



Confirmation Sponsor Booklet

2024

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

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

Dear Sponsor,

Sponsor! Who's a sponsor? What does a sponsor do? Do you suddenly find yourself in the role of a sponsor? Had you ever imagined yourself as a mentor or spiritual guide?

Are you thinking, "I'm not perfect, how can I do this, I don't consider myself holy and certainly no holier than anyone else" or "How am I supposed to guide someone else when I don't always know what to do myself, especially spiritually?" In his encyclical *Evangelii Nuntiandi*, Pope Paul VI says: "Modern man listens more willingly to witnesses than to teachers, and if he does listen to teachers, it is because they are witnesses" (41). You are a witness to those around you, most especially to the young person you are sponsoring. They saw within you the virtues and life of faith that we hold dearly as Catholics. It is your witness that is inspiring to those around you.

You ask, "So now, what do I do?" Trust your candidate's insight and go with it. Trust God, too, and ask for the grace to walk this journey of faith. Pray with and for your candidate.

Being a sponsor is both a privilege and a responsibility. The purpose of this booklet is to help you better understand what is required of a sponsor and offer some practical tips on ways of sharing your faith. The most important quality in being an effective sponsor is your own faith journey and witness to Christ. The love and commitment you display toward your Catholic faith is an example to your candidate. Values and faith speak for themselves in the lives we live.

Our values and faith are taught by our witness and that witness will change the world. One of the best parts of my job is talking to young people about who they choose as their sponsor. The influence and impact you have on them is a grace you may not get to know, but please know that your life is a witness to them! My prayer for you is that as you walk this journey towards Confirmation with your candidate, you realize how truly loved you are by Christ and that you desire nothing short of heaven for yourself and those around you, most especially, the candidate whom you are sponsoring. I look forward to seeing you at Confirmation on May 22, 2024.

Peace in Christ,

Emily Teter
Director of Religious Education

****The last page of this book contains the Sponsor Certificate. Please have this filled out by your home parish and returned to St. Luke ASAP. Sponsors who are parishioners of St. Luke Church do not require a certificate, but their name must be submitted by the candidate they are sponsoring. Names and certificates can be emailed to eteter@saintlukemclean.org****

Congratulations: You are about to embark on a rewarding journey to share and grow in your own faith. In accepting the invitation to be a sponsor or mentor for your candidate, you are making a commitment to help him or her grow in his or her relationship with God and the Church. This is also an opportunity for you to renew and deepen your own faith. This handout is designed to help you prepare your candidate for the Sacrament of Confirmation and to guide you in fruitful conversations with your candidate.

Understanding Your Role

Your role as a Confirmation sponsor is multifaceted. As you accompany your candidate throughout the preparation process, your role includes affirming the strengths of your candidate and pointing out ways he or she can grow and become better in the practice of faith. It may involve some guidance, teaching, and explanation of points brought up in the candidates' sessions. Your candidate may look to you for examples of how to live a life of faith. The role of a sponsor is one of companionship. Good sponsorship does not demand perfection. It flows from walking with the candidate, sharing your own faith story and experience, and listening to his or her story. You do not need to be an expert in adolescent psychology or the doctrines of the faith. Good sponsorship is based on your willingness to share your own experiences of being Catholic and growing in your relationship with God.

During the Confirmation Preparation Process you may:

- Participate in service projects with your candidate
- Spend time with your candidate doing the activities and dialogue that are found in this handout
- Share how life in the Church has been a part of your everyday life
- Listening to any and all questions your candidate has and seek understanding together

What is Confirmation?

The Sacrament of Confirmation celebrates an outpouring of the Holy Spirit and increases the gifts in us. These gifts give us the opportunity to be strong in professing our faith. Confirmation also completes baptismal grace. The Spirit has already been active in the Sacrament of Baptism. Confirmation strengthens our bonds with the Church and empowers us to witness. Just as the Apostle went forth fearlessly to proclaim the Good News after Pentecost, those who receive the Holy Spirit's outpouring in Confirmation also become the bearers of glad tidings in word and deed. Young people who are baptized as infants celebrate Confirmation in the 8th grade in this diocese. When confirmation is celebrated it more fully binds the candidate to the Church and enriches him or her with the special strength of the Holy Spirit to witness to Christ as a member of Christ's body.

Symbolism and History:

The Sacrament of Confirmation was originally a rite of hand-laying and anointing with fragrant oil that immediately followed Baptism and "confirmed" it. This anointing was carried out by the bishop. As the young church grew and communities of Christians spread throughout the known world, the bishop was unable to be present at every Baptism, so changes were made to the Rite. In the Roman Rite, the hand laying and anointing were delayed until a later time when the bishop could carry them out in person. This was the origin of Confirmation as a separate sacramental celebration. In the Eastern Rite, the priest who baptized would anoint the newly baptized immediately.

Prayers:

Prayer for your Candidate Come Holy Spirit, enlighten [Name]. Open his/her heart to see the gift of your presence in all of life. Give [Name] wisdom, to make good choices, courage to stand up for the right things, and perseverance and fortitude to live as a disciple. Amen

Sponsor Prayer

Spirit of Wisdom, guide me on this journey that I may be a true witness to the Gospel of Jesus and the mission of the Church. Put your thoughts in my heart and your words in my mouth that I will fulfill this ministry with goodness, generosity, and grace. Amen

Sponsor Checklist

During the Preparation Process

- Determine with your candidate the times you will meet/talk for faith sharing after each session.
- Mark the date of the celebration of Confirmation in your calendar: May 22, 2024
- Discuss the candidate's saint report with them and who they chose as their saint.
- Help them to reflect upon their Works of Mercy Projects and terms of learning to live out their faith and grow in their faith. If possible, work on them together.
- Reflect on what you would like to receive from this time
- Periodically attend Mass with your candidate and talk about the readings and homily afterwards.
- If you are involved in a parish ministry or group, invite your candidate to join you.
- Discuss the Confirmation Retreat/Small Groups and how it's impacted them (Retreat is May 18, 2024).

Preparing for the Day of Confirmation

- Within the week before the celebration of Confirmation, set aside some time to meet with your candidate and affirm his/her participation in the program. Share your own insights and lessons from the process.
- Be on time and in the appointed place for the celebration.

After the Celebration

When the formal process of Confirmation is over, you and your newly confirmed person may want to continue as faith companions.

Here are some suggestions:

- Use email or phone to continue faith sharing and building your relationship.
- Continue or begin a new service project together.
- Remember and celebrate the anniversary of Confirmation.
- Go to mass together.

Faith Sharing Tips

The best gifts your candidate can receive from you are the sharing of your own faith and affirming or calling forth of theirs, which in turn will also be a gift to you. Faith sharing encompasses talking about the beliefs, values, and meanings that shape your life because you are a believer and practicing Christian. You probably already do a lot of it in everyday conversation.

Principles of Faith Sharing

- Faith is a gift of God already present in you and your candidate.
- Faith grows as life happens.
- Listening and sharing the events and experiences of our lives in a faith community helps us clarify and articulate our faith.
- Faith sharing happens in both formal and informal settings and benefits both the listener and the speaker. Create the Environment for Faith Sharing.

Think of yourself and your candidate as companions on the faith journey. Companions actively listen to and trust each other. They are going in the same direction. They assist each other with experience, skill, and sharing. They enjoy each other and the journey.

Reflect. Think about your own positive experiences of being companioned on a journey. What lessons from those experiences can you bring to your role as a sponsor that will create an environment for faith sharing?

Make the Time. Set aside specific times to talk and take advantage of informal and spontaneous times together.

Listen to the Small Stuff. Your candidate will share if he or she knows you are going to listen no matter what he or she wants to talk about, whether it is what is in the Confirmation session or everyday happenings and issues. Young people trust adults when they sense an adult is truly interested in them. If they come to trust you with the small stuff, they are more likely to trust you enough to talk about more serious matters.

Listen Between the Lines. Sometimes it's hard to talk about the things that really matter. Your candidate may want to but cannot find the words. Pay special attention to what your candidate may be trying to say or ask.

Listen and Learn. Ask for your candidate's opinions. Few things please young people more than being asked their opinion.

Don't Interrupt. Give your candidate extra time to explain his or her opinions or desires, even if you think you know what he or she is going to say.

Don't Deliver a Sermon. Ask your candidate if he or she has heard opinions from friends or family members on a topic. When the candidate feels that you are exploring the topic together, he or she will be more open to sharing thoughts and listening to yours.

Sponsor/Candidate Conversations (suggestions)

The sponsor/candidate conversations include a brief summary, conversation starter, faith sharing topic, and discussion question. Sponsors and candidates may conduct their conversations in person, on-line, or telephone. What matters most is connecting with one another and growing together in faith.

Session 1: The Church is called by God to gather together as the Body of Christ to share in Jesus' mission. When we celebrate the Eucharist, we come together in Jesus' name to praise and worship God the Father in the power of the Holy Spirit.

Conversation: Invite your candidate to complete the statement: When I gather with my parish community to celebrate the Mass, I feel....

Sharing: In your Bible, read Saint Paul's observations about the ways in which the Christian community in Corinth was gathering to celebrate the Eucharist in 1 Corinthians 11:17-34. Think about the ways in which you and your parish community gather as you prepare to celebrate Mass. Share with one another what Saint Paul might observe about your community. What specific advice might Saint Paul offer to the members of your parish to help you gather together as the people of God?

Discussion: What are two specific things you can do to better prepare yourself for Mass?

Session 2: God's Divine Revelation in Sacred Scripture. The importance of listening attentively and responding to God's Word in the Liturgy of the Word and making it part of our daily lives.

Conversation: Share with your candidate your favorite Scripture story from the Old or New Testament. Explain why the story has special meaning for you.

Sharing: Discuss with your candidate the importance of God's Word in your life. Share an experience of how the Scriptures have influenced the way you live.

Discussion: Ask the candidate what their favorite Scripture is. How will listening more attentively to God's Word at Mass help you to be a better witness for Christ?

Session 3: The significance of the Renewal of Baptismal Promises during the Rite of Confirmation. Through this ritual we are invited to make deliberate choices to be disciples of Jesus Christ. We speak on your own behalf what our Godparents spoke for us at our Baptism.

Conversation: Talk with your candidate about a promise you have made at some point in your life. Discuss with one another what it meant to keep the promise you made.

Sharing: In your Bible, read John 3:1-5, 17-19, the story of Jesus' conversation with Nicodemus. Think about (what you have been told about) your own Baptism and the Baptisms you have witnessed. Share with one another the questions you might ask of Jesus about what it means to be born of water and the Spirit. Imagine how Jesus might respond to your questions.

Discussion: Think about one specific decision you faced today. How did your decision show that you are a disciple of Jesus?

Session 4: The Church practice of the laying on of hands in the Scriptures, in Church Tradition, and in the Rite of Confirmation. Through this action we are called to share in Jesus' mission.

Conversation: Ask candidate, I feel that we are growing in our spiritual bond with one another because....

Sharing: Think about the seven-fold gift of the Holy Spirit: Wisdom, Understanding, Counsel, Fortitude, Knowledge, Piety, and Fear of the Lord-Wonder and Awe) the bishop prays for as he lays hands on candidates during Confirmation. Share with your candidate the gift you most desire to grow in. Explain the reason for your choice.

Discussion: When are you most aware of the Holy Spirit's presence as a Helper and Guide in your life? What gift of the Spirit do you think you most desire?

Session 5: The meaning of the anointing with Chrism during the Rite of Confirmation, when the seven-fold gift of the Holy Spirit is sealed within the candidates.

Conversation: What name has the candidate chosen for Confirmation? What is the sponsor's Confirmation name? Share with one another the reason these names were chosen.

Sharing: In your Bible, read 1 Peter 2:9. Share with one another how this passage is lived out in your parish community.

Discussion: What does it mean to you to be a Christian—someone who shares in Christ's mission? What do you think your mission is?

Session 6: The significance of the exchange of Peace in the Rite of Confirmation and our call to be peacemakers. Peace is both the restoration of our friendship with God and one of the Fruits of the Holy Spirit's presence in our lives.

Conversation: Do you find it easier to forgive or to ask for forgiveness? Explain your response.

Sharing: Read Luke 1:67-79, the prophecy of Zechariah about the coming of Jesus. Share with one another how Jesus guides your "feet into the path of peace" in your daily lives.

Discussion: What specific things can you do to bring peace to others?

Session 7: How the seven-fold gift of the Holy Spirit empowers us to participate in the Eucharist more fully, consciously, and actively. Through our sharing in the Eucharist we are called to solidarity with the poor and powerless in the world.

Conversation: Discuss why the Eucharist is important in your life.

Sharing: In your Bible, read Luke 24:13-32, the story of Jesus' appearance on the road to Emmaus. Discuss how meeting Jesus in the Eucharist helps you to see him in other people in your life.

Discussion: Describe an experience from your life when you have felt solidarity with the poor or powerless in the world. What action did you take? How did this experience make you feel? Do you both feel like the Eucharist helps you see Jesus in others?

Session 8: The last part of the celebration of Confirmation, is the sending forth at the conclusion of the Eucharistic Liturgy. Each week we are sent forth from the Mass to evangelize by sharing the Good News of God's love.

Conversation: Name someone who is a witness of faith for you and explain why that person is an example for you in living the Catholic faith.

Sharing: Consider the first goal of Catholic evangelization discussed in the document *Go and Make Disciples*: "To bring about in all Catholics such an enthusiasm for their faith that, in living their faith in Jesus, they freely share it with others" (46). Share with one another what makes you enthusiastic about your faith and why you want to share that with others.

Discussion: How can you publicly witness your faith in Jesus Christ in your daily life? Does this sound scary to do? How can you both encourage one another to be witnesses of the faith?

Questions for Preparation:

Candidates for Confirmation should be able to answer all of these questions by Confirmation in the spring of 2024. It would be good to go through them with your candidate. They will also have the opportunity to be interviewed by one of our parish priests to discuss the answers as well.

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"

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 anointing 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.

Gifts and Fruits of the Holy Spirit

Gifts of the Holy Spirit - At Baptism, we receive seven special gifts from the Holy Spirit. These gifts are freely given to us to help us live as followers of Jesus and to build up the Body of Christ, the Church. The Gifts of the Holy Spirit are sealed and strengthened within us at Confirmation. These seven gifts help us to respond to the presence of the Holy Spirit in our lives, to make good choices, and to serve God and others.

Wisdom is the gift of knowing the right choices to make to live a holy life. The gift of wisdom helps you to avoid the things that could lead you away from God.

Understanding is the gift of comprehension, or the ability to grasp the meaning of the teachings of the Church. The gift of understanding helps you be tolerant and sympathetic of others. It helps you sense when someone is hurting or in need of compassion.

Right Judgment, or Counsel, is the gift of prudence. The gift of right judgment helps you make choices to live as a faithful follower of Jesus.

Courage, or Fortitude, is the gift that helps you stand up for your faith in Christ. The gift of courage helps you overcome any obstacles that would keep you from practicing your faith.

Knowledge is the gift of knowing and enlightenment. The gift of knowledge enables you to choose the right path that will lead you to God. It encourages you to avoid obstacles that will keep you from him.

Reverence, or Piety, is the gift of confidence in God. This gift of reverence inspires you to joyfully want to serve God and others.

Wonder and Awe, or Fear of the Lord is the gift of wonder and respect that encourages you to be in awe of God. The gift of wonder and awe moves you to so love God that you do not want to offend him by your words or actions.

Fruits of the Holy Spirit - When we cooperate with the graces and gifts we receive from the Holy Spirit, we grow as followers of Jesus. We see the effect of the Holy Spirit's presence in our lives in special qualities and attitudes that we develop as we grow in faith. The Church identifies these qualities and attitudes as the fruits of the Holy Spirit. The twelve fruits of the Holy Spirit are signs that the Holy Spirit is alive within us and helping us live the Catholic faith in our daily lives.

Love—We exhibit the virtue of charity, or love, by our unselfish devotion and care for God and our neighbor.

Joy—We live with joy when we recognize that true happiness comes, not from money or possessions, but from knowing and following Christ.

Peace—We are freed from worrying about trivial things because of the inner peace we experience with God in our hearts. We work and pray for peace throughout the world.

Patience—We demonstrate patience by treating others with thoughtfulness and tolerance. We know that we can overcome the temptations and sufferings of life because God is always with us.

Kindness—We live the virtue of kindness by treating others as we want to be treated.

Goodness—We exhibit goodness when we honor God by avoiding sin and always trying to do what we know is right.

Generosity—We demonstrate the fruit of generosity when we share our gifts and possessions with others.

Gentleness—Gentle people act calmly and avoid actions that might lead others to anger or resentment.

Faithfulness—We are faithful when we live out our commitment to the teachings of Jesus, the Scriptures, and the Catholic Church.

Modesty—We exhibit modesty by being pure in our thoughts, words, and dress.

Self-control—We exercise self-control by working to overcome the temptations we face and by trying always to do God's will.

Chastity—We live the virtue of chastity when we use the gift of sexuality wisely, according to God's plan.

Each Candidate is required to complete four (4) Works of Mercy Projects during their preparation for Confirmation. These projects are meant to help them understand the importance of serving those in need around us. Review the guidelines below (as explained in their Confirmation handbook) with your candidate and engage in some conversation with them about the projects they have chosen.

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 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 Corporal and Spiritual Works of Mercy projects, candidates 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 Project, 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.

You can refer to the reference page for suggestions on different works of Mercy that you can complete.



Grate Patrol is a hands-on service opportunity in which our high school students are invited to deliver food directly to persons who are homeless and living on the streets of Washington, DC. Additionally, Grate Patrol 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. After a year of indirect service to those in need, Grate Patrol will be returning to in-person delivery of food & other necessities for those in need.

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.*

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 again, 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:

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.

Counsel the Doubtful: Lend encouragement to someone who is feeling down, create cards for those who are hospitalized perhaps 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, Do an "Encounter" that's sponsored by the Office of Youth, Campus and Young Adult Ministries: <https://www.arlingtondiocese.org/encounters/>

The Fruits of the Holy Spirit

When we cooperate with the graces and gifts we receive from the Holy Spirit, we grow as followers of Jesus. We see the effect of the Holy Spirit's presence in our lives in special qualities and attitudes that we develop as we grow in faith. The Church identifies these qualities and attitudes as the fruits of the Holy Spirit. The twelve fruits of the Holy Spirit are signs that the Holy Spirit is alive within us and helping us live the Catholic faith in our daily lives.

Complete the inventory below to discover how the Holy Spirit is present in your life: 1=never, 2=sometimes, 3=often, 4=always

Love or Charity

I am not selfish. I live the Great Commandment to love God and my neighbor. I understand that every person is my neighbor. I reach out to those in need and take care of all creation. 1 2 3 4

Joy

I do not buy things to make me happy because I recognize that true happiness comes from following Christ. 1 2 3 4

Peace

I trust that God hears and answers my prayers so I do not worry about trivial things. I also work and pray for peace throughout the world. 1 2 3 4

Patience

God helps me to see the best in people, which allows me to treat others with thoughtfulness and tolerance. In difficult times, I trust in God's care for me and know that God is always with me. 1 2 3 4

Kindness

I treat all people the way I would like them to treat me. 1 2 3 4

Goodness

I do my best to make good choices and avoid sin. I talk to God in prayer before I make decisions. 1 2 3 4

Generosity

Not only am I willing to share my things with others, but I put my gifts and talents to good use to help others, my parish, and my community. 1 2 3 4

Gentleness

I do not overreact or deliberately aggravate others. I do not bully others or intimidate people to get them to do what I want. 1 2 3 4

Faithfulness

I know, understand and live out the teachings of Jesus, the Bible, and the Catholic Church. 1 2 3 4

Modesty

I do not treat people as objects. I do not use my body to attract attention. 1 2 3 4

Self-control

I am able to overcome temptation and do what God would want me to do. 1 2 3 4

Chastity

Not only do I live a chaste life, I do not make fun of the opposite sex or treat them as being inferior to me.

1 2 3 4

Automatic responses:

Score: 1-12—You might like to review your answers. Then choose two things you can do to be more open and aware of the presence of the Holy Spirit in your life.

Score: 13-24—This is a good start! You are beginning to be aware of presence of the Holy Spirit in your life. Continue to allow the Holy Spirit to be your helper and guide.

Score: 25-36—Great! You are well on your way to being aware of the Holy Spirit's presence in your life. You have found the Holy Spirit to be your helper and guide.

Score: 37-48—Congratulations! You are well aware of the presence of the Holy Spirit in your life. You rely on the Holy Spirit to be your helper and guide.

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 in order 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