue. April 30, 2024	<b>DAY SCHOOL CONFIRMATION INTERVIEWS</b>

Sun. May 5, 2024

**CONFIRMATION SERVICE OF LIGHT  
FOLLOWED BY PRACTICE – 5 pm**

For parents, facilitators, sponsors, and  
Confirmation candidates

**\*(Sponsors and candidates sign in at the  
Upper Cafeteria by 5 pm and then go to your  
assigned classrooms. Small group facilitators  
be in assigned classroom by 4:45 pm.)**

Fri. May 10, 2024

**CELEBRATION OF CONFIRMATION**

**Mass begins at 7 pm – Church**

**Procession of Confirmande begins at 6:45 pm.**

**\*(Sponsors, candidates meet at 6 pm in  
assigned classrooms.)**

**Reception to follow in gym.**

**SMALL PARISH COMMUNITIES  
SCHEDULE**

September – April

**3 SERVICE PROJECTS COMPLETED  
6 EVENINGS OF REFLECTION COMPLETED**

CONFIRMATION DATES ARE VERY IMPORTANT. **PLEASE MAKE SURE THAT ALL  
PAPERWORK IS TURNED IN TO PATRICIA FOLEY IN THE PSR OFFICE OR RECTORY  
OR AT THE ASSIGNED MEETINGS** TO ENSURE THAT YOUR CHILD IS INCLUDED IN  
THE RITE OF CONFIRMATION. PLEASE CONTACT PATRICIA FOLEY (Director of  
Religious Education) AT 636-227-0802 OPTION 3 or 314-742-0626 or  
[pfoley@holysinfballwin.org](mailto:pfoley@holysinfballwin.org). IF YOU ARE UNABLE TO MEET THESE DEADLINES  
OR IF YOU HAVE ANY QUESTIONS.

## SPONSOR FORM

**Holy Infant Church, 627 Dennison Drive, Ballwin, MO 63021**

**This form must be completed and returned in order to comply with the prerequisites for the Rite of Confirmation as outlined by the National Council of Bishops.**

**Please Print:**

**Name of Candidate for Confirmation:**

**Name of Sponsor for Confirmation:**

**Full Address of Sponsor:**

**E-mail:**

**Telephone**

**According to the 1983 code of Canon Law, the Church has the following regulations with regard to Confirmation sponsors:**

***Can. 874 §1. To be permitted to take on the function of sponsor, a person must:***

- 1. Be designated by the one to be confirmed, by the parents or the person who takes their place, or in their absence by the pastor or minister and have the aptitude and intention of fulfilling this function;***
- 2. Have completed the sixteenth year of age, unless the diocesan bishop has established another age, or the pastor or minister has granted an exception for a just cause;***
- 3. Be a Catholic who has been confirmed and has already received the most holy sacrament of the Eucharist and who leads a life of faith in keeping with the function to be taken on;***
- 4. Not be bound by any canonical penalty legitimately imposed or declared;***
- 5. Not be the father or mother of the one to be confirmed.***

**Statement of Sponsor:**

I hereby attest that I am committed to my Roman Catholic Faith; that I am baptized and confirmed in it; and that I meet fundamental obligations as a Catholic by participating in Sunday Mass, by receiving the Eucharist and Penance when necessary, by being open to the Word of God as revealed in the Scripture and taught by the Church, by witnessing to the values of the Gospel of Jesus Christ, and by seeking to be of service to others for the love of Him. I recognize that in accepting the role as sponsor, I become responsible to give good example to the Candidate as a committed and active Catholic and to be support to his/her parents in the practice of mutual faith.

Signature of Sponsor \_\_\_\_\_ Date \_\_\_\_\_

As Pastor/Associate Pastor I recommend the sponsor (listed above) chosen by the candidate as spiritually qualified for the office and satisfies these requirements as stated by the National Council of Bishops:

1. He/She is sufficiently mature for the role (must be 16 years or older).
2. He/She belongs to the Roman Catholic Church and has been initiated in the three sacraments of Baptism, Confirmation and Eucharist.
3. He/She is a practicing Catholic.
4. He/She is not the parent/guardian of the Confirmande.

**Please Note: Canon Law 893 and 874 states that a sponsor cannot be the father or mother of the one to be Confirmed.**

**PLEASE PRINT:**

**Name of Sponsor's Church** \_\_\_\_\_

**Address of Sponsor's Church** \_\_\_\_\_

**(This is the parish in which the sponsor is registered and from which he/she receives church contribution envelopes and information.)**

**Signature of Sponsor's Pastor:** \_\_\_\_\_

**Attach Church  
Seal here**

**This form must be returned by January 8, 2024. Attention: Patricia Foley (DRE) Holy Infant Church, 627 Dennison Drive, Ballwin, MO 63021. E-Mail [pfoley@holyyinfantballwin.org](mailto:pfoley@holyyinfantballwin.org) or call 636-227-0802 Option 3 then 138 (office) or 314-742-0626 (cell).**

**NOTES:**