

Confirmation Candidate Booklet

2024-2025



Saint Luke Catholic Church
Religious Education Office
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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. In John 10:10, we hear that "I came that they might have life and have it abundantly". Confirmation unites us more firmly to Christ and that's what brings us an abundant life: to be united to Christ. The Confirmation preparation process is for learning the next steps will lead to a better life.

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 and in this 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 must 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 is May 21, 2025 at 5:30 PM with Bishop Michael F. Burbidge, Bishop of Arlington.**

Confirmation 2025 Due Dates/Important Dates:

October 23, 2024: Confirmation Parent/Student Meeting 7 PM Flaherty Hall
(This meeting is NOT Mandatory but is provided for you to ask questions.)

November 15, 2024: Retreat RSVP due

December 6, 2024:

1. Application Form: Online available via email and on parish website under Religious Education Tab: www.saintlukemclean.org/confirmationapplication
2. Parent and Teen Essays
3. Administrative Fee Due to Religious Education Office.

January 12, 2025: Small Group Meeting 12:00-1:00 PM School Gym

February 9, 2025: Small Group Meeting 12:00-1:00 PM School Gym

February 10, 2025: Saint Report Project

February 24, 2025: Overnight Retreat permission slip due

March 6, 2025: Sponsor/Proxy Certificates

March 2025: April Priest Interviews Assigned (to take place in April)

March 9, 2025: Small Group Meeting 12:00-1:00 PM School Gym

March 22, 2025-March 23, 2025: Overnight Retreat

April 2025:

Interview with a Priest (As scheduled in March)

April 6, 2025: Small Group Meeting 12:00-1:00 PM School Gym

April 7, 2025:

1. Works of Mercy Project Reports
2. Letter to the Bishop

May 1, 2025: Day Retreat Permission Slip Due

May 10, 2025: BASH (Attendance required by those that did not attend in 2024) 3:30-8:30 PM

May 17, 2025: Day Confirmation Retreat 11:00-6:30 PM

May 19, 2025: Confirmation Rehearsal (Students and Sponsors/Proxy should attend) 6:30 PM

May 21, 2025: Confirmation Ceremony 5:30 pm with Bishop Burbidge

Students and Sponsors should arrive No Later than 4:30 PM

SAINT LUKE CONFIRMATION REQUIREMENTS

Confirmation is an essential/integral part of the overall initiation of a member into the existing faith community. Confirmandi, 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.
- b. Enrollment in and regular attendance at Religious Education classes (or Catholic school); any absence must be excused. More than three absences are a matter for serious consideration.
- c. Regular attendance at Religious Education 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. Communication with your sponsor, on a regular basis, to complete activities that are in the Sponsor Booklet.
- f. Sponsors/Proxy must sign a Sponsor Commitment Form stating that he or she is a practicing Catholic and understands what is required of a sponsor.
- g. All paperwork listed on the Check List.
- h. Know the answers to the Bishop's Confirmation Questions

The Sacrament of Confirmation will be held on May 21, 2025 at 5:30 PM.

CONFIRMATION ADMINISTRATIVE FEE

There is a Confirmation Administrative Fee of \$100. The Confirmation Administrative Fee helps offset the parish's expenses related to Confirmation including retreat supplies, materials, giveaways, rental of Confirmation robes and the reception and entrance to Diocesan BASH.

This fee is a not part of tuition that is paid for Religious Education Classes, Saint Luke School and other private schools. The fee is payable by cash or check made out to Saint Luke with a note in the Memo: Confirmation Administrative Fee. Please turn payment into the Religious Education 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 Religious Education Class Fees.
In the "note" field, indicate Confirmation Administrative Fee and your child's name.

The fee is due **December 6, 2024.**

SMALL GROUP SESSIONS

All 8th grade students are required to attend **four** small group sessions. These small group sessions will give students the opportunity to grow in their faith and their relationship with Jesus Christ and to be able to have conversations about their faith and build community with one another and adult mentors. This is a change from the initial dates.

Small Group Sessions are held from 12:00-1:00 PM on Sundays on the following dates:

January 12, February 9, March 9, April 6

All Sessions are mandatory. This is a change from original dates!

ESSAY FROM PARENTS AND STUDENTS Due December 6, 2024

Student Essay:

Please answer **one** of the following questions in a five-hundred-word essay. This can be submitted via email to eteter@saintlukemclean.org or in paper format or via google form here:

<https://forms.gle/goyVSFavsg38637E6>

The essay's purpose is to help us to get a better sense of where the candidate is starting this part of their faith journey. Please be honest, we are not looking for a perfect or particular answer.

1. What type of Christian man or woman do you envision being in the future?
2. What steps do you need to take to get closer to God?

Parent Essay:

Please answer **one** of the following questions in five hundred words or more. This can be submitted via email to eteter@saintlukemclean.org or in paper format or via google form here:

<https://forms.gle/P83PYPzg6bfgzLWK9>

This essay's purpose is to help us get a gauge of where you, as a parent, are as you journey towards Confirmation with your child. Please be honest, we are not looking for a perfect or particular answer.

1. How have you shared with your teen the importance of this sacrament?
2. What is the hope or vision you have for your child after he or she receives this sacrament?

Please submit these essays by December 6, 2024.

CONFIRMATION RETREAT

SATURDAY, MAY 17, 2025, 11:00 AM- 6:30 PM (Vigil Mass Included)
SATURDAY MARCH 22-23 (10 AM- March 23 at 1 PM)

As part of the Confirmation process in the Catholic Diocese of Arlington, each confirmand **must** attend a retreat. Information regarding the schedule of the day and what to expect will be sent home via email as we get closer to Confirmation. Adults and confirmed teens from our faith community help to facilitate the retreat. Parents and sponsors are welcome to attend as facilitators or helpers for the retreat. The day will include small groups, an opportunity to go deeper into the faith, time in adoration, Confession and Mass.

Students are expected to attend the **ENTIRE** retreat. The retreat will include a Vigil Mass at 5:30 PM. Family members are invited to attend the Mass. Attendance is mandatory.

For students who are interested in going deeper than a one-day retreat would allow, we are offering an overnight retreat March 22-23, 2025 from 10 AM-1 PM (March 23). This retreat will cost \$50 per student and will feature Mass, Adoration, talks, reflection, and small group conversations, along with heaps of fun and an evening away on retreat.

Please select which retreat you would like for your child to attend by **November 15, 2024** online here:

<https://forms.gle/eqDgb7RbJXSESzDF7>

The Day Retreat Permission Slip is Due February 24, 2025.

The permission slip for the overnight will be distributed to those that are attending.

CONFIRMATION SAINT NAME REPORT PROJECT

Due February 10, 2025

“The witnesses who have preceded us into the kingdom, especially those whom the Church recognizes as saints, share in the living tradition of prayer by the example of their lives, the transmission of their writings, and their prayer today. They contemplate God, praise him and constantly care for those whom they have left on earth. When they entered into the joy of their Master, they were “put in charge of many things.” Their intercession is their most exalted service to God’s plan. We can and should ask them to intercede for us and for the whole world.” --Catechism of the Catholic Church 2683

Each Confirmation candidate is required to select the name of a canonized (A Blessed is fine as well) holy person which will be conferred on the candidate during Confirmation by the Bishop. After receiving Confirmation, this “Saint name” becomes an official part of the Confirmed person’s name. As Catholics, we believe that we are in a relationship not only with our brothers and sisters in faith who are alive today, but also with our brothers and sisters who have gone before us, the saints. Candidates should choose the name of a holy person they most admire, wish to follow in his/her footsteps, or ask for intercession as a friend in Heaven.

The candidate’s saint report must answer the questions on the Saint Report Sheet in any of the below formats. See the guidelines below for each format:

Acceptable formats:

Saint Report Sheet (neatly handwritten or typed)

Google Slides/PowerPoint

Presentation: any form of recorded presentation

Saint Report Sheet:

Use the attached sheet to answer the included questions neatly written or typed and return to the Religious Education Office via email or paper copy.

Google Slides/PowerPoint:

--You may use Google Slides, PowerPoint or any slide type program to answer all of the questions on the Saint Report Sheet. When finished, save and share/ email it to eteter@saintlukemclean.org.

--You must include a picture of the Saint you have chosen.

--You must include no less than 5 slides

--Please be sure to include your name on the final product as well as the name of the Saint you have chosen.

Presentation: video or any other form or recorded presentation

--When finished, save the presentation and email it to eteter@saintlukemclean.org

--You must answer all of the questions on the Saint Report Sheet. (Be creative!)

--Your presentation must be at least 30 seconds in length minimum/answer all the questions (whichever is longer)

--Please be sure to include your name on the final product as well as the name of the Saint you have chosen.

Questions to be answered in any of the above formats:

Name of your chosen saint

Date of birth and date of Saint’s Death and their Feast Day.

Country where your saint lived.

Why did YOU choose this specific Saint?

Summary of your chosen Saint’s life and accomplishments (Use your own words!)

When was your Saint canonized? Why was your chosen saint canonized?

SELECTING A SPONSOR

In preparation for Confirmation, you are asked to choose a sponsor--"a spiritual friend"--to help you take this major step. A sponsor should be someone with whom you can easily talk; someone who models the Catholic faith for you. It is important to select a sponsor who is an example of faith and with whom you can communicate. If they are not local, you'll need to be able to ensure that they can be in communication with you and willing to be a part of your life. If your sponsor is not in the local area, a confirmed adult must work with you as a proxy. A proxy can be a parent, while a sponsor may not be.

Requirements for being a sponsor:

- May not be one the candidate's parents (Code of Canon states that a parent cannot be the sponsor for their own child for Confirmation).
- Must be 16 years or older at the time of the Confirmation Mass.
- Must have received the Sacraments of Initiation (Baptism, Eucharist, and Confirmation)
- Must be a practicing Catholic who faithfully attends Mass on Sundays and all Holy Days and leading a life based on Catholic Moral Principles.
- If married, they must have been married in the Catholic Church.

The Sponsor Certificate is on the last page. Please encourage your child to prayerfully discern who they would like to have as their Confirmation sponsor. If they are unable to attend the Confirmation ceremony, another adult may stand in as their proxy (that adult must also get a sponsor certificate signed). The Sponsor Certificate is due by March 6, 2025.

Sponsor Certificates are not required if the sponsor is a parishioner at St. Luke. If the sponsor is a St. Luke parishioner, please send their name to pslusser@saintlukemclean.org by March 6, 2025.

The Sponsor Certificate/Name of the Sponsor should be returned to the Religious Education Office by March 6, 2025.

CONFIRMATION INTERVIEW

Each Confirmand will interview with Fr. Guest or Fr. Carroll. This interview is approximately 5-10 minutes in length and must be attended with a parent. Interviews will be conducted in April 2025 and scheduled in March 2025.

Please review the following questions for the Interview:

1. What is a sacrament?
2. What is grace?
3. When did Jesus institute the Sacrament of Confirmation?
4. What are the Seven Gifts of the Holy Spirit?
5. What did the Apostles do after Pentecost?
6. What is special about the Church? What are the four marks of the Church?
7. How is the Sacrament of Confirmation celebrated?
8. What is Sacred Chrism?
9. How will I live the Sacrament of Confirmation?
10. Who is your Confirmation Saint? (Be able to tell the Bishop about your Confirmation Saint, What the Saint did to inspire you and why you chose that saint)
11. Why do you want to be Confirmed?

See answers to these questions at the end of this document.

WORKS OF MERCY PROJECT GUIDELINES

“It is you young people that the task first falls of bearing witness to the Faith and bringing into the third millennium the Gospel of Christ, who is the Way, the Truth and the Life” --St. John Paul the Great.

As you prepare for Confirmation, it is vital that you understand that need for serving your fellow man as well as your brothers and sisters in faith. The Works of Mercy are powerful ways to serve others.

“The works of mercy are charitable actions by which we come to the aid of our neighbor in his spiritual and bodily necessities. Instructing, advising, consoling, comforting are spiritual works of mercy, as are forgiving and bearing wrongs patiently. The corporal works of mercy consist especially in feeding the hungry, sheltering the homeless, clothing the naked, visiting the sick and imprisoned and burying the dead” (Catechism of the Catholic Church 2447).

The Works of Mercy Projects are designed to provide those seeking Confirmation with opportunities to better understand the role that serving the needs of others plays in leading a Christ-like life and living out the Faith as Catholic adults. The Church calls on each of us to fulfill its mission of spreading the Gospel message and sharing the love God has shared with us through the teachings of Jesus. By completing your Corporal and Spiritual Works of Mercy project, you will experience a taste of the many ways the Catholic Church inspires us to love others, especially those most in need.

The Seven Corporal Works of Mercy: feed the hungry, give drink to the thirsty, clothe the naked, shelter the homeless, visit the sick, visit the imprisoned, and bury the dead.

The Seven Spiritual Works of Mercy: instruct the ignorant, counsel the doubtful, admonish the sinner, comfort the afflicted, bear wrongs patiently, forgive offenses willingly, pray for the living and pray for the dead.

For your Works of Mercy Projects, you will perform tasks relating to the Corporal and Spiritual Works of Mercy. You must complete **4 tasks** in total: **2 Corporal Works of Mercy** (One **MUST** include participation in Grate Patrol) and **2 Spiritual Works of Mercy**.

Other than Grate Patrol, each task should take about two hours cumulatively (so 1 hour for two days, 2 hours one time, 30 minutes for 4 days etc.). Please complete the Work of Mercy Project Form for each Work of Mercy you complete (You'll have 4 total). These can be filled out and emailed or turned into the Religious Education Office as you complete them.

Please note: You may only use tasks that you have completed since the start of the **2023-2024** School Year. Tasks done prior to this may not be used. You can refer to the reference page for suggestions on different works of Mercy that you can complete.

What is Grate Patrol?

Grate Patrol is a hands-on service opportunity that helps those experiencing homeless to be seen, known and loved by conversation and distribution of needed items. It has grown to allow for the entire parish to be involved by stocking bags with essentials, keeping them in their car and then distributing to those in need on their own. Grate Patrol gives parishioners the opportunity to interact with those who are experiencing homelessness. A lot of background work goes into prepping bags and Confirmation Students are **required** to participate in Grate Patrol as one of their Corporal Works of Mercy Projects. Students will have opportunities to participate in a Grate Patrol activity starting in December and continuing through March. Students/Parents will receive emails to sign students up in advance. *Students may substitute a Knights of Columbus Food Distribution activity in place of Grate Patrol.* Students and parents are encouraged to volunteer for Grate Patrol together. An email sign up will be sent out to students and parents to register for a session.

All Works of Mercy Projects are due by April 7, 2025

Works of Mercy Reference Page

The activities listed on this page are suggestions. You are not limited to these activities alone for your Works of Mercy Projects. Be creative! You can check the parish website or bulletin for more activities on how to serve. If you have a question about what might be acceptable, please contact the Religious Education Office.

Corporal Works of Mercy:

Feed the Hungry/Give Drink to the Thirsty: Participate in Grate Patrol more than once, organize a food donation drive, and work in a soup kitchen.

Clothe the Naked: Do a winter coat drive, do a clothing drive, knit scarves for those in need, distribute winter clothing items to those in need.

Visit the Sick: Visit a nursing home (in a safe manner), volunteer with an organization that connects you to have conversations with seniors, deliver groceries/needed items to the homebound.

Shelter the Homeless: Participate in a walk for the homeless, volunteer at a homeless shelter or host a drive for toiletries for a homeless shelter, create a meal or serve a meal at a homeless shelter.

Visit the Imprisoned: Collect paperback books to donate to a jail library, help work with restorative justice programs, write letters to politicians to end the death penalty.

Bury the Dead: Attend a funeral, visit a cemetery and pray for departed souls, assist with a bereavement luncheon.

Spiritual Works of Mercy:

Admonish the Sinner: Gently correct someone who is misguided (this does not mean walk around and yell at a sibling)

Instruct the Ignorant: Assist in a Religious Education class for the school year, help a younger sibling with homework, help a younger sibling learn prayers, tutor someone younger than you, assist with Best Week Ever (VBS) or the school open house.

Counsel the Doubtful: Lend encouragement to someone who is feeling down, create cards for those who are hospitalized for mental health issues.

Comfort the Sorrowing: Make a card for someone who is ill or who has recently lost a loved one, work with organizations who help comfort those who lost their pregnancies.

Bear Wrongs Patiently: Discuss an occasion where you turned the other cheek.

Forgive all Injuries: Offer forgiveness/make peace with those that you struggle with.

Pray for the Living and the Dead: Attend the March for Life, Attend the Life is Very Good Rally in January, Offer prayers for the souls in purgatory, attend a holy hour or a rosary or Stations of the Cross, Do an "Encounter" that's sponsored by the Office of Youth, Campus and Young Adult Ministries:

<https://www.arlingtondiocese.org/encounters/>

A LETTER TO THE BISHOP REQUESTING THE SACRAMENT OF CONFIRMATION
Due April 7, 2025 to the Religious Education Office

You are free to respond to God's call to live your faith more deeply – to worship, witness and serve as a confirmed Catholic Christian. If you wish to receive the Sacrament of Confirmation, write a formal letter of request to Bishop Burbidge stating your desire to be confirmed. **Please type your letter.**

Follow these guidelines:

DATE

GREETING Begin your letter with the greeting: Your Excellency,

BODY OF THE LETTER

Paragraph 1: Introduce yourself. Say something about your family or your background.

Paragraph 2: Request the sacrament. 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 talk about specific parts of your preparation: your prayer life, your celebration of the other sacraments, your service to others exercised at home, in the community and in the parish, etc.

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

CONCLUSION Conclude the letter and write your complete signature.

Please be sure to check your spelling and grammar.

*** Sample Letter on the back of this sheet ***

Letter to the Bishop – Sample Letter

April 7, 2025

Your Excellency,

Hello. My name is _____. I am currently in _____ grade and am getting ready to start High School this coming fall. My family and I belong to St. Luke Parish in McLean, VA. I have an older brother and a younger sister. I have lived in _____ for about _____ years. I enjoy _____ (list some activities you are involved in).

I am writing you today to request to receive the Sacrament of Confirmation. I want to be confirmed because _____. I know that when I receive the gifts of the Holy Spirit, I will be more fully equipped to face the challenges that I will have in the future. I want my Catholic Faith to always be a big part of my life, and I know that Confirmation will give me the grace I need to keep it like that.

I have done a lot of work in preparation for Confirmation. I began my preparation in 7th grade, reviewing important information about Jesus, the Bible, and the Church. I have finally chosen my Confirmation saint, who is St. _____, whom I admire very much because _____. I completed a brief report on him/her for my Religious Education/school class. I completed all my class assignments and homework, which taught me a great deal about the Faith. I found a sponsor, and completed a Works of Mercy Project, which helped me see the importance of serving others, which is something Jesus always teaches us to do.

Once I am confirmed, I will continue to live my Catholic Faith for the rest of my life by doing the following: _____. I look forward to meeting you, your Excellency, when you come to St. Luke to celebrate Confirmation.

Sincerely in Christ,

(Signature here)

John (Jane) Smith

BASH

BASH is the largest gathering of Catholic middle school students (6th-8th graders) every year! This event is a celebration of our Catholic faith and love of the Lord. Hundreds of middle school students to gather for an evening of faith, fellowship, and fun! This event includes music, games, inspirational speakers, confessions, and Sunday Vigil Mass.

Because it's such a large gathering of middle schoolers and a great example of Church, students should attend BASH in 7th (2024) or 8th grade year (2025). If you did not attend in 2024 as a 7th grader, you are **required** to attend this year (2025).

Dates of BASH 2025: **May 10th, 2025 3:30-8:30 PM** at Bishop O'Connell High School.
Cost of the day will be covered under the Confirmation Administrative Fee.



DIOCESE OF ARLINGTON

Questions in Preparation for Confirmation *Most Rev. Michael F. Burbidge*

By the gift of the Holy Spirit poured out in Confirmation the faithful are more fully conformed to Christ and they are strengthened with the power to bear witness to Christ.

(Cf. Order of Confirmation, no. 1)

“Bishops are ‘beyond all others the ones primarily responsible for catechesis, the catechist 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 answers to these questions can be found at the below and online at the following website:

<https://www.arlingtondiocese.org/confirmation-burbidge-questions.pdf>

1. What is a Sacrament?

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

2. What is grace?

Grace is a supernatural gift from God to make us holy and to unite us with Him now and forever. Each sacrament gives and strengthens the active presence, life, and love of the Holy Trinity in us. Each sacrament gives its own special graces.

3. When did Jesus institute the Sacrament of Confirmation?

Jesus promised to the Apostles that he would ask the Father to send the Holy Spirit to enlighten, strengthen, and guide them. At Pentecost (fifty days after Easter), the Holy Spirit descended upon the Apostles. Tongues of fire rested upon their heads and the fire of God's love filled their souls.

4. What are the Seven Gifts of the Holy Spirit?

1. Wisdom *helps us to know God's will for our lives.*
2. Understanding *enables us to make the faith our own.*
3. Knowledge *allows us to come to know and be in relationship with God.*
4. Fortitude *helps us to be courageous in the defense of our faith.*
5. Counsel *aids us in making right judgments.*
6. Piety *assists us in being prayerful, reverent, and holy.*
7. Fear of the Lord *is a holy awe and reverence for God.*

5. What did the Apostles do after Pentecost?

Filled with the gifts of the Holy Spirit, the Apostles went forth to fulfill what Jesus commanded them: "Go forth to all nations. Preach the Gospel. Baptize in the name of the Father, and of the Son, and of the Holy Spirit. Teach everything I have commanded you." To this day, the Church continues to fulfill what Jesus commanded.

6. What is special about the Church? What are the Four Marks of the Church?

The Church is founded by Jesus Christ. It has four marks:

1. The Church is one because of her source, foundation, and bonds of unity in Christ.
2. The Church is holy because she is united with Christ, who through the Church sanctifies all people and makes possible holiness in life.
3. The Church is catholic because the Church is universal across all times and all places.
4. The Church is apostolic because she traces her teaching and authority to the Apostles.

7. How is the Sacrament of Confirmation celebrated?

Confirmation is celebrated by the community gathered around the Bishop, and it is always celebrated within a Liturgy of the Word.

After the Gospel, the candidates are called and the Bishop instructs them in a homily. The Bishop then asks the candidates to renew their baptismal promises.

Next, the Bishop expresses the Church's prayer that the Father send the Holy Spirit.

Then, the Bishop places his hand on the head on the candidates, and then he anoints the candidates with Holy Chrism by making the sign of the cross. After the anointing, he offers peace to the candidates.

Finally, the community prays for the newly Confirmed.

8. What is Sacred Chrism?

Sacred Chrism is a perfumed oil blessed by the Bishop. Anointing with Sacred Chrism signifies the outpouring of the Holy Spirit and our being made more like Christ in order to continue his work in the world.

Oils were used by the Jewish people to anoint priests, prophets, and kings. These anointings showed that God called them to a special role of leadership and would empower them with the graces needed to fulfill the responsibilities.

In Confirmation, Christians are anointed with Chrism. By receiving the Holy Spirit, we are made more like Christ and are strengthened in doing Christ's work in the world. The Seven Gifts of the Holy Spirit empower us to fulfill these responsibilities.

Chrism reminds us of the sacred character sealed on our soul (as oil on a garment leaves a permanent mark, so Confirmation leaves a permanent mark on the soul). The fragrance of Chrism reminds us, as St. Paul said, to "put on the aroma of Christ."

9. How will I live the Sacrament of Confirmation?

Be able to tell the Bishop how you will live the Sacrament of Confirmation.

For example,

- *attend Mass each Sunday and Holy Day;*
- *pray each day;*
- *read Sacred Scripture;*
- *go to confession regularly;*
- *continue to learn about the faith;*
- *help in the mission of the Church (for example, by participating in the life of my parish);*
- *faithfully fulfill my vocation (for example, be married in the Church and, God willing, raise children in the faith; for example, say "yes" to the call to be a Priest, Sister, or Brother).*

10. Who is your Confirmation Saint?

Be able to tell the Bishop about your Confirmation Saint, what that Saint did to inspire you, and why you chose the saint.

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CONFIRMATION SAINT REPORT PROJECT

Student Name: _____ FIRST MIDDLE LAST
Teacher Name: _____ CLASS SESSION: _____

Name of your chosen Saint: _____

Saint's **date of birth**: _____ Saint's **date of death**: _____ Saint's **Feast Day**: _____

Country where your saint lived: _____

Why did **YOU** choose this specific Saint? _____

Write a brief summary of your chosen Saint's life and accomplishments: (*Use your own words!*)

When was your Saint canonized? _____ (the act by which the Catholic Church or Eastern Orthodox Church declares a person to be a **Saint**, and is included in the canon, or list, of recognized **Saints**)

Why was your chosen saint canonized? _____

NEATLY HAND-WRITE OR TYPE YOUR ANSWERS, FILLING IN EACH BLANK!
NO ONE SENTENCE ANSWERS! YOU MAY USE ADDITIONAL SHEETS OF PAPER, IF NECESSARY.

Due February 10, 2025

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MAKE SEVERAL COPIES OF THIS FORM

WORK OF MERCY PROJECT FORM (ONE WORK OF MERCY PROJECT PER PAGE)
DUE BY APRIL 7, 2025

Student Name _____
FIRST MIDDLE LAST FAMILY NAME IF DIFFERENT
Teacher Name: _____ CLASS SESSION: _____

→ Complete a separate "Work of Mercy Project Form" for each work of mercy in which you participate.

Please select which Work of Mercy you completed:

- Grate Patrol
- Corporal Works of Mercy
- Spiritual Works of Mercy

Name of Works of Mercy Project: _____

Which specific Work of Mercy is this? : _____

What did you do? _____

What did you enjoy about this project? : _____

What did you learn from this experience? : _____

How did this experience help you to follow Christ's example? _____

How did this experience help you to see Christ in others? _____

How did this experience help you to grow closer to Christ? _____

Please neatly print all the information. Think about the questions before you begin writing.

Due by April 7, 2025.

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Confirmation Retreat PERMISSION SLIP

Participant's Name (Please print)	Home Phone	
Address	City/State/Zip	
Parent's Name	Mobile Phone	Work Phone

Safety: As the participant, I agree to follow all procedures, safety precautions, and rules and regulations set forth by the Diocese and the Parish.

Signature	Date
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Parental Permission and Liability Release: As parent/legal guardian of the participant names above, I give my permission to participate fully in the **Confirmation Retreat at St. Luke Church on May 17, 2025 from 11:00 AM to 6:30 PM.** I agree to indemnify and hereby release the Most Reverend Michael F. Burbidge of the Catholic Diocese of Arlington and his successors in office, as well as the Catholic Diocese of Arlington and all Diocesan clergy, employees, volunteers, and participating parishes and schools from any and all liability, claims, demands for personal injury, sickness and death, as well as property damage and expenses of any nature whatsoever which may be incurred by the undersigned of the participant resulting from said participant's involvement in the above mentioned event (including transportation to and from the event). Furthermore, I on behalf of the participant hereby assume all risk of personal injury, sickness, death, damage, and expenses resulting from said participant's involvement in the above-described event.

Informed Consent to Medical Treatment: I request that in my absence the above-named minor be admitted to any hospital or medical facility for diagnosis and treatment. I request and authorize physicians, dentists, and staff, duly licensed as Doctors of Medicine or Doctors of Dentistry or other such licensed technicians or nurses, to perform any diagnostic procedures, treatment procedures, operative procedures and x-ray treatment of the above minor. I have not been given a guarantee as to the results of examination or treatment. I authorize the hospital or medical facility to dispose of any specimen or tissue taken from the above-named minor. I assume full responsibility for all costs of such treatment. Further, should it be necessary for the participant to return home due to medical, disciplinary, or other reasons, I do hereby assume responsibility for the participant's transportation home and any costs related thereto.

Photo, Press, Audio, and Electronic Media Release: I authorize the Catholic Diocese of Arlington, its parishes, its schools and/or the Arlington Catholic Herald to use and publish my child's photograph, video and/or audio recording along with their name identifying them for educational, news stories, illustration and/or marketing purposes.

Emergency Contact: Name _____ Relationship: _____
Phone Number: (H) _____ (W) _____ (C) _____

Health Information: Are there any medical conditions which may affect the participant's involvement in the above event?

Are there any known allergies including any allergies to medicine? _____

Physical and Medical Insurance: Primary Healthcare Provider _____ Phone _____
Insurance Company _____ Policy Number _____

I understand and hereby agree to the terms and conditions of the participant's involvement in the above-described event, and I freely execute this acknowledgement with full knowledge of its content.

Signature of Parent or Legal Guardian	Date
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Due by May 1, 2025

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St. Luke Catholic Church
Religious Education Office
7001 Georgetown Pike McLean, Virginia 22101
Phone 703-356-8419

SPONSOR CERTIFICATE FOR CONFIRMATION

Confirmation Candidate's Name: _____

Sponsor's Name: _____

ELIGIBILITY REQUIREMENTS FOR A SPONSOR

- May not be one the candidate's parents (Code of Canon states that a parent cannot be the sponsor for their own child for Confirmation).
- Must be 16 years or older at the time of the Confirmation Mass.
- Must have received the Sacraments of Initiation (Baptism, Eucharist, and Confirmation)
- Must be a practicing Catholic who faithfully attends Mass on Sundays and all Holy Days, and leading a life based on Catholic Moral Principles.
- If married, I was married in the Catholic Church.

I, _____, affirm I fully meet the above eligibility
Sponsor's Printed Name
requirements to stand as Sponsor for the above-named Candidate.

Sponsor Signature: _____ Date: _____

Home Address: _____
Street Address City State Zip Code

Contact Phone Number: _____

Full home parish name and address: _____

Priest/Deacon Signature of Sponsor's Home Parish

Seal of the Sponsor's Home Parish

Date

Please return to St. Luke Catholic Church Religious Education Office 7001 Georgetown Pike McLean, VA 22101 by
March 6, 2025.

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