

Confirmation Sponsor Handbook 2023-2024



Holy Infant Catholic Church
627 Dennison Drive
Ballwin, MO 63021



Table of Contents

Welcome Letter	Page 2
Definition of the Sacrament	Page 3
Responsibilities and Requirements	Pages 4-5
Sponsor Requirements	Pages 6-7
Why Choose a Confirmation Name?	Page 7-8
What do Sponsors Do?	Pages 8-9
Tips for Sponsors	Pages 10-11
How to Share Faith	Pages 12-14
Building Relationships	Pages 15-17
Sharing Your Story	Pages 18-21
Sponsor Letter to Candidate	Page 22
Confirmation Dress Code for Candidates and Sponsors	Page 23
Confirmation Calendar	Page 24-26
Sponsor Form	Page 27
Notes	Page 28



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! You have been chosen by a young person for a special role. A wonderful adventure in the spiritual life awaits the two of you. As a Confirmation sponsor, you have accepted a responsibility that is an honor in our Church.

Your role is to spiritually walk with the candidate during the preparation for the sacrament. You will be assisting the young person in being a true witness and disciple of Jesus and representing the community when you present your candidate to the bishop. Your special role does not end at the Confirmation liturgy; you will help the young person fulfill his or her baptismal promises after Confirmation with the help of the Holy Spirit.

Blessings for the journey!

Patricia Foley
Director of Religious Education
636-227-0802 – Option 3 #138
314-742-0626 cell
pfoley@holysinballwin.org.

What is Confirmation?

The Sacrament of Confirmation....

- ☐ welcomes us and deepens our belonging to the faith community
 - ☐ deepens our relationship to God, as Creator, Redeemer, and Spirit
 - ☐ strengthens us as disciples
- ☐ **A sacrament is part of the way that God loves us and calls us.** A Sacrament is God's love expressed as free, undeserved gift.
- ☐ The Gift within Confirmation is that of strengthening us for discipleship and deepening our belonging to the faith community through the Trinity.
- ☐ **God uses visible signs to communicate invisible love.** To communicate God's love, God uses our senses: eyes, ears, touch, smell, and taste, and elements of our world.
- ☐ In Confirmation, the signs we will celebrate include being anointed with oil and the laying on of hands as we remember the water of Baptism and the nourishment of Eucharist.
- ☐ **God calls and invites; we respond.** An attitude of openness communicates a "yes" to God's invitation to a deeper relationship. This "yes" does not mean we know that we will always be faithful or that we are worthy of the gift. "Yes" means we are open to be strengthened by God who calls and loves us.
- ☐ In Confirmation, we have the opportunity to say "yes" through the various responses in the prayer.
- ☐ **The community witnesses to and celebrates the sacraments.** A sacrament is a powerful sign that God is alive and present in the world. As Church, we are called to be sacrament, that is to be God's hand and healing touch in the world. At the same time, we celebrate the sacraments as our most important prayer. This community that celebrates sacraments is global, reaching to other faith communities throughout the world and joined in a common bond. The community is also local as a diocese or archdiocese, as a parish and as a community of faith in families.
- ☐ In Confirmation, the community witnesses our celebration and provides a sponsor who represents the love of the community for us.



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
 - 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)**
 - Interview
 - Retreat day
- Active and regular participation in the meetings and activities of the assigned Parish Community Group:
 - Six sessions
 - Three service projects designed by the group
 - Attendance at the Evening of Reflection
(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)
 - Sponsor form
 - Registration form
 - Sponsor letter (A personal letter written by sponsor to the candidate for the retreat in February (see sample)
 - Saint report

- Completion of the full eighth grade religion curriculum.

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.

Sponsor Requirements for the Sacrament of Confirmation

The role of the Confirmation Sponsor is often an overlooked and under-used 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 **January 8, 2024**. (See included form in back of this booklet)
- 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. Online, virtual, zoom, or Facetime is encouraged.

- Being part of a small group service project
 - Helping with the Confirmation retreat
 - Prayer Service of Light and Practice with the candidate
 - Sponsor and Candidate Evening of Reflection
 - 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 chose 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!

What Do Sponsors Do?

We may agree that as adults in today’s world we are used to being defined by what we do. In fact, this is a common first question we ask one another on first meeting. It is a comfortable way to initiate the small talk that at some point might evolve into deeper conversation. Yes, as a Confirmation sponsor, you will have particular things “to do.” These may include attending rehearsal, buying a gift, walking with the candidate to the bishop, going to dinner after the liturgy. But you are about to embark on a journey with a young person. *What you do* is not the primary concern. This is a journey concerned less with what you will do as a sponsor and more with who you are as a person of the Gospel. This journey will take you and a young person to new and exciting places in the life of faith. Faith penetrates the heart of the matter — how has faith penetrated who you are; can a young person read the Good News in the actions of your life?

*** Called to Relationship with Youth**

In your role as a sponsor, you are a minister with youth. You are a part of an exercise in building relationships. These relationships allow young people to know adults who care about them and who are willing to walk as fellow pilgrims on a life-long journey of faith. A special young person has called you into deeper relationship. At the center of this relationship is our faith. And in a particular way, your unique ability to share your faith with this person is more important than the Confirmation program itself. This guidebook strives to help you walk with your young person.

*** Nurturer and Supporter of Faith Growth**

You are one of the nurturers and supporters of faith growth for the Confirmation candidate. The integrity with which you live your faith and take care of its growth is as important as the walk-in faith you are a part of with the young person. You have been chosen to share that faith is a gift freely given by God, and that our response to that gift is the challenge of us all as members of the Body of Christ. Communicating with interest and excitement the challenge of living as Catholics in today's world is a wonderful gift to share with youth. We hope that this guidebook inspires you in your own spiritual journey.

*** Being Present**

Your presence in the life of the young person who has chosen you as sponsor is essential. You can be present in many ways; look further in this book for some practical ideas. Your relationship has the potential for creating very sacred space between the two of you — holy ground. To walk on holy ground with a young person is indeed a blessing! This guidebook will give you some practical tools for helping a young person grow in faith and at the same time challenge your own faith through the mutuality of the relationship.

Twenty Tips for Sponsors

- 1 Participate with the young person in activities, i.e., take him or her to a movie and talk about it over a snack afterwards, or invite him or her on an outing such as biking, rollerblading, ice-skating or hiking. Try activities that involve the young person in creative expression.
- 2 Establish a regular time to be with the young person as listener, sharer and co-traveler on the faith journey. Communicate that the friendship between the two of you makes a difference in your life.
- 3 Encourage the young person to keep a personal journal and share reflections of your own from daily life. Talk about current events and trends.
- 4 Be willing to enter into discussion with the young person about the differing values around us and affirm the healthy, life-giving choices of the young person. Model healthy, life-giving choices and relationships in your own life. Share stories of others, both current and of history, who have struggled with issues of personal integrity.
- 5 Recommend and even buy for the young person spiritual reading, “reflections for every day,” that link faith to life.
- 6 Expose the young person to professional acquaintances in particular fields and vocations as her or she explores possible vocational choices.
- 7 Share with the young person the significant moments in your faith life. Ask open-ended questions (why, how, where, when) that encourage the young person to explore how his or her faith is experienced in life.
- 8 Participate with the young person in community service activities and together keep a photo journal of your involvement.
- 9 Advocate for inclusion of the young person and his or her peers in leadership capacities at the parish, and to become an integral part of the planning process for programs that involve them.
- 10 Explore with the young person a variety of ways to pray. Send the young person scripture notes every week. Meet with the young person and talk about what kind of homily the young person would write for the upcoming Sunday.
- 11 Find five other adults who are going to pray for this young person.
- 12 Create a prayer board for the young person’s bedroom where he or she can put up the names of people who are in need of prayer.
- 13 Send a special card to the young person on the anniversary of his or her baptism.
- 14 Reach out to the young person with a “good luck on the exam” telephone call or a congratulatory note about a job well done. Try doing “random acts of kindness” for your young person.

- 15 Support mom and dad with a listening, empathic ear.
- 16 Learn friends' names and inquire about them regularly. Invite the young person's friend(s) to join the two of you on an occasion or two. Host a popcorn/movie night and watch a "religious movie" with the young person and his' or her friends, e.g., *Jesus of Nazareth*, *Romero*. Prepare a special dinner before Confirmation for the young person and his or her friends. Find ways to include peers in making the Confirmation celebration more meaningful, e.g., have a group of friends make a scrapbook for the young person. Talk with him or her about the value of friends, and the struggles of relationships.
- 17 Take the young person to the ritual experiences at Church or in the community, e.g. the community's Stations of the Cross.
- 18 Share how your faith and experiences of Church have made a difference in your life — including the doubts and struggles you may experience.
- 19 Pray for the young person, and let him or her know it.
- 20 Ask the young person to pray for you.



But How Do I Share Faith?

Central to being a Confirmation sponsor is sharing with young people the worthy adventure of living a gospel-centered life. You may not feel equipped for this task, but don't worry; neither did the first disciples of Jesus! In fact, sharing our faith with each other is not a task; it is a way of life. We carry a particular identity with us and into all of our environments because we are Catholic. One writer has said that the *walls* of her home growing up were Catholic, filled as they were with symbols of belief.

Ask the young person why he or she chose you as a sponsor. You may discover that this particular adolescent has already been reading the Good News through you!

As a sponsor, you are “being church” with a young person. What does this mean? The mission of church is three-fold. We *proclaim* the Good News, namely the saving action of Jesus, we offer ourselves as a group of people transformed by the Spirit into a *community of faith, hope and love*, and we bring *God's justice and love* to others through service. In its ministry with young people, of which you are a part, the church works to foster the total personal and spiritual growth of young people and to draw them to responsible participation in the life, mission, and work of the faith community. In addition, we empower young people to become disciples of Jesus Christ who witness to their faith by living and working for justice, peace, and human dignity. (*Vision of Youth Ministry* 3, 7)

Here are some simple strategies for “being church” with your young person.

Have Faith Conversations: Witness to God's Presence in Your Life

Young people, particularly older adolescents, are exploring their beliefs and values. They are searching for a worthy adventure upon which to embark; an adventure that gospel living surely is. Here are some simple strategies that will help you initiate faith conversations:

- ❑ **Share stories with each other.** Stories have a tremendous impact. If all you do as a sponsor is share how God has been moving in and through your life, you have given your young person a gift of tremendous value. Share with each other the significant religious celebrations of your lives — compare “notes” about first communion, etc. Help the young person identify what is uniquely Catholic about his or her life. Share as well significant life experiences in the context of faith.
- ❑ **Affirm the actions of the young person which witness to the Good News.** Make direct correlation for the young person between what you see him or her doing and how it is a value and action of Jesus. Break open the Scriptures for the week and share how Jesus' teachings apply today.

- ⑦ **Help the young person explore how the events of his or her life are glimpses of the “vision of the glory of God.”** Be comfortable with the young person’s questions and challenges. In order for belief to be meaningful, for God to be meaningful, young people need the space to explore their questions and doubts. They need adults who will stand by them, be faithful to their searching, and not abandon them in their disbelief.

Explore Prayer and Celebration

Our tradition as Catholics is rich with ritual and celebration of God’s presence and action in humankind. Prayer is relationship with God. Young people are exploring the meaning of Catholic ritual and discovering their own unique spirituality and personal relationship with God. Walk with them on this adventure!

- ⑦ **Plant a seed somewhere special with the young person.** Talk about how the seed is now underground in the damp and dark preparing to burst forth new life. Relate each step in the plant’s development to the growth of each of us spiritually.
- ⑦ **Challenge yourself and the young person to move beyond mediocrity in your spiritual lives.** Have prayer discussions. Share your own struggles with a prayer life and explore praying together. Help the young person establish a regular pattern of prayer. Together commit to a joint effort such as placing a prayer/scripture reflection on your bathroom mirrors and praying it each morning individually.
- ⑦ **Invite the young person to join you at the parish Lenten mission.** Take him or her for ice-cream afterwards and talk about what you heard.
- ⑦ **Laminate the renewal of baptismal vows as a prayer card or bookmark.**
- ⑦ **Focus prayer with the young person on significant events in his or her life** (e.g., driver’s license, death of a friend, finishing the semester).
- ⑦ **Visit the local museum to see the variety of artistic expressions of faith and prayer.**
- ⑦ **Give the young person a symbol** (poster, icon, picture of Jesus, candles, quotes from role model or saints) that he or she can place in a prayer corner at home.
- ⑦ **Encourage the young person to write prayers in the form of poems or journal entries.** Give him or her a decorative blank book for this purpose.
- ⑦ **Read Scripture aloud.**

- ☐ **Have the young person share contemporary music which is meaningful to him or her.** Talk about why.

Explore Justice and Service Opportunities

Young people have a tremendous capacity for selflessness. In giving themselves through service and concern for others, they discover more about who they are and about the unique gifts that God has given them. Tap into the idealism of your young person by initiating participation in service opportunities or by expressing interest in what the young person is already involved. Explore together the needs of the world (individual, parish, community, and world) and how the gifts of individuals are meant to meet those needs.

- ☐ **Decide together on one meaningful service project in which you will both be involved.** Find something that calls forth the unique gifts of the young person. Talk afterwards about how the involvement was a reflection of Jesus' mission of service.
- ☐ **Discuss options for further direct service or exploring social justice issues.**
- ☐ **Assist the young person to find information and resources in expressed areas of interest.** Visit local service organizations and Catholic social ministry programs together.
- ☐ **Search scripture with the youth and discover Jesus' teaching on the social issues of his time.** Talk about how they relate to the social issues of our time.

**Jesus
&
Justice**
WE ARE CALLED TO ACT

Building the Relationship

One-on-One

It is an honor to have been asked to be a sponsor for Confirmation. Now you are wondering not only “What are we going to talk about?” but more fundamentally, “How do I talk to a young person?” Communication skills are foundational to any relationship. What follows are some simple guidelines and practical ideas, which if followed, will greatly assist you to develop effective communication and have meaningful and fun conversations.

* Be committed to communicate with the young person.

Your presence and your faith story are gifts you give. The young person offers you a gift as well, through his or her self-disclosure.

- ☐ **Establish a regular pattern of contact.** This could be a once-a-week phone call or a trip to the yogurt shop. First and foremost, the young person needs to know that you care and that you want to be a part of his or her life. He or she also needs to know that you take your role as sponsor seriously. This means that you are willing to be present, that sometimes you will go out of your way to be where the young person is. You are willing to share your stories of life and faith, and to listen to him or her and help reveal God active in the day-to-day realities of being a teenager.

* Communication is a revelatory process.

As you and the candidate prepare for Confirmation and look forward to continuing the faith journey together afterwards, you will be sharing about yourselves. Your sharing communicates trust in the young person and a willingness to share your personal vulnerability.

- ☐ **In your regular contact with the candidate, *share your feelings*.** This can be as simple as telling him or her how you feel and relating the various experiences of the day or week and how they have impacted you. Since these are your feelings, use “I” statements rather than “you” statements. A simple and very effective formula is “I feel (felt)..... when.....because.....”
- ☐ ***Express gratitude* to the young person for listening to your story.** Let him or her know that it makes a difference to you that you were able to share. “Thanks for listening. It’s great to be able to talk with you about my day.”
- ☐ ***Be present in an active way* to the young person’s story.** This implies that you accept him or her “as is,” you listen attentively, and you do not pass judgment on what is shared. This means that you “seek first to understand, then to be understood.” Active, revelatory communication also implies that you offer suggestions but not advice. Remember, the young person is sharing who they are with you. You also thank the young person for sharing with you. It is an honor to enter into life’s story with a youth. Here are some helpful hints on how to listen attentively:

- ② **Share empathic and reassuring reactions.** Another phrase for this is “reflecting feelings.” To do this, pretend that you are a mirror, and you are reflecting back what the young person has said so that you demonstrate understanding and acceptance. For example, “The frustration you feel from missing the deadline for that job application must be pretty intense.”
- ② **Remove any blocks that are communication hazards.** Trying to have a conversation in front of the busiest escalator at the mall may not be the best idea. Environment can help facilitate communication, or it can distract. Removing any visible barriers between you and the young person will aid in facilitating conversation as well.
- ② **Listen attentively by *clarifying the meaning* of things that are shared.** These are called “reflecting skills.” In addition to “reflecting feelings” mentioned above, you can “paraphrase,” that is, give a concise response that states what you heard in your own words. Another skill is to “reflect meanings” by using the phrase, “You feel... because...” and to be open to clarification of your interpretation. “Summary reflections” are also very helpful. Here you give a summary of what you have heard. This is not a summary of the young person’s thoughts; hopefully, your reflecting gives the young person the opportunity to pull together a summary of his or her own.

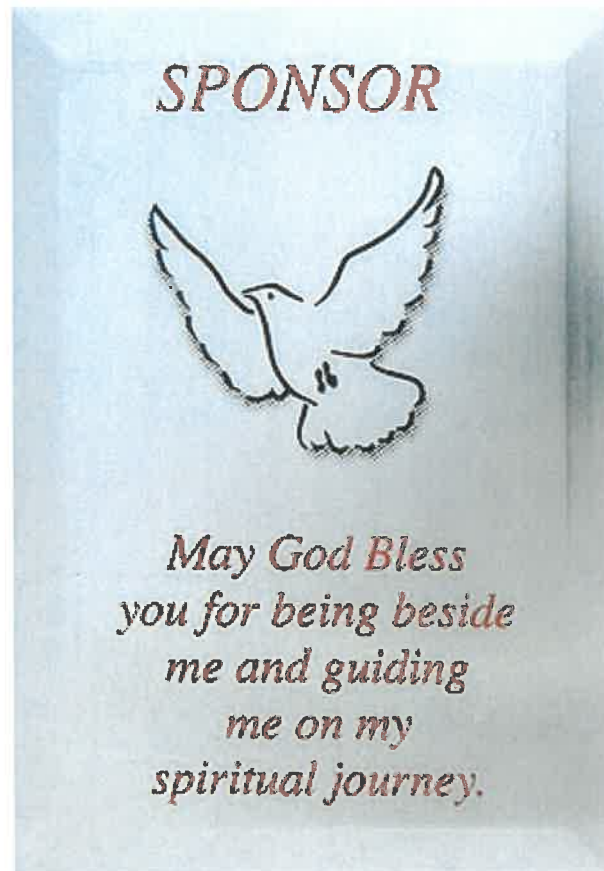
★ Use effective skills for good communication.

These skills include attending skills, following skills, and the reflecting skills mentioned above. Total presence with your young person shows that you care about him or her. Attending and following skills involve total presence.

- ② **Maintain a posture of involvement.** This posture includes a relaxed alertness which expresses the balance between “I feel at home with you and accept you” and “I sense the importance of what you are communicating to me and am intent on understanding you.” Inclining your body towards the young person indicates full attention and maintaining an open position (arms and legs uncrossed) communicates receptivity. Placing yourself at eye level with the young person and facing him or her directly will alleviate the risk of seeming disinterested.
- ② **Use appropriate body motion.** How your body responds as you communicate with the young person speaks volumes. Your body can demonstrate empathy just by the way you position yourself as the young person talks. Avoid gestures and distracting movements that draw attention away from the conversation.
- ② **Use eye contact.** Our eyes are powerful communication tools. Use yours with the young person to communicate trust, eagerness to listen, and caring about him or her.

Create conversation starters with Door Openers. One type of door opener describes the young person's body language, "You look like you're not feeling quite up to par." Another is offering an invitation to talk: "What do you want to talk about it?" Silence can also be a door opener. This gives the other person room, time, and space to decide whether to talk, how to begin to talk, or even to decide what to say. The attending skills mentioned above are door openers as well.

- ☐ **Interject *minimal encouragers* throughout the conversation.** Some examples are: Tell me more, yes, I see, Right, Go on, For instance? Oh? Really? Then? You bet.
- ☐ **Ask *open-ended questions*.** Open-ended questions begin with "what," "where," "how," and "why" and stimulate conversation.



What about Confirmation?

☐ Confirmation *welcomes* us as a sacrament of initiation.

- ☐ Confirmation is linked to Baptism and Eucharist.
- ☐ Confirmation is part of our initiation into the faith community.
- ☐ Confirmation honors the spiritual maturity of the individual.

Scripture Reflection

Each of you is a Son and Daughter of God because of your faith in Christ Jesus. All of you who have been baptized into Christ have clothed yourselves with him. There does not exist among you Jew or Greek, slave or freeman, male or female. All are one in Christ Jesus. Furthermore, if you belong to Christ you are the descendants of Abraham, which means you inherit all that was promised.
(Galatians, 3:26 - 29)

* Reflection

How has your Baptism shaped your life?

► With Your Candidate

- ☐ Celebrate the anniversary of his or her Baptism by remembering it in a special way — with a card, a special meal, a prayer with the family, a simple gift.
- ☐ Share how your Baptism has made a difference in your life.
- ☐ Pray for family members; pray together for the young people in the Confirmation preparation program.
- ☐ Find ten other people who will pray for your candidate during the preparation program. Ask them to write notes to the candidate during the preparation. Supply them with addressed envelopes and notes.

☒ We are Confirmed in the name of God the Creator, the Redeemer, and the Holy Spirit.

- ☒ Confirmation is part of the welcoming initiative of God the Creator.
- ☒ Confirmation unites us more firmly to Christ.
- ☒ Confirmation strengthens us with the Holy Spirit.

📖 Scripture Reflection

Jesus left Galilee and went to the Jordan River to be baptized by John. But John kept objecting and said, "I ought to be baptized by you. Why have you come to me?"

Jesus answered, "For now this is how it should be, because we must do all that God wants us to do." Then John agreed.

So, Jesus was baptized. And as soon as he came out of the water, the sky opened, and he saw the Spirit of God coming down on him like a dove. Then a voice from heaven said, "This is my own dear Son, and I am pleased with him." (Matthew 3:13-17)

*** Reflection**

How has the Spirit been present in your life?

► With Your Candidate

- ☒ Talk with the young person about how God has been a part of your life, about the actions and values of Jesus which draw you to him, and about who the Spirit is to you.
- ☒ Have your candidate share his or her thoughts about these things with you as well.
- ☒ Together participate in the ritual celebrations of the community, e.g., Stations of the Cross, parish Lenten mission, a Baptism.
- ☒ Be willing to enter into discussion about differing values and guide your candidate in reflection on how Christian moral values can guide his or her decision-making.

- ☐ Confirmation empowers us to witness to our faith.
- ☐ Confirmation links us to the ministry of Christ and mission of the Church.
- ☐ Confirmation initiates young people into the adventure of discipleship.
- ☐ Preparation for Confirmation is a moment of conversion which includes celebrating the sacrament of Reconciliation.

Scripture Reflection

When the day of Pentecost came it found them gathered in one place. Suddenly from up in the sky there came a noise like a strong, driving wind which was heard all through the house where they were seated. Tongues as of fire appeared, which parted and came to rest on each of them. All were filled with the Holy Spirit. They began to express themselves in foreign tongues and make bold proclamation as the Spirit prompted them. (Acts 2:1-4)

* Reflection

The apostles were strengthened with the Spirit to proclaim the Good News of Jesus. How have you been a witness to Jesus' presence in the world?

► With Your Candidate

- ☐ Share how you have read the Good News through the actions of his or her life. Be specific.
- ☐ Affirm the healthy, life-giving choices of the young person.
- ☐ Encourage him or her to identify qualities of good friendships.
- ☐ Introduce him or her to the local "heroes" and "heroines" who exemplify discipleship.

☐ Confirmation is a celebration of the community of faith.

- ☐ Confirmation joins us to the ministering community.
- ☐ Confirmation is received by individuals and celebrated as community.
- ☐ Preparation awakens a sense of belonging to the universal Church and local parish.
- ☐ Preparation includes a sponsor who represents the wider faith community.
- ☐ Preparation provides an opportunity to partner with families as communities of faith.

📖 Scripture Reflection

The body is one and has many members, but all the members, many though they are, are one body; and so it is with Christ. It was in one Spirit that all of us, whether Jew or Greek, slave or free, were baptized into one body. All of us have been given to drink of the one Spirit. Now the body is not one member, it is many... You, then, are the body of Christ. Every one of you is a member of it.
(1Cor 12:12-13, 27)

* Reflection

What is the gift that you as a sponsor bring to this community of faith?
How have you been blessed by the gifts of others in your faith community?

▶ With Your Candidate

- ☐ Talk about a special gift that you see he or she has to offer; share how you have experienced that gift.
- ☐ Talk about how you see yourselves as a members of the Body of Christ — the challenges of membership as well as the joys.
- ☐ Share one or more examples of life-giving relationships of which you have been a part.
- ☐ Be open to including the candidate's friends in outings; host a movie night or prepare a special meal for a group of them prior to the Confirmation Liturgy.
- ☐ Discuss possibilities for the candidate being involved in the various ministries of your parish. Participate in a community service activity with your candidate — keep a photo journal of your experiences.

Sponsor Letter to Their Candidate

Not to be shared in advance of the retreat

Holy Infant started a tradition that has become an integral part of our Confirmation retreat. Palanka letters or letters of affirmation are letters that contain words of advice, friendship, spirituality, and love from sponsors and parents, siblings, relatives, and friends. It is our hope that these letters inspire the Confirmation candidate to develop a closer relationship with God, themselves, and others. You can talk about how you have seen your candidate grow not just spiritually but also over the years that you have known him/her. Talk about good choices that they have made in their life. Challenge them to make good choices and to rely on God's grace as they face decisions in High school. Share your own faith story with them and tell how your faith has helped you in life.

These letters will be handed to each individual candidate at a special ceremony of reflection at the retreat. What a wonderful opportunity for you to share your feelings about your candidate 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, and your written thoughts and words will go a long way in supporting and building their spirituality.

Please take time to write this letter. It has a profound effect on the reader as does not receiving a letter from a sponsor!

The letters are a surprise. **Please do not let the Confirmande know that 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 CANDIDATE'S NAME

**c/o Patricia Foley
Holy Infant Church
627 Dennison Drive
Ballwin, MO 63021**

E-Mail pfoley@holyinfantballwin.org

Letters must be received on or before **January 8, 2024.**

Confirmation Dress Code For Candidates and Sponsors

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

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.



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 **LIVE NATIVITY – SERVICE PROJECT**
(Limited number of groups can participate)
- Mon. Jan. 8, 2024 **SPONSOR FORM AND SPONSOR LETTER DUE**
*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 **SPONSOR/CANDIDATE EVENING OF REFLECTION**
7 pm - 9 pm – Upper Cafeteria - \$10 per person
Last Day for Late Paperwork! (See Jan. 8th list.)
- Mon. Feb. 5, 2024 **CONFIRMATION NAME DUE TO CATECHISTS**
- Thurs. March 7, 2024 **LETTERS OF AFFIRMATION/PALANKA LETTERS FROM FAMILY, FRIENDS, ETC. DUE TO PSR OFFICE OR RECTORY – REMEMBER THEY ARE A SURPRISE!**
(See email sent to parents for instructions.)
- Mon. April 8, 2024 **BISHOP’S LETTER DUE TO CLASSROOM TEACHER**
(See sample in Parent Guidebook)
- Fri.-Sun. April 19-21, 2024 **LUKE 18 RETREAT - MANDATORY FOR ALL CONFIRMANDE**
Parish Center
- Mon. April 29, 2024 **PSR CONFIRMATION INTERVIEWS**
- Tue. April 30, 2024 **DAY SCHOOL CONFIRMATION INTERVIEWS**

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. 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@holysinballwin.org or call 636-227-0802 Option 3 138 (office) or 314-742-0626 (cell).

NOTES: