



## St. Louise Confirmation Preparation 2021-2022

There are a lot of questions about Confirmation! This is a guide to help you. If after reading this document you have further questions about Confirmation please contact Amy Baumgardner at **425-770-7764** or by email at [youthconfirmation@stlouis.org](mailto:youthconfirmation@stlouis.org).

Please note: Berenice Brambila cannot answer questions about Youth Confirmation.

### General Information

**1. What is Confirmation?**

*Answer: Confirmation is the second sacrament of initiation and the completion of the sacrament of Baptism when we are sealed with the Holy Spirit. It is the moment in a Christian's life when we are called to take up the task of missionary discipleship and the beginning of our journey as a Christian.*

**2. How old do I have to be to be confirmed?**

*Answer: If you were baptized before the age of 7, St. Louise Parish requires you to be in jr. high school (7<sup>th</sup> grade or higher) to receive the Sacrament of Confirmation.*

**3. Why are people Confirmed at different ages depending on where they live?**

*Answer: Canon law says people can get Confirmed at the Age of Discretion, which is known as 7. It also allows Bishops in each country to decide at what age they want to Confirm. And then in the US and Canada, each Bishop can set the age he considers best for his diocese. The Archdiocese of Seattle has set the age for confirmation at 7<sup>th</sup> grade.*

**4. What is the process to be confirmed?**

*Answer: Youth should be praying at home with their families, attending mass regularly and engaging in parish life. Preparation for the sacrament of Confirmation requires full attendance and participation of sessions beginning in October and running through Confirmation (date TBD by the Archbishops office – we are anticipating a May date).*

**5. With Covid restrictions, how will Confirmation take place this year?**

**Answer:**

*Our priority is the health and safety of our St. Louise families. We are tentatively planning full in-person classes. If we are unable to meet in person, we will set up meetings via zoom. Masks will be required during in-person instruction. More details will be coming. Each session will include a topical presentation and significant small group discussion time. We will have a partial day, on-campus mini-retreat.*

**6. Do I have to choose a Confirmation name?**

*Answer: It's up to you! In the Bible, conversion is often symbolized by a name change. While your parents gave you a name at Baptism to symbolize your new life in Christ, you can choose a symbolic name at Confirmation. However, you should choose a name because you admire some quality of the Saint, not just because you don't like your name or just like the Saint's name!*

**7. Will I have to go to confession? I haven't gone in years, what will the priest think?**

*We do ask that you go to reconciliation as part of the process of preparing yourself to receive the Sacrament. One of the requirements of the Church to receive the Sacrament is that you be in a "state of grace" – which means you are free from all serious sin. If you have not been to Confession in a long time, don't worry about it! It is never too late to come back to the Sacrament - and the priest will be more than okay with it, he'll be excited that you're there!*

## **For Parents**

8. **What does it mean as a parent to commit to being the primary educator of the faith for your teen?**

*Answer: God does not call us to know everything; God calls us to have a personal relationship with Him! To be the primary educator of the faith means that you take your teen to mass regularly and pray together. You model loving behavior toward God, self and others. Even if you don't know very much about the faith, you commit to learning the faith with your teen.*

## **Registration Information**

9. **How do I register?**

*Answer: To register you will need to have a copy of your baptism certificate or a rough date of your baptism at St. Louise, a completed registration form, signed guidelines sheet, and the Confirmation preparation fee.*

***You can register in the following ways:***

1. **Online at <https://www.osvhub.com/st-louise-de-marillac-parish/forms/youth-confirmation-registration>**
2. **By appointment with Amy Baumgardner (call 425-770-7764 or email [youthconfirmation@stlouis.org](mailto:youthconfirmation@stlouis.org) to make an appointment)**
3. **At the Parish office by appointment.**
4. **By mailing the completed packet to the parish office**  
St. Louise Catholic Church  
Attn: Youth Confirmation  
141 156<sup>th</sup> Avenue SE  
Bellevue, WA 98007

**The deadline for registration is September 20<sup>th</sup>.**

10. **Why do I need to bring my baptism certificate? What if I lost it?**

*Answer: In order to present you to receive the second sacrament of initiation in Confirmation, we are required to verify that you are a baptized catholic by receiving a copy of your baptism certificate. If you have lost your baptism certificate, simply contact the church at which you were baptized, and have them send you an official copy. If you were baptized in the United States this should probably take one to two weeks. If you were baptized outside the United States, the process is the same, but it may take a month or more to receive the document.*

11. **What if the place I was baptized does not have a record of my baptism?**

*Answer: If the church you were baptized at does not have the record of your baptism there is an affidavit process that we can help you with. Please let us know as soon as possible, as this will take more time to complete.*

**12. What do I do if I do not have the money for the fee?**

*No person will ever be denied a sacrament due to an inability to pay. If you have concerns about the fees, please contact Amy.*

**Confirmation Mass and Sponsor Questions**

**13. When is Confirmation Mass?**

*Answer: The Confirmation Mass will be in the late spring of 2022, exact date to be determined at a later time.*

**14. Do I need a sponsor for Confirmation?**

*Answer: Yes, you need one sponsor for Confirmation.*

**15. Who is eligible to be a sponsor?**

*Your sponsor needs to be someone who attends mass every week, has received the sacraments of baptism, first eucharist and confirmation. If the sponsor is married, the marriage must have taken place in the Catholic Church. A sponsor cannot be a parent or a boyfriend or a girlfriend of the candidate for Confirmation.*

**16. What if I don't know anyone who is eligible to be a sponsor?**

*Contact Amy and she can help you find someone.*

# CONFIRMATION SCHEDULE

## Immediate Preparation 2021 - 2022

Confirmation classes will be in person. We will be utilizing zoom on an as needed basis.

Wednesday, Oct. 13	Confirmation Session 1: Covenants – God’s Call, Our Response
Wednesday, Oct. 20	Confirmation Session 2: Creed – The Trinity & Marks of the Church
Wednesdays, Nov. 10	Confirmation Session 3: Community of Saints – Called for Holy Living
Wednesday, Nov. 24	No Session – Happy Thanksgiving
Wednesday, Dec. 8	Confirmation Session 4: Scripture – Knowing, Reading, Praying, Living
Wednesday, Dec. 22	No Session – Merry Christmas
Wednesday, Jan. 12	Confirmation Session 5: Sacraments – God’s love visible to us: Initiation
Wednesday, Jan. 26	Confirmation Session 6: Sacraments – Encountering God’s Love: Healing
Wednesday, Feb. 9	Confirmation Session 7: Family & Vocations – Married/Religious/Ordained/Single
Wednesday, Feb. 23	Confirmation Session 8: Community – We are one Body
Wednesday, March 9	Confirmation Session 9: The Church’s Social Mission – Beatitudes/Works of Mercy
Wednesday, March 23	Confirmation Session 10: The Church’s Social Mission – Catholic Social Teaching
Wednesday, <b>April 6</b>	Confirmation Session 11: Care for Creation – Environment/Faith & Science
Wednesday, April 27	Confirmation Session 12: Love Your Neighbor – Immigrant/ Poor/Marginalized
Wednesday, May 11	Confirmation Session 13: The H.S. – Gifts/Fruits
Wednesday, TBD	Confirmation Session 14: Confirmation – Signs/Rite/Effect <b>with sponsors</b>
TBD	TENTATIVE- Confirmation Mass <b>with sponsors</b>

\*\*\*\* “You shall receive power when the Holy Spirit has come upon you, and you shall be my witnesses...” – ACTS 1:8 \*\*\*\*  
For more information please contact: Amy Baumgardner, Confirmation Coordinator, youthconfirmation@stlouis.org | 425-770-7764





**St. Louise Parish**  
**Confirmation Preparation Course Guidelines**  
**2021 - 2022**

- Attend **all** Confirmation Preparation events. Please arrive on time or shortly before all scheduled sessions. Participation in the retreat is mandatory. **You need to attend all confirmation classes.** If you miss a Wednesday night session (for any reason), you must contact Amy for a make-up assignment. These are due by the following class session.
- All Confirmation Candidates will be asked to complete a service experience. A proposal for your experience must be approved prior to completion of the service. Each service experience must demonstrate an understanding and active participate of one of the works of mercy.
- Make an honest effort to be open and to fully, consciously and actively participate in our preparation activities. You cannot use you cell phone during class.

***We have read and understand the terms of the Confirmation Preparation Guidelines. As a Confirmation Candidate, I agree to abide by and uphold these guidelines during my time in the Confirmation Preparation Program at St. Louise. I understand that if for any reason I find I cannot fulfill these guidelines, I will schedule a time to meet with Amy to discuss my situation as soon as possible.***

\_\_\_\_\_  
Candidate's Printed Name

\_\_\_\_\_  
Candidate's Signature

\_\_\_\_\_  
Date

***As the parent of a Confirmation Candidate, I understand that the journey toward Confirmation is my child's decision, and it will be their choice whether or not to receive at the end of their participation in classes. I agree to support my child in their discernment of the Sacrament of Confirmation by affirming their active participation in program-specific events, Life Teen events and in their service experience. I will encourage my child to contact Amy directly with any questions or concerns they may have regarding their participation and progress in the Confirmation Preparation Program, and I will pray for and encourage them in their spiritual journey towards a transformation of the heart.***

\_\_\_\_\_  
Parent's Printed Name

\_\_\_\_\_  
Parent's Signature

\_\_\_\_\_  
Date

# For Parents:

*My student is discerning the Sacrament of Confirmation... “What can I do?”*

- **Make this time of discernment and Confirmation a priority in your family life, as well as in the life of your student.** Parents are their children’s primary catechists, and are BY FAR the most influential force in their children’s lives—we cannot prepare your child for Confirmation without your help! We encourage you to join your student in discussion regarding the topics we cover in class. Your student will be asked some of the following questions this year, which they will in turn be asking you—these questions are designed to begin regular conversation about faith in your home and to help your child know WHY their faith is important! It may be helpful for you as a parent to begin pondering your answers now:
  - **Why is/are your parent(s) Catholic?**
  - **What is a favorite scripture story of your parent(s)? Why?**
  - **What would your parent(s) consider to be one of their memorable moments of faith?**
  - **What is a favorite form of prayer for your parent(s)? Who taught them this?**
  - **What family faith rituals do you celebrate and where did they originate?**
  - **How would someone observing your family for a day know you were people of faith? A Catholic family?**
  
- **Encourage your student to fulfill all of the course expectations.** When you and your student sign and return the Confirmation Prep Course Guidelines, you have committed to supporting your student in ALL aspects of the Confirmation Preparation program, including program-specific events, and in your student’s chosen ministry. If for some reason your student is having difficulties fulfilling the expectations for the course, encourage them contact Amy directly—she is more than happy to set up a time to talk with them about their particular situation!
  
- **Finally, offer prayers of support and encouragement!!** Your student is making a very important decision by choosing to be Confirmed. It is not always the easiest spiritual journey, so your love and support goes a long way!

# *Sacrament of Confirmation*

## *Sponsor Requirements and Expectations*

- A sponsor must be a confirmed and practicing Catholic that is 16 years old or older. Look for a person who lives out their faith in their daily life. Someone who expresses their faith in the way they care about and treat people.
- A sponsor may not be the candidate's mother or father. However the candidate's parents can be a sponsor to other candidates. A godparent from baptism is a good choice.
- A Confirmation sponsor is a person who is a good listener, prayerful, open, dependable, loving, and is comfortable sharing their faith.
- The sponsor must be willing to make the time and be committed to take this faith journey with the candidate as a guide and as a friend.

### *A few words to the Candidate...*

Selecting a sponsor that lives close would be ideal because they are expected meet with you and be able to provide support to you outside of our events. You are looking for someone you trust, whose faith you admire, and who will be there for you along your journey of faith. If you select a sponsor who is not local you need to select an additional proxy sponsor and submit another Sponsor Information form. Your sponsor is expected to be present at the Confirmation: Sponsor Night, the Confirmation Mass Rehearsal (TBD), and of course the Confirmation Mass (TBD).

Just remember that being asked to be someone's sponsor is an honor; please don't think it would be an imposition to ask. Being a sponsor is a great opportunity to grow in faith.

Prayerfully consider your choice of a sponsor and invite them  
as soon as possible.

Ask the Holy Spirit to guide you as you choose your sponsor. Pray also for the person that you will be asking that, moved by the same Spirit, they will accept the role with a prayerful, enthusiastic response.





## The Role and Commitment of Sponsors

To be chosen as a sponsor is a special honor and a serious responsibility. You represent the Catholic Faith Community. You, above all others, have been entrusted with the responsibility to participate in this young person's Christian life and continuing formation. This privilege offers you the opportunity to develop a mutually enriching spiritual relationship – one that will last throughout this life and beyond. There are many ways you can nurture this relationship, but the most important will be to continue to be there for your candidate and provide spiritual support especially after they receive the Sacrament of Confirmation.

The Code of Canon Law (Church Law) specifies the requirements for serving as a sponsor at Confirmation (Canon 874): You may not be the parent of the person being confirmed; you must be at least 16 years old; you must be fully initiated (Baptism, Confirmation, Eucharist); if married, be in a valid Catholic marriage; and live a life of active faith in the Catholic Church.

I understand the requirements of being a Baptism sponsor and I state that I received:

the **Sacrament of Baptism**

At \_\_\_\_\_ Church in  
\_\_\_\_\_ (City and State) on \_\_\_\_\_ (date)

the **Sacrament of Confirmation**

At \_\_\_\_\_ Catholic Church in  
\_\_\_\_\_ (City and State) on \_\_\_\_\_ (date)

(And if married) Celebrated the **Sacrament of Marriage**

At \_\_\_\_\_ Catholic Church in  
\_\_\_\_\_ (City and State) on \_\_\_\_\_ (date)

I am not married.

### SPONSOR'S AGREEMENT

I agree to serve as a sponsor for \_\_\_\_\_. I understand my role as described on the Sponsor Information sheet, which I have received from the candidate and read. I agree to attend the *required* meetings with my candidate, unless not possible due to distance or work schedule - in which case a family member proxy will stand in my place. I agree to cultivate a relationship with my candidate and to serve as a spiritual support during this important time in his/her life, as well as in the years to come.

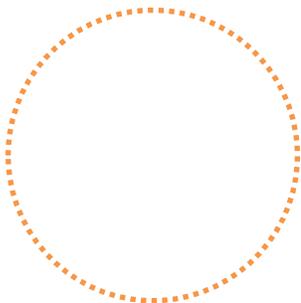
\_\_\_\_\_  
Signature of Sponsor

\_\_\_\_\_  
Date

\_\_\_\_\_  
Printed Name of Sponsor

**If your Sponsor is not from St. Louise Parish,  
please have the pastor of his/her parish complete the following:**

The person above is a member of the parish I serve and is eligible to act as a Confirmation Sponsor.



Parish Seal

\_\_\_\_\_  
Pastor's Signature (or proxy)

\_\_\_\_\_  
Printed Name of Pastor

\_\_\_\_\_  
Parish Name and City



## Confirmation Prep: Choosing a Saint's Name

### **Purpose of choosing a Saint's name.**

At Confirmation, you will receive the Holy Spirit. This is another step in choosing to follow God. In the Bible, conversion to follow God is often symbolized by a change in name. Hence the tradition of choosing a Saint's name at Confirmation.

### **History.**

"Saint" is a term that was used in the early Church to refer to all Christians. In our modern era, its usage refers to the men and woman who have lived lives of extraordinary holiness and are thus declared to be a "Saint" by the Pope (after a process of examining their life). Any person who dies and goes to Heaven is considered a "Saint", however only a certain few will become officially declared as such. This official declaration is called *canonization*. We look to these individuals to pray to God for us. Something to remember is that these people were not "super-humans". An honest biography will demonstrate their struggles as human beings were very similar to our own.

### **Choosing a Saint's name.**

At baptism, you received a new name to symbolize your new life in Christ. Choosing a Confirmation name is an opportunity to choose a name that has special meaning to you, a name that will help you in your journey of faith. By choosing a saint's name, you're asking him or her to pray for you in a special way. Having a special connection to someone in Heaven is a big deal! After having done a little more research on the saint for whom your parent(s) named you, you may decide to keep the same name. If you wish, you may take a new symbolic name for Confirmation. The most important part of choosing a Confirmation name is to pray, asking the Holy Spirit to guide your choice. Whether you choose to stick with your given name, or to choose a new name, I hope you enjoy discovering the ways in which the name helps bring you closer to God.

Please select a Saint's name through research. Then complete and return the form below.

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Your Name \_\_\_\_\_

Your Saint's Name \_\_\_\_\_

What did this person do to become a Saint?

\_\_\_\_\_  
\_\_\_\_\_

Why did you choose this Saint?

\_\_\_\_\_  
\_\_\_\_\_



## Confirmation Prep 2021-22 Service Experience

Being a Christian, a Catholic, and a disciple of Christ calls us to live our lives according to the example and instructions that Jesus himself gave us. This is our mission as a Church, and it's a BIG responsibility. One of the most important lessons that Jesus taught was that we must be willing to be a servant to all people in His name. This means that we must actually DO something to be a disciple of Christ! By doing parish and community service, we demonstrate a willingness to participate in our Christian responsibility and mission. Therefore, we want all Candidates to have an "experience of service." An "experience of service" might be making and delivering sandwiches to those in need.... Or writing cards to those in a nursing home. Blessing the student with distinct and different service experiences can then encourage and inspire them to continue finding ways to actively do Jesus' work through parish and community service after they are confirmed.

Service is based on the spiritual and corporal works of mercy, and most of all, on the example of Christ, who came to serve. When giving service, the following points should be considered:

- Your service is not just a job to be done. It is selflessly and lovingly helping those in need.
- You should reflect on how the service project is helping you take on the mind and heart of Christ, fulfill the needs of others, and build up the Christian community.
- The giving of service should continue after your Confirmation and all through your life!

Each candidate will have to submit their intended outreach project for approval prior to completing the service experience. Some things to consider when developing your project are:

- What are people's needs or problems and what can I do to help?
- Who needs time, effort, work, or service from me?
- What unique gifts or talents has God given me that can be used to serve others?

**To fulfill your Service Experience Requirements, you need the following:**

- **One Community Outreach Service Experience w/Reflection**
- **Three Service Experiences to St. Louise w/Reflection**

**Complete the Service Experience - Complete the Reflection Sheet - One sheet for each service.**

No community service hours will be given for household chores done for any immediate or extended family members or chores for other people (unless they are truly service that gives you an experience of discipleship).



## St. Louise Service Experiences

Candidates Name: \_\_\_\_\_

	Area of Service	Date	# Hours Served	Adult Supervisor
Experience #1				
Experience #2				
Experience #3				

How did this service help you recognize the importance of being a “full, active, conscious” participant in your faith/mass?

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How did you see the needs of the community being fulfilled? \_\_\_\_\_

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**Community Outreach  
Service Experience Proposal**

Candidates Name: \_\_\_\_\_

Description of Service Experience: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Work(s) of Mercy this fulfills: \_\_\_\_\_

\_\_\_\_\_

APPROVED BY: \_\_\_\_\_ DATE: \_\_\_\_\_



## Service Experience Reflection Sheet

*Please include a picture of yourself performing the community outreach experience.  
Try not to get pictures of the people you are serving.*

Candidates Name: \_\_\_\_\_

Location of Service: \_\_\_\_\_

Date of Service: \_\_\_\_\_ # of Hours Served: \_\_\_\_\_

Adult Supervisor: \_\_\_\_\_ Signature: \_\_\_\_\_

Description of Service: \_\_\_\_\_

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How did this service help you take on the mind and heart of Christ? \_\_\_\_\_

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How did you see the needs of others and the community being fulfilled? \_\_\_\_\_

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