

Confirmation Preparation Parent Packet



Anchorage, AK

2021-2022

Director of Catechetical Ministry, Mary Allison
mallison@st.patsak.org

Sundays, 1pm-2:30pm

Introduction

Congratulations! You are preparing your child to receive the Sacrament of Confirmation!

These requirements are built upon the Archdiocesan norms. This packet is designed to prepare you for the year. In accordance with the norms, Confirmation is a two year process, beginning at the start of 9th grade and ending in the spring of 10th grade.

You, as the parent, are your child's primary catechist. As such, this program is designed to aid you in that particular mission.

Students entering Confirmation preparation will ideally have attended Junior Youth Ministry (JYM) youth group activities and JYM faith formation classes. Confirmation candidates are encouraged to attend high school youth group activities.

As is the case with all of the Sacraments, Confirmation requires the consent of the candidate. Should your child ask to delay the Sacrament, for any reason, please contact Mary Allison.

If you have any questions, concerns, or comments, please contact Mary Allison at mallison@st.patsak.org.

What is Confirmation?

Confirmation is a Sacrament of Initiation. It is the other side of the coin to Baptism. At Baptism, your child was given an indelible mark on his/her soul, which is sealed with the gifts of the Holy Spirit at Confirmation.

In the past, Confirmation has been confused with becoming an adult in the Catholic Church, which is not the case. There are many people who are confirmed as infants. Confirmation is not a graduation.

Confirmation results in us being sealed with the gifts of the Holy Spirit, which allow and aid us to go into the world to spread the Gospel. Confirmation strengthens us for our spiritual fight.

Confirmation is a sacrament that prepares us to go into the world, preaching the good news as Jesus asks. The grace and gifts we receive help us in this task. In many ways, preparation for Confirmation is also preparation in evangelization.

Program Policies

Attendance

Regular attendance is necessary for proper formation and preparation to receive the Sacrament. We ask that students have no more than two absences a year. Students who miss class will be asked to complete online make up work, as we cover a great deal of material, and we don't want our candidates to feel left out.

Parents are asked to attend the three parent nights in lieu of their children. This year, those dates are **September 12, November 14, and February 13**. This counts toward attendance. These meetings take place the same time as Confirmation classes usually would, but are instead an opportunity for parents and catechists to communicate about what is currently being discussed in the classroom. There are catechist meetings on **November 7 and January 30**. Please refer to the calendar for further information.

Candidates, families, and sponsors are expected to attend Sunday Mass.

Communication

All communication will come from Flocknote, except for paperwork submissions. Paperwork should be emailed to mallison@st.patsak.org.

Please text "**ireland**" to **84576** to join our Flocknote group. Be sure to join the Confirmation group. All reminders, emergency notifications, etc. will be sent via Flocknote. Should we need to cancel class for any reason, we will notify you via Flocknote.



Paperwork

All Confirmation paperwork should be emailed to Mary Allison at mallison@st.patsak.org.

Materials

All Confirmation candidates should receive a Bible at the beginning of the year. Year 1 (9th grade) candidates will receive a notebook, a Bible timeline chart, and bookmark.

Year 1 Requirements

Retreat

Confirmation candidates are required to attend a Confirmation retreat each year. The Year 1 theme is “Who is God?”.

TENTATIVELY Scheduled for Saturday, April 23, 2022

9am to 5pm
Location TBD

Paperwork

Year 1 candidates must submit their sponsor form, saint essay, and service hours to mallison@st.patsak.org no later than **Saturday, April 2, 2022**.

Paperwork can be submitted early—some families find it easier to submit paperwork as they complete it.

Sponsor Form

Attached to the back of this packet, this form must be signed by the candidate’s sponsor’s priest. If the sponsor is a St. Patrick’s parishioner, it may be returned unsigned with a note for Mary.

According to canon law (CIC. 872-874, 1-5), a sponsor must:

1. Be a fully initiated Catholic (baptized, confirmed, and received his/her first Communion)
2. Over 16 years old
3. If married, married in the Catholic Church
4. If single, living as the Church teaches.
5. Practices his/her faith
6. Free to celebrate the sacrament and not bound by any canonical penalty
7. Not a parent

Common choices for sponsors include: older siblings, older cousins, grandparents, godparents, aunts, or uncles.

Saint Essay

Each candidate is required to submit a one page essay about his/her patron saint. The essay should include the candidate’s name, the name of the saint, a short biography of the saint, and why the candidate has chosen that saint. Plagiarized essays will not be accepted.

Candidates who choose a patron saint and write the essay may change his/her mind without writing a new essay. That candidate must email Mary as soon as possible.

Service Hours

Confirmation candidates must do EITHER 20 service hours (see the end of the packet for the form) OR may complete the Service Scavenger Hunt (see the end of the packet for the list). Both are centered around the Works of Mercy. Should the candidate choose the former option, he or she must not directly benefit from the service, it must be a Work of Mercy, and it must be outside of his/her normal duties (i.e. chores do not count, as they are a child's duty to their parent). Should the candidate choose the latter option, he or she must complete the hunt with at least one parent and document it in pictures.

When submitting service hours, candidates should include the entire signed form OR the pictures for each hunt activity.

Corporal Works of Mercy

1. Feed the hungry.
2. Give drink to the thirsty.
3. Clothe the naked.
4. Shelter the homeless.
5. Visit the sick.
6. Visit the imprisoned.
7. Bury the dead.

Spiritual Works of Mercy

1. Admonish the sinner.
2. Instruct the ignorant.
3. Counsel the doubtful.
4. Bear wrongs patiently.
5. Forgive offenses willingly.
6. Comfort the afflicted.
7. Pray for the living and the dead.

Year 2 Requirements

Workshops

Candidates in Year 2 are required to attend two workshops with his/her sponsor. If the sponsor lives out of town, a parent may attend in his/her place.

Wednesday, November 10, 2021 at 7pm

Wednesday, February 16, 2022 at 7pm

Candidates unable to attend should make alternative arrangements *ahead of time* with Mary.

Rehearsal

Once a date for Confirmation has been set, a rehearsal date and time will be announced. It will be the day before Confirmation, if at all possible. Candidates and sponsors are required to attend.

Retreat

Confirmation candidates are required to attend a Confirmation retreat each year. The Year 2 theme is “Who is God?”.

Saturday, September 25, 2021—9am-5pm (TENTATIVE)

Location TBD

Paperwork

Year 2 candidates must submit their baptismal certificate, service hours, and letter to Archbishop Bellisario no later than **Saturday, February 19, 2022**. All paperwork should be emailed to mallison@st.patsak.org.

Candidates who have not already submitted their sponsor form and saint essay must do so by **Saturday, February 19, 2022**. Please see the Year 1 section for further guidelines.

REMINDER: Candidates cannot be confirmed without a valid baptismal certificate.

Baptismal Certificate

Candidates must email a copy of their certificate. If you have questions, contact Mary.

Letter to the Archbishop

Confirmation, like all the Sacraments, requires consent. It also requires the candidate ask to be confirmed. In order to fulfill these, candidates are asked to write a letter to Archbishop Bellisario (to be submitted to mallison@st.patsak.org) requesting the sacrament. The letter should be no more than one page long, and it should include: the candidate’s name, request for the sacrament, who his/her patron saint is and why, and a little about what he/she has done to prepare.

Service Hours

Confirmation candidates must do EITHER 20 service hours (see the end of the packet for the form) OR ay complete the Service Scavenger Hunt (see the end of the packet for the list). Both are centered around the Works of Mercy. Should the candidate choose the former option, he or she must not directly benefit from the service, it must be a Work of Mercy, and it must be outside of his/her normal duties (i.e. chores do not count, as they are a child's duty to their parent). Should the candidate choose the latter option, he or she must complete the hunt with at least one parent and document it in pictures.

When submitting service hours, candidates should include the entire signed form OR the pictures for each hunt activity.

Corporal Works of Mercy

1. Feed the hungry.
2. Give drink to the thirsty.
3. Clothe the naked.
4. Shelter the homeless.
5. Visit the sick.
6. Visit the imprisoned.
7. Bury the dead.

Spiritual Works of Mercy

8. Admonish the sinner.
9. Instruct the ignorant.
10. Counsel the doubtful.
11. Bear wrongs patiently.
12. Forgive offenses willingly.
13. Comfort the afflicted.
14. Pray for the living and the dead.

Appendices

Appendix A: Prayers to Memorize

Rosary



1. Make the Sign of the Cross.
2. Holding the Crucifix, say the *Apostles' Creed*.
3. On the first bead, say an *Our Father*.
4. Say one *Hail Mary* on each of the next three beads.
5. Say the *Glory Be*
6. For each of the five decades, announce the Mystery (perhaps followed by a brief reading from Scripture) then say the *Our Father*.
7. While fingering each of the ten beads of the decade, next say ten *Hail Marys* while meditating on the Mystery. Then say a *Glory Be*.

(After finishing each decade, some say the following prayer requested by the Blessed Virgin Mary at Fatima: *O my Jesus, forgive us our sins, save us from the fires of hell; lead all souls to Heaven, especially those who have most need of your mercy.*)

8. After saying the five decades, say the *Hail, Holy Queen*, followed by this dialogue and prayer:

V. Pray for us, O holy Mother of God.

R. That we may be made worthy of the promises of Christ.

Let us pray: O God, whose Only Begotten Son, by his life, Death, and Resurrection, has purchased for us the rewards of eternal life, grant, we beseech thee, that while meditating on these mysteries of the most holy Rosary of the Blessed Virgin Mary, we may imitate what they contain and obtain what they promise, through the same Christ our Lord. Amen.

Conclude the Rosary with the Sign of the Cross.

Apostles' Creed

I believe in God,
the Father almighty,
Creator of heaven and earth,
and in Jesus Christ, his only Son, our Lord,
who was conceived by the Holy Spirit,
born of the Virgin Mary,
suffered under Pontius Pilate,
was crucified, died and was buried;
he descended into hell;
on the third day he rose again from the dead;
he ascended into heaven,
and is seated at the right hand of God the
Father almighty;
from there he will come to judge the living
and the dead.

I believe in the Holy Spirit,
the holy catholic Church,
the communion of saints,
the forgiveness of sins,
the resurrection of the body,
and life everlasting.
Amen.

Lord's Prayer

Our Father, who art in heaven,
hallowed be thy name;
thy kingdom come;
thy will be done on earth as it is in heaven.
Give us this day our daily bread;
and forgive us our trespasses
as we forgive those who trespass
against us;
and lead us not into temptation,
but deliver us from evil.
Amen

Hail Mary

Hail Mary, full of grace, the Lord is with
you;
blessed are you among women,
and blessed is the fruit of your womb, Jesus.
Holy Mary, Mother of God,
pray for us sinners
now and at the hour of our death.
Amen.

Glory Be

Glory be to the Father, the Son, and the
Holy Spirit;
as it was in the beginning, is now, and ever
shall be,
world without end.
Amen.

Hail Holy Queen (Salve Regina)

Hail, holy Queen, mother of mercy,
our life, our sweetness, and our hope.
To you we cry, poor banished children of
Eve;
to you we send up our sighs,
mourning and weeping in this valley of
tears.
Turn, then, most gracious advocate,
your eyes of mercy toward us;
and after this, our exile,
show unto us the blessed fruit of your
womb, Jesus.
O clement, O loving, O sweet Virgin Mary.

St. Michael the Archangel

St. Michael the Archangel, defend us in battle.

Be our protection against the wickedness and snare of the Devil.

May God rebuke him, we humbly pray;
And do thou, O Prince of the Heavenly Host,

By the power of God,
Cast into hell Satan and all the evil spirits
Who prowl about the world,
Seeking the ruin of souls. Amen.

The 5 Precepts of the Church (not a prayer)

1. Attend Mass on Sundays and Holy Days of Obligation.
2. Confess your sins at least once a year.
3. Receive the Eucharist at least once a year, during the Easter season.
4. Keep holy the Holy Days of Obligation.
5. Observe prescribed days of fasting and abstinence.

The faithful also have the duty to provide for the material needs of the Church, each to his or her ability.

CCC 2041-2043.

Appendix B:



Candidate's Full Name: _____ St. Patrick's, Anchorage, AK

Sponsor's Full Name: _____

The sponsor must initial and complete the below:

I, _____, attest that:

___ I have received a Christian baptism, am confirmed, and have received my First Eucharist.

___ I am over 16 years old.

___ IF MARRIED, I was married in the Catholic Church.

___ IF SINGLE, I live as the Church teaches.

___ I am not canonically forbidden from participating in the Sacrament.

___ I am a practicing Catholic.

___ I am not the candidate's parent.

Sponsor's Signature: _____ Date: _____

Name of Sponsor's Parish: _____

Address: _____

Signature of Priest or Authorized Representative: _____

Date: _____

PARISH SEAL

Appendix D:

Scavenger Hunt

Don't forget to take a picture of you and a parent or guardian doing these! These photos are for verification purposes only; they will be deleted once the service is logged. You may be asked for permission to post on social media or the website.

1. **St. Patrick's in the Wild!** Take a picture with another parishioner you run into (with their permission). Say a prayer for that person.
2. **Cemetery visit.** Go to any cemetery, or our columbarium, and say a rosary for those buried there.
3. **Divine Mercy Chaplet.** Pray the Divine Mercy chaplet in public! This can be said using rosary beads. A quick Google search will lead you to the prayer.
4. **Any Corporal Work of Mercy.** Do any of the Corporal Works of Mercy with a parent or guardian.

Feed the hungry.
Give drink to the thirsty.
Clothe the naked.
Shelter the homeless.
Visit the sick.
Visit the imprisoned.
Bury the dead.

5. **A Second Corporal Work of Mercy.** Do any of the Corporal Works of Mercy with a parent or guardian. You can do the same one, or pick a new one.
6. **A Third Corporal Work of Mercy.** Do any of the Corporal Works of Mercy with a parent or guardian. You can do the same as before, or pick a new one.
7. **A prayer corner.** Make a place in your home dedicated to prayer. This can include statues, images, candles, etc: whatever helps you to pray.
8. **Help another family.** Do something as a family to help another family. Whether it's making a meal for a family with a newborn or ill member, clearing the driveway, or sending a card, do something to help.
9. **Sacred Art at Home!** Pick your favorite piece of sacred art. You can do a Google search to find some. Recreate the piece of art as a family.
10. **Prayer in the wilderness!** Go pray somewhere that isn't your home: on a hike, in the mall, in a park, etc.