

St Francis Xavier Parish Confirmation Handbook



*Come Holy Spirit,
fill the hearts of your faithful
and kindle in them the fire of your love. send
forth your Spirit
and they shall be created.
and You shall renew the face of the earth*

PRAYER FOR THE OUTPOURING OF THE HOLY SPIRIT

Holy Spirit, we ask for an outpouring of your graces, blessings and gifts:

Upon those who do not believe, that they may believe;

Upon those who are doubtful or confused, that they may understand;

Upon those who are lukewarm or indifferent, that they may be transformed;

Upon those who are constantly living in a state of sin, that they may be converted;

Upon those who are weak, that they may be strengthened;

Upon those who are holy, that they may persevere.

Come Holy Spirit. Fill the hearts of Thy faithful and enkindle in them the fire of Thy love.

V. Send for the Spirit and they shall be created.

R. And thou shall renew the face of the earth.

Let us pray. O God, Who did instruct the hearts of the faithful by the light of the Holy Spirit, grant us in the Spirit to be truly wise, and ever to rejoice in His consolation. Through Christ our Lord. Amen.

Dear Parents, Guardians and Candidates for Confirmation,

We pray and hope for a year filled with graces and deeper conversion into the life of Christ and His Church! May these guidelines help you and your family in your preparation for the celebration of Confirmation.

The Parish Confirmation team is here to assist you – contact info:

Father Kyle Berens, Pastor, Tel: 785-238-2998;

Email: pastor@saintxparish.org

Kurt and Sandy Leistner, Directors of Religious Education

Tel: 785-210-5006 or 785-210-7713; Email: director-religious-ed@saintxparish.org

Tanya Carpenter, Catechist (9th Grade)

Brenda Dacus, Catechist (8th Grade)

Karlie Brown, Catechist (8th Grade)

“In the Sacrament of Confirmation, the apostles, and bishops, who are their successors, hand on to the baptized the special gifts of the Holy Spirit, promised by Christ the Lord and poured out upon the apostles at Pentecost. Thus, the initiation in the Christian life is completed so that believers are strengthened by power from heaven, made true witnesses of Christ in word and deed, and bound more closely to the Church.”

(From the Decree of the Sacred Congregation for the Divine Worship; Rite of Confirmation)

WHAT IS CONFIRMATION?

Confirmation is a sacrament in which there is a strengthening and fullness of the Holy Spirit already received in Baptism. When we were baptized, we became children of God. As children of God we share the life of the three Persons of the Holy Trinity in one love. The Holy Spirit is the love between God the Father and God the Son.

Confirmation calls us to a greater participation in the mission of Jesus and the Church. Through Confirmation our relationship with God is deepened and we are incorporated more completely into the Body of Christ.

Confirmation obliges us, as true witnesses of Christ, to spread and defend the faith by word and deed.

WHY BE CONFIRMED?

(From the Catechism of the Catholic Church)

1302 It is evident from its celebration that the effect of the sacrament of Confirmation is the full outpouring of the Holy Spirit as once granted to the apostles on the day of Pentecost.

1303 From this fact, Confirmation brings an increase and deepening of baptismal grace:

It roots us more deeply in the divine filiation which makes us cry, “Abba! Father!”

It unites us more firmly to Christ;

It increases the gifts of the Holy Spirit in us;

It renders our bond with the Church more perfect;

It gives us a special strength of the Holy Spirit to spread and defend the faith by word and action as true witnesses of Christ, to confess the name of Christ boldly, and never to be ashamed of the Cross. Recall then that you have received the spiritual seal, the spirit of wisdom and understanding, the spirit of right judgment and courage, the spirit of knowledge and reverence, the spirit of holy fear in God’s presence.

1304 Like Baptism which it completes, Confirmation is given only once, for it too imprints on the soul an *indelible spiritual mark*, the “character,” which is the sign that Jesus Christ has marked a Christian with the seal of his Spirit by clothing him with power from on high.

Reception of the Sacrament of Confirmation

1. Guidelines for Preparing for the Sacrament of Confirmation

- Regular attendance at weekend Mass and Holy Days of Obligation.
- Regular attendance at Confirmation Sessions. Candidates will have to coordinate with Confirmation team about making up missed sessions.
- Dress is casual for each session, but please dress modestly.
- Must attend specially scheduled Liturgical Rites, retreats, etc.
- **Twenty (20) Works of Mercy Service hours.** This provides opportunities for candidates to see how they can make a difference in their and others' lives. (Please see the Works of Mercy service hours form in the Forms Packet for more information)
- Choose a Confirmation name. (Please see page 8 this handbook)
- Each candidate is responsible for knowing the basic prayers and doctrines of our faith.
- Each candidate, with their parents/guardians is to choose a sponsor who meets the requirements shown on pages 6 and 7 of this handbook.
- Each candidate will have an interview with the pastor and/or his representatives. During the interview, the candidate may be asked to discuss how he/she has prepared for reception of the Sacrament of Confirmation, service to community, his/her understanding of the meaning of Confirmation, his/her desire to receive the Sacrament and general knowledge of the faith.
- Each candidate must receive the Sacrament of Reconciliation before receiving the Sacrament of Confirmation.

2. CHOOSING A CONFIRMATION SPONSOR

The choice of a sponsor to accompany the candidate during their two-year preparation for Confirmation (And beyond) is one of the most important aspects of the candidate's confirmation faith journey. This

choice should be done together as a family with much prayer, diligence, and discernment.

The Church encourages (if possible) candidates to choose one of their baptismal godparents as their sponsor because the Confirmation sponsor continues the godparents' role of helping young people keep their baptismal promises.

To be admitted to the role sponsor, a person must:

- Be at least 16 years of age unless there is a just reason by the Pastor.
- Be a Catholic who has been confirmed and has already received the Sacrament of the most Holy Eucharist and leads a life in harmony with the faith.
- Be a person who actively participates in the sacramental life of the Church (**A Catholic practicing/living their Catholic faith**) and is ready to assume the role to be undertaken.
- Not be bound by any canonical penalty legitimately imposed or declared.
- Not be the father or mother of the one to be confirmed
- **Important Note:** If the sponsor chosen is not a member of St Francis Xavier Parish, our pastor needs a Certificate of Verification from the pastor of the sponsor's home parish. This certificate verifies that the sponsor is a fully initiated Catholic and in good standing with the Church.

THE IMPORTANCE OF YOUR SPONSOR

The sponsor represents the support and prayers of the entire Church. The sponsor will be the candidate's "spiritual friend."

The following is asked of the sponsor:

- The need to attend various catechetical sessions when invited

- Attendance at Confirmation Rites and rituals
- Attendance at the Confirmation Rehearsal
- Attendance at the candidate's reception of the Sacrament of Confirmation to present the candidate at the Confirmation Mass
- Meet with the candidate regularly throughout this year's Confirmation preparation process and discuss the topics addressed in the weekly preparation sessions
- Share his/her faith story with his/her candidate
- Spend time getting to know the candidate personally
- Pray for and with the candidate
- Finally, **(And maybe most important)**, continue to lend spiritual support after their candidate is confirmed. Continue to encourage the candidate to live out their call of baptism and confirmation to become true witnesses of Christ and to spread and defend the faith by words and deeds

3. THE ROLE OF PARENTS AND GUARDIANS

As the primary educators of your children, you, along with your candidate's sponsor, are to be involved in catechesis for Confirmation. This will help you renew and strengthen your own faith, besides enabling you to set a better example for your children. Your participation is an important element in helping your child in their preparation for the reception of the Sacrament of Confirmation.

The following guidelines should be considered by parents and all family members:

- It is most important that prayers, especially those to the Holy Spirit, be a part of the preparation at home. Given the busy schedules of households, these prayers should be planned as a part of meal celebrations or other gatherings.
- All family members should be present for the celebration of special liturgical rites.

- Parents and older siblings can often give valuable assistance to candidates in the catechesis that is required for the Sacrament.
- Parents are to discuss with the candidate his/her choice to be confirmed, keeping in mind the importance of a free and deliberate choice in this regard.

4. CHOOSING A SPECIAL CONFIRMATION NAME

Every candidate is asked to choose a saint's name for Confirmation. The following presents reasons and guidelines to assist you:

- Choose the name of a saint who represents a cause you find important.
- Choose the name of someone In the Bible whom you admire.
- Choose the name of someone in your life who has influenced your faith or has been a living witness of the Spirit to you and has a saint's name.

5. PROPER DRESS FOR RECEPTION OF THE SACRAMENT

Male Candidates – should wear dress slacks, dress shoes, dress shirts with a tie. Sport coats (or suits) are recommended but optional. Please do not wear “saggy/baggy” slacks.

Female Candidates – should dress MODESTLY. Please do not wear very short skirts or dresses (Skirts/Dresses should be at least knee length), no low cut or tight-fitting blouses, no spaghetti straps, no underwear showing. Dress slacks are acceptable.