

Confirmation Candidate Booklet

2021

**Be sealed with the Gift of the Holy Spirit.
"Amen."**

**Peace be with you.
"And with your spirit."**

Gifts of the Holy Spirit

Wisdom

Understanding

Counsel

Fortitude

Knowledge

Piety



Fear of the Lord (Awe)

Saint Luke Catholic Church
Faith Formation Office
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McLean, VA 22101
703-356-8419 Fax 703-356-5988

Email: jfranklin@saintlukemclean.org
Website: www.saintlukemclean.org

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Confirmation 2021 Paperwork Check off List

<u>Form</u>	<u>Page/Location</u>	<u>Due Date</u>
Application Form	separate sheet (pink)	November 16, 2020
Selecting a Sponsor	pg 19	December 3, 2020
Confirmation Name	pg 17	January 14, 2021
Sponsor Certificate *	in Sponsor Booklet (last page)	January 21, 2021
Administration Fee	pg 6	February 4, 2021
Saint Report	pg 15	February 25, 2021
Retreat Permission and Medical Release Form	separate mailing	TBD
Service Log	pg 14	April 22, 2021
Service Project Report	pg 13	April 22, 2021
Letter to the Pastor	pg 12	April 22, 2021

Remember to include your first and last name on all your paperwork. Completed paperwork may be turned in to the Faith Formation Office prior to the due date. Return completed paperwork to the Faith Formation Office to receive credit for turning it in.

The Sponsor Booklet (separate packet) has activities for faith sharing with your sponsor. A blank Sponsor Certificate * form is to be completed and returned to the Saint Luke Faith Formation Office by January 21, 2021 ((included)).

Enrollment in and attendance at Faith Formation classes for 2020-2021 or Catholic school is one of the Confirmation requirements.

Please contact the Faith Formation Director, 703-356-8419, if you have any questions.

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One special moment for you this year will be the celebration of the Sacrament of Confirmation. The Confirmation Program, at Saint Luke, incorporates an approach requiring prayer and involvement on your part, so it is important that you know about it ahead of time. Please read this packet carefully and discuss its contents with your family, as you continue your preparation for the Sacrament of Confirmation.

Baptism, Confirmation and Eucharist are the Sacraments of Initiation. We become members of the Catholic Church through these Sacraments, a community of Spirit-filled people saved by Christ, who witness Christ's love in the world.

Confirmation, one of the Sacraments of Initiation, impresses the candidate with a Special Character. Candidates are enriched by the Gift of the Holy Spirit and strengthened in faith through Confirmation.

Candidates to be confirmed must be suitably instructed and properly disposed. They must be willing to be involved in the preparation program with the intention of remaining faithful to Christ and his church after Confirmation and continuing a lifelong journey of faith.

Parents, as the first educators of your children, you play a primary role in sacramental preparation. You help your teen to grow in faith as you prepare them for fruitful reception of the sacrament. Your attendance at meetings and the weekend celebration of the Eucharist is vital. There is no substitute for your actual presence. Your interest, involvement and concern make a difference in your child's perception of what this sacrament and the Christian life are all about.

Each candidate, with the help of his or her parents, is responsible for choosing a sponsor. It is recommended that the Baptism sponsor (Godparent) be the Confirmation sponsor. This choice expresses the relationship between Baptism and Confirmation. Young men and women may choose a man or woman to be their sponsor. Church Law states the sponsor must be at least sixteen (16) years of age, a baptized and confirmed Catholic who has received Holy Communion and is living according to the Catholic faith. The sponsor may not be the mother or father of the one to be confirmed. It is the responsibility of the sponsor to provide assurance of his or her qualifications with a certificate (located in the Sponsor Booklet).

A sponsor takes on a lifelong commitment to help their candidate fulfill the obligations of this sacrament. A sponsor is expected to take an active role in the Confirmation program and meet with their candidate on a regular basis during the time of preparation.

Sponsors should be present at the Confirmation ceremony. A sponsor's role demands time, commitment and a willingness to share their faith with their candidate, using the Sponsor Booklet provided. A person too young, too far away, or too busy to spend time with the candidate would not be able to fulfill this role.

It is important that parents, candidates and prospective sponsors prayerfully and carefully consider the qualifications and requirements before making a commitment to the Confirmation program. The date for Confirmation will be announced when it is received from the bishop's office.

SAINT LUKE

CONFIRMATION ADMINISTRATIVE FEE

There is a Confirmation Administrative Fee. This year the Confirmation Administrative Fee is \$100.00. The amount is the same as last year.

This fee is a not part of tuition that is paid for Parish School of Religion (PSR), Saint Luke School and other private schools.

The fee is a separate amount payable by check made out to Saint Luke PSR with a note in the Memo: Confirmation Administrative Fee. Please turn payment in to the Faith Formation Office.

Parents may also use Faith Direct to make a one-time payment:

Log on to Faith Direct www.faithdirect.net using parish code of VA516. Click on Make a One-Time Payment; then click on PSR Registration.

In the "note" field, indicate Confirmation Fee.

The fee is due Thursday, February 4, 2021.

The Confirmation Administrative Fee of \$100.00 helps offset the parish's expense related to Confirmation.

SAINT LUKE

CONFIRMATION REQUIREMENTS* FOR YOUTH

1. Confirmation is an essential/integral part of the overall initiation of a member into the existing faith community.
2. Confirmands, in order to make an informed, faith-filled decision to be confirmed, must participate in the following components of this process; if these requirements are not met, you may be asked to postpone receiving Confirmation.
 - a. Attendance at Mass each week and on Holy Days of Obligation.*
All the faithful of the Diocese of Arlington continue to be **dispensed from the obligation to attend Mass** on Sundays and holydays of obligation until further notice. Saint Luke will continue to **live stream** Sunday Mass at 9:00 am on [YouTube](#).
 - b. Enrollment in and regular attendance at Faith Formation classes (or Catholic school); any absence must be excused. More than two absences are a matter for serious consideration.
 - c. Regular attendance at Faith Formation classes the two years prior to Confirmation, as well as, the year you are to receive the sacrament.
 - d. Attendance at all Confirmation sessions.
 - e. Participation in all Rites which take place at Mass (encouraging support and involvement of the entire believing community).
 - f. Contact/communication with your sponsor, on a regular basis, to complete activities that are in the Sponsor Booklet.
 - g. Sponsors must sign a Sponsor Commitment Form stating that he or she is a practicing Catholic and understands what is required of a sponsor (due January 21, 2021).
 - h. Saint Report (due February 25, 2021).
 - i. Retreat Attendance: Date: To Be Determined.
 - j. Service Project Log and written Report (due April 22, 2021).
 - k. Letter to the Pastor requesting Confirmation (due April 22, 2021).
 - l. Proof of Baptism is required for all Confirmation candidates.
3. Celebration of Sacrament (notification from Bishop Burbidge's office):
May 18, 2021, 7:00 pm.
Confirmation rehearsal: TBD.

PREPARATION FOR CONFIRMATION

“Bishops are ‘beyond all others the ones primarily responsible for catechesis, the catechists par excellence.’ As chief catechist in the diocese, the bishop is responsible for the total catechetical mission of the local church. Catechesis is one of the fundamental tasks of the bishop’s ministry” (National Directory for Catechesis #54).

Bishop Burbidge: “It is with this mandate that I put forth the following questions and answers to assist the faithful in preparation for the reception of the Sacrament of Confirmation. It is my firm desire that all Catholics know and live the Catholic Faith to the fullest. The content below is divided into three main focus areas: Faith, Worship and Witness. I have also included reflection questions for the candidates to consider.”

Please note that the * after the question indicates this question is for reflection, not memorization. The link is:

<https://www.arlingtondiocese.org/Catechetics/Catechetical-Resources/Confirmation-Questions.pdf>

Teachings of the Church:

1. What is Confirmation?
2. What are the Gifts of the Holy Spirit?
3. Seven Sacraments, What are the Sacraments of Initiation?
4. Four ‘Marks’ of the Church
5. Ten Commandments
6. What is Grace?
7. What is sin, what are the types of sin and their consequences?
8. Define the Holy Trinity and its members.
9. Apostles Creed, Our Father, Hail Mary, Act of Contrition and the Glory Be
10. State and define the Holy Days of Obligation in the United States.
11. Who is the current pope, who was the first pope, and what does the pope do?

Confirmation preparation elements (to include):

1. Who is the saint you are named for? Why?
2. What did you like best about your service project?
3. Why is a service project important?
4. What did you gain from your Confirmation retreat?
5. Why is a Confirmation retreat important?
6. Why do you want to be confirmed?
7. What do you plan to do after Confirmation to be active in the church?

SERVICE PROJECTS

(Confirmation 2021)

**...I was hungry and you gave me food, I was thirsty and you gave me drink,
a stranger and you welcomed me, naked and you clothed me, ill and you cared for
me, in prison and you visited me.**

**Lord, when did we see you hungry and feed you, or thirsty and give you drink?
When did we see you a stranger and welcome you, or naked and clothe you?
When did we see you ill or in prison, and visit you?
Whatever you did for the least of these, you did for me.** Matthew 25:31-40

The **Beatitudes** (be-attitudes) are guidelines or attitudes for true happiness that teach us how to live. The Beatitudes are the first part of the 'Sermon on the Mount' (Matthew 5:3-10).

The teachings and actions of Jesus are summarized in **Works of Mercy** and are divided into two parts. The seven **Corporal** Works help us show our concern for the physical needs of others. The seven **Spiritual** Works help us show our concern for the spiritual needs of others. The Works of Mercy challenge us to turn our words into deeds. The homeless, hungry, lonely, oppressed, imprisoned, those who cannot read or write, and the sick are those we reach out to, as Jesus did. We put our prayers into action and live as Jesus' disciples by living and practicing Works of Mercy,

The Beatitudes, Corporal and Spiritual Works of Mercy are the basis for each confirmand (candidate for Confirmation) completing at least **20 hours of community service** prior to receiving the Sacrament of Confirmation. The Confirmation process includes a commitment to respond to God's gift of Faith we received at Baptism. We become responsible for participation in our faith. Promises were made on our behalf at our Baptism, now we make this commitment for ourselves. We are no longer passive in our response to God's call. God calls each one of us to become willing disciples for our Lord Jesus Christ.

Each confirmand is required to complete at least 20 hours of community service. This means giving your time and talent **without getting paid**. **The Faith Formation Office is NOT responsible for finding you a service project.** The director is available to answer questions. It is not acceptable to call the office the day before the due date expecting the director to find and make arrangements for you to complete your hours. Get a project lined up soon and follow through with it. Completed paperwork may be turned in any time prior to the due date-**Thursday, April 22, 2021**.

It is the confirmand's responsibility to obtain the signature of the supervisor during each stage of service (not the parents' or supervisors). It is also the confirmand's responsibility to complete the questions regarding service for the Project Report (printed on the back of the Service Log). Attached is a list of **suggestions** for service.

Check the weekly church bulletin and parish website (www.saintlukemclean.org) for available service projects (help with receptions, Catholic Charities, St. Lucy Project, etc.) The local newspapers also list 'Community Service' needs as do the Cable TV local access stations.

SERVICE PROJECT SUGGESTIONS

(in accordance with CDC, VHD and Diocesan Guidelines*)

The Spiritual Works of Mercy are also a consideration for completing service hours.

American Red Cross *

Fairfax Parks & Recreation *

Fairfax County Library Headquarters (or your school library) *

Fairfax County Schools *

Check with your School Guidance Office. *

Habitat for Humanity *

St. Luke Catechist Assistant (one-year commitment) *

Contact: Joyce Franklin 703-356-8419

Sandwich program * – prepare sandwiches prior to Mass on Saturday and Sunday which are delivered to Bailey’s Crossroads Community Center

Contact: Rob & Judi Fennimore 703-713-2052
Fennimore@cox.net

Share * - put together a food drive for a food bank

Contact Vic Kimm 703-356-8451
vkimm@verizon.net

S.O.M.E. (So Others Might Eat)* – prepare any of these main dishes – meat loaf, fried or baked chicken, pasta casserole with plenty of meat – adequate for eight people (on the third Saturday of uneven months)

Contact: Thomas Pereira 703-821-2203
pereirathomas@hotmail.com

Check the weekly church bulletin and parish website

(www.saintlukemclean.org) for available service projects (help with receptions, Catholic Charities, St. Lucy Project, etc.)

Check the **McLean Patch** for “**Community Service**” needs, as well as, Cox, Comcast or Verizon Cable TV “**Community Events**” calendars.

Senior Citizen Centers, Nursing Homes, Fairfax Hospital, Medical Centers and your own neighbors are great sources for service projects. *

Use your imagination...if you like to work with children, check with a local elementary school and offer to help students with reading or be a ‘helping hand’ for a teacher. Check with coaches to see if help is needed with younger children. Please remember, these are suggestions only.

Be inventive...and remember the Beatitudes and the Works of Mercy (Spiritual and Corporal) are the template for community service.

**SERVICE PROJECT LOG SHEET
AND REPORT DUE April 22, 2021.**

RETREAT DATE*: TBD

ADDITIONAL INFORMATION WILL BE AVAILABLE AS SOON AS ARRANGEMENTS ARE FINALIZED.

CONFIRMATION RETREAT* IS MANDATORY (with CDC, VHD and Diocesan Guidelines*)

RETREAT DATE: TBD

As part of the Confirmation process in the Catholic Diocese of Arlington, each confirmand must attend a retreat. Faith Formation Enrollment for the 2020-2021 school year or Catholic school is required before attending Confirmation Retreat. Information regarding the agenda, retreat start/end time, permission form, medical release, schedule and what to bring will be included with the retreat mailing.

The Faith Formation office staff coordinates the retreat. Adults and confirmed teens, from our faith community help to facilitate the retreat. Confirmation catechists are encouraged to be facilitators. Parents and sponsors are welcome to attend as facilitators or helpers for the retreat.

Students are expected to attend the ENTIRE retreat. The retreat will include the Rite of Enrollment for candidates, Saturday at the 5:30 pm Mass at Saint Luke. Family members are invited to attend the Mass. Make sure this spiritual retreat is a priority, as it is an integral part of the Confirmation process.

The retreat date: TBD.



LETTER TO THE PASTOR

Each Confirmand writes a letter to the pastor, Fr. Richard Guest. In this letter, you formally request to be presented to the bishop for the Sacrament of Confirmation. Don't get nervous. This letter isn't a tough assignment.

The letter should be printed or written on white business letter paper. Your letter should be about **one page long, written legibly** in ink and on clean white 8 1/2" by 11".

[Your Name]
[Street Address]
[City, State Zip Code]
[Date]

Fr. Richard Guest, Pastor
7001 Georgetown Pike
McLean, VA 22101

Dear Fr. Guest:

First Paragraph (a few sentences): I want to receive the Sacrament of Confirmation because...

Second Paragraph (a few sentences): I decided to keep my Baptism name... _____ or I chose the name... _____ because...

Third Paragraph (a few sentences): Explain your preparation (e.g. classes, service project, retreat, classes) and what this preparation has meant to you.

Fourth Paragraph (a few sentences): I chose ... _____ as my Confirmation sponsor because...

Fifth Paragraph (a few sentences): Complete this thought: "As a full member of the Church I promise to strive to..."

Respectfully yours,

[Your First and Last Name]

LETTER TO THE PASTOR IS DUE BY THURSDAY, APRIL 22, 2021.

PLEASE TURN IT IN TO THE FAITH FORMATION OFFICE to receive credit for turning it in. All letters will be delivered to the pastor Thursday, April 22, 2021.

Service Project Report

Name: _____

DUE APRIL 22, 2021

My Confirmation calls me to a lifetime of service. To begin being of service, I chose as my service project:

In doing my service project, I used my gift of:

The part of my service project that gave me the most satisfaction was:

The most difficult part of my project was:

I plan to continue being of service in my Church and my community. I will do this by:

Complete and turn in pages 13 and 14 by April 22, 2021.

Name: _____

DUE APRIL 22, 2021

SERVICE LOG (minimum of 20 hours)

DATE	HOURS	TYPE OF SERVICE	SUPERVISOR'S SIGNATURE / COMMENTS

****Each confirmand is asked to give a MINIMUM of 20 hours of service****

Complete and turn in pages 13 and 14 by April 22, 2021.



Saint Report

The candidate's saint report should be **one page in length** (remember to **include your full name** so you get credit for turning it in) and answer the following questions:

- 1) Whom did you choose as your saint? (Include biography and history in your own words.)
- 2) What did they do, while they were alive, that they were considered for sainthood?
- 3) What do you admire about this saint?
- 4) Why did you choose this saint?



SAINT REPORT DUE: THURSDAY, FEBRUARY 25, 2021.

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CONFIRMATION NAME

In 1973, the Rite of Confirmation began to focus on how closely Baptism and Confirmation are related and the church asks that we use our Baptism name at Confirmation. Confirmation “confirms” what happens in Baptism. Baptism, Confirmation and Eucharist are Sacraments of Initiation.

If you decide to choose a new name, it should be of a saint, a person from the Bible or someone whose example you admire and models the Catholic faith for you.

Your baptismal (given) name will be on the Confirmation card (presented to the bishop) unless you notify the Faith Formation Office by December 10 that you would like to use a different name.

Whether you keep your Baptism name or choose a new one, you should know the ‘story’ of your name, your person – someone who is a model for you – someone who lives/lived his/her life following Christ and led others to Christ.

You may use the reference books at Saint Luke for research. Whichever you decide, your choice should be made carefully and with prayer. It isn’t too early to begin to think about a Confirmation name. January will be here before you know it!

**Your name choice is due
January 14, 2021.**

YOUR NAME: _____

Confirmation name: _____



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SELECTING A SPONSOR

In preparation for Confirmation you are asked to choose a sponsor--- "a spiritual friend"---to help you take this important step. A sponsor should be someone with whom you can easily talk; someone who models the Catholic faith for you. It is strongly recommended that you select a sponsor who is either in the Saint Luke faith community or in the McLean area. If you select a sponsor who lives at a great distance, please communicate with them by letter/phone/e-mail---perhaps even a visit. If your sponsor is not in the local area, a confirmed adult must work with you as a proxy.

CONFIRMAND NAME: _____

ADDRESS: _____

City	State	Zip
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HOME PHONE: _____

E-MAIL: _____

SPONSOR NAME

I have asked _____ to be my Confirmation sponsor. (Full Name)

He/She is _____. (Relationship)

My sponsor _____ IS _____ IS NOT a REGISTERED member of Saint Luke parish.

Requirements for being a sponsor are:

- 1) designated by the Confirmation candidate or their parent;
- 2) completed their sixteenth year;
- 3) a Confirmed, active, practicing Catholic;
- 4) may be male or female; and,
- 5) may NOT be the father or mother of the candidate. (Canon Law)
- 6) must complete and turn in Sponsor Certificate (included in the Sponsor Booklet) to the Faith Formation Office (703-356-8419).

[The Sponsor Certificate (located in the Sponsor Booklet) is to be completed by your Sponsor and signed by his/her pastor and is due January 21, 2021.]

COMPLETED SPONSOR NAME FORM IS DUE
Thursday, December 3, 2020.