



CATHEDRAL OF THE HOLY SPIRIT

Office of Faith Formation
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October 2019

Dear Sponsor—

Blessings! I pray this finds you well as we continue the Confirmation preparation process for our Cathedral of the Holy Spirit candidates. This year includes several assignments and events requiring sponsor participation.

Responsibilities of the Sponsor

Sponsors are those who will help the Confirmation candidate live his or her baptismal promises and follow Jesus. It is the responsibility of the sponsor to

- help the candidate understand and appreciate the Sacrament of Confirmation and have the right intentions for receiving it.
- help the candidate prepare for Confirmation by encouraging him or her to pray, to participate in the sacraments—especially the Eucharist—and to become actively involved in the life of their parish community.
- present the candidate for Confirmation and continue to assist the confirmed person in living a Christian life.

An apprentice is someone who is learning a craft or skill from someone who is gifted and experienced in that particular trade. *Sponsors are chosen because of their ability to apprentice others into the Catholic way of life, which involves prayer, celebration of the sacraments, living the Gospel, turning to other Catholics for support and guidance, and studying the faith.* The role of the Sponsor for Confirmation involves much more than simply standing behind a Confirmation candidate as the bishop confirms. It is to be the beginning, or the continuation, of a lasting relationship of mentoring and apprenticeship in following Jesus.

The Faith-Sharing Component

Sponsors are to participate in a faith-sharing component with their candidate, the purpose of which is to promote dialogue between the candidates and their sponsors in order to assist parents in leading their children to love and serve God in daily life. If sponsors do not live close enough to participate in the sharing directly, they can correspond through phone, Skype or email. These are the guidelines I would like you to follow:

1. Each candidate should meet with his or her sponsor roughly once a month for prayer, sharing, and discussion. An hour of sharing is recommended. Choosing a regular day and time helps facilitate the experience. To assist with these moments of prayer and faith-sharing, two Confirmation audios are assigned (see the enclosed accompanying reflection guides) and can be used for some of these monthly meetings. It is both your responsibility and your candidate's responsibility to ensure these times of faith-sharing happen.
2. Throughout this time of preparation, sponsors should seek to support candidates and their families. They should help the candidates become aware of their reasons for wanting to celebrate the Sacrament of Confirmation. Our goal is that candidates will grow in their acceptance of the responsibility of being confirmed in the Catholic Church.

Please prayerfully read through the events and assignments you will be asked to participate in to help prepare your candidate, including:

- ⇒ Listening to the enclosed audios, reviewing the reflection guides, and signing/turning in the Certificates of Completion
- ⇒ Assisting candidate in choosing a Saint name and helping with the writing assignment
- ⇒ Assisting candidate in writing a letter to our Rector, requesting the Sacrament of Confirmation
- ⇒ Attending and participating in rehearsal for the Confirmation Liturgy

At the end of the school year in May, I will email you a link to a survey to get your feedback of the spiritual growth of your candidate, as well as to ask for any suggestions that may enhance the faith-sharing experiences for future Confirmation preparation classes. Your candid response is needed and will result from the time you share with him or her from now until Confirmation.

Confirmation Gift Ideas

To mark this special occasion, consider the following as gifts for your candidate once they have been confirmed:

- ⇒ YouCat—a youth catechism promulgated by Pope Benedict XVI
- ⇒ Steubenville Youth Conference—Youth from the Bismarck Diocese attend this conference each summer, held either in St. Paul, MN, or in Denver, CO. These weekends are a powerful experience inviting the youth to a more intimate relationship with God; it cements the foundation received in their faith formation upbringing. Approximate cost for the weekend is \$300. Consider splitting the cost with parents, grandparents, godparents, etc.

Thank you for saying *yes* to mentoring this candidate in the Christian life.

Please read through all information included in this file, especially Important Dates for Sponsors and 2020 Confirmation Liturgy Details. Additionally, please print off the last page (the Affidavit to Serve as a Confirmation Sponsor), fill it out as suggested, and mail it to me no later than October 30, 2019.

If you have any questions, please do not hesitate to contact me. I look forward to watching you and your candidate grow on this journey toward Confirmation! May God bless you abundantly!

In Christ,

Deb Martinek
Director of Faith Formation
dmartinek@cathedralparish.com

Important Dates for Sponsors

Confirmation Class of 2020

EVENT/ASSIGNMENT	DEADLINE/DATE	SPONSOR'S ROLE
Affidavit to Serve as a Confirmation Sponsor	Wed, October 30, 2019	Mail or email to Deb Martinek
Saint Name Paper	Wed, Nov 20, 2019	Assist candidate in writing assignment
Audio #1 Certificate of Completion Matthew Kelly: The Best Way To Live	Wed, Dec 18, 2019	Discuss with candidate; sign certificate
Audio #2 Certificate of Completion Fr. Mike Schmitz: We Must Go Out – The Sacrament of Confirmation	Wed, Feb 19, 2020	Discuss with candidate; sign certificate
Letter Requesting the Sacrament of Confirmation	Wed, April 22, 2020	Assist candidate in writing assignment
Confirmation Rehearsal	Wednesday, September 23, 2020 at 6:30pm	Attendance and participation
Confirmation Liturgy @ Cathedral	Sunday, September 27, 2020; Mass @ 2:00pm	Arrive by 1:15pm in the cafeteria for Bishop's address

Saint Name Report

Due November 20, 2019

In the rich history of the Church, there are countless saints to whom we pray for intercession or look up to for the example of faith in the lives they lived. Candidates will choose the name of a saint for their Confirmation name: these saints are chosen as a person that the candidate wants to be like, and from whom we can ask their intercession and prayers.

WHY DO WE CHOOSE A SAINT NAME? (taken from Lifeteen.com):

Through the process of canonization, when someone is declared by the Church to be a saint, the Church is proclaiming that this member of the faithful practiced heroic virtue during their life on earth.

To aspire to be like a saint is the same as trying to imitate an actor, musician, or athlete; a confirmation saint is someone cool who we want to be like! You may have a favorite actor, musician or athlete that you really admire for their talent and skill. What many people do not realize is that there are good people to look up to within our Church, for us to try to be like as well.

It is important to remember that as members of the Church, we are never alone, as St. Paul said, "We

are surrounded by so great a cloud of witnesses” (Hebrews 12:1). These witnesses are the saints who continually intercede for us (CCC 956); **in choosing a Confirmation saint, we are choosing a special friend to intercede for us in heaven and after whom we can model our lives while here on earth.**

You cannot call up a famous person you want to be like and ask them for help, but your Confirmation saint is someone who you can talk to whenever you need them and they will always have your back!

Please follow these steps to choose a Confirmation name for yourself:

- Investigate your own first or middle names to see if there is a saint name that is the same as yours. If so, read about this saint to see if it is a good match for you.
- Are there any saints that you have looked up to or have been inspired by?
- Investigate your sponsor’s or a loved one’s name to see if there is a saint for their name.
- Do you have a vocation or interest that is a passion in your life? There are saints that are patrons of different careers and causes.

WRITING ASSIGNMENT

Your information should be one page typed, single-spaced with 12 point font using the format below. *Please remember to include your name!*

At the top of your page, type the name of the Saint you chose, and type your name below the Saint name.

In complete sentences, answer the following questions in paragraph form.

Paragraph 1: Write a brief biography of your Saint. Include *at least* the following:

When was he/she born? When did he/she die? When is their feast day celebrated? Was your Saint a priest, religious (name the Order), or a lay person? You can write more than one paragraph for this.

Paragraph 2: Why would you recommend this Saint to your classmates as a Confirmation Saint/Name? Give at least three reasons.

Paragraph 3: How can you imitate this Saint as you strive to live a Catholic Christian life in the days and years to come? Give at least two examples of how you plan to imitate this Saint’s life or virtues.

Paragraph 4: What else would you like to share about your Saint?

The Best Way to Live

Due December 18, 2019

Candidates and sponsors are to listen to this CD (each has his/her own copy) and discuss the content as suggested below. Afterwards, the sponsor and candidate each need to sign the Certificate of Completion and return it to the candidate’s religion teacher no later than Wednesday, December 18.

REFLECTION

Matthew Kelly said that, “God has a vision for you – to become the best version of yourself.” Read Jeremiah 29:11-14.

GIFTS OF THE HOLY SPIRIT *(taken from the Catholic Faith Handbook for Youth, pp 98-99)*

The seven gifts of the Holy Spirit represent all the gifts God gives us to live a good and holy life (in the Bible, the number 7 often symbolizes fullness or completion). These seven special gifts are rooted in a prophecy from Isaiah about Jesus. Read Isaiah 11:2-3.

Wisdom With the gift of wisdom, we see God at work in our life and in the world. For the wise person, the wonders of nature, historical events, and the ups and downs of our life take on a deeper meaning and purpose.

Understanding With the gift of understanding, we comprehend how we need to live as a follower of Jesus Christ. A person with understanding is not confused by all the conflicting messages in our culture about the right way to live.

Counsel (or Right Judgment) With the gift of counsel or right judgment, we know the difference between right and wrong, and we choose to do what is right. A person with right judgment avoids sin and lives out the values taught by Jesus.

Fortitude (or Courage) With the gift of courage, we overcome our fear and are willing to take risks as a follower of Jesus. A person with courage is willing to stand up for what is right in the sight of God, even if it means accepting rejection, verbal abuse, or even physical harm and death.

Knowledge With the gift of knowledge, we understand the meaning of God's Revelation, especially as expressed in the life and words of Jesus Christ. A person with knowledge is always learning more about Scripture and Tradition.

Piety (or Reverence) With the gift of piety, we have a deep sense of respect for God and the Church. A person with reverence recognizes our total reliance on God and comes before God with humility, trust, and love.

Fear of the Lord (or Wonder and Awe) With the gift of fear of the Lord, we are aware of the glory and majesty of God. A person with wonder and awe knows that God is the perfection of all we desire: perfect knowledge, perfect goodness, perfect power and perfect love.

REFLECTION QUESTIONS FOR CONVERSATION

- What is your first reaction to the Jeremiah 29:11 passage?
- In your own words, how does this passage define God's vision for you, His plan for you to become the best version of yourself? How does God's plan for you affect how you might answer Matthew Kelly's question: "What is the best way to live?"
- One of the primary roles of the Holy Spirit is to be our Advocate, the one who stands by our side to help us defend our belief in Jesus. When do you feel challenged to defend your Christian beliefs? When are you tempted to compromise the things you believe in?
- Consider one of the seven gifts of the Holy Spirit. How have you already used this gift? How can you continue to grow in making it a part of your life to help you to become the best version of yourself?

We Must Go Out

Due February 19, 2020

Candidates and sponsors are to listen to this audio and discuss the content as suggested below. Afterwards, the sponsor and candidate each need to sign the Certificate of Completion and return it to the candidate's religion teacher no later than Wednesday, February 19.*

REFLECTION QUESTIONS FOR CONVERSATION

- What are the claims about Christianity that makes it so different from other world religions? Why is it so important to our beliefs that Jesus is God?
- Fr. Schmitz spoke about the “five effects of Confirmation”. Name these effects and how you plan to live out these effects after you are confirmed. You may want to look at the Catechism of the Catholic Church (CCC), paragraph 1303 for help.
- Have your sponsor help you describe and explain the chocolate milk analogy in your conversation.

*To access the audio, follow these steps:

1. Go to <http://cathedralparish.formed.org>
2. Register (entering name, email, etc.)
3. Hover over the LISTEN tab and click on TALKS
4. Scroll down to SACRAMENTS and click through until you find “We Must Go Out”

Letter Requesting Confirmation

Due April 22, 2020

Those wishing to receive the Sacrament of Confirmation will write a letter of request to our Rector, stating your desire. Your letter should be one page typed, single-spaced using 12 point font. Follow these guidelines:

Begin your letter with the greeting, Dear Fr. Austin Vetter,

Paragraph 1: Introduce yourself. Tell something about your family, 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 tell about specific parts of your preparation: your prayer life, your celebration of the other sacraments, your service for others exercised at home, within the parish, in the community, and so on.

Paragraph 4: White about the saint you chose and why.

Paragraph 5: 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 the future. Tell how you plan to remain close to Jesus after receiving the Sacrament of Confirmation.

Conclude the letter and write your complete signature.

Turn this letter in to either your Wednesday Faith Formation teacher or your religion teacher at the Academy.

2020 Confirmation Liturgy Details

Rehearsal

Rehearsal for all candidates and sponsors will be held on Wednesday, September 23, 2020 at 6:30pm. If sponsors cannot attend this rehearsal, one parent can step in to that role.

Confirmation Liturgy (Mass)

The Confirmation Liturgy for your candidate will be held on Sunday, September 27 at 2:00pm at the Cathedral of the Holy Spirit. Bishop David Kagan will be presiding.

Bishop Kagan's Address to Candidates and Sponsors

Parents and families can take their seats in the church pews once the group photo has been taken at 1:00pm. Bishop Kagan would like to address the candidates and sponsors in the cafeteria beginning at 1:15pm. **Sponsors must arrive no later than 1:15pm in the cafeteria.**

After his address, sponsors and candidates will line up in the cafeteria in preparation for the liturgy.

Dress Code Guidelines

For Candidates and Sponsors: choose modesty when selecting your outfit.

Gentlemen options: Suit; sport jacket and dress pants (NO jeans); dress shirt and tie; dress socks and dress shoes (NO sneakers)

Ladies options: Modest dress; dress skirt and blouse; dress or skirt **must** be knee length or longer; chest, back and shoulders must be covered; dress shoes (NO flip flops)

Did you know? St. Peter's Basilica in Vatican City maintains a strict dress code. Even in the summer, shoulders must be covered at all times; shorts, short dresses, tank tops, and any revealing clothing are not permitted inside. Use this code as a guide in selecting the outfit you will wear to receive the Sacrament of Confirmation.

To Note

Please make sure your candidate and family has something to eat prior to coming for pictures.

Pictures, time with Bishop Kagan prior to the liturgy and then the liturgy itself will amount to over 2 hours. Their hour fast prior to communion will be observed due to the schedule in place.



Diocese of Bismarck

(For use in the Diocese of Bismarck only)

Affidavit to Serve as a Confirmation Sponsor for

Name of candidate to be confirmed

I RECOGNIZE that a sponsor has a special relationship to the person who is to be confirmed. A sponsor serves as a model of Christian living for the individual he/she is serving, as that person is renewed and strengthened by the power of the Holy Spirit.

WITH THAT UNDERSTANDING, I recognize that in order to serve as a confirmation sponsor, a person must:

† **Be a Catholic who has been baptized, received the Eucharist and has been confirmed, and who is currently living a sacramental life (e.g., attending weekend Mass and Holy Days of Obligation, and receiving the Sacrament of Reconciliation) and is not in an irregular marriage according to Church teaching;**

† **Be at least sixteen years of age;**

† **Not be a parent of the individual to be baptized or confirmed.**

I HEREBY TESTIFY that I fulfill the requirements and accept these responsibilities to serve in the ministry of confirmation sponsor.

Name of Sponsor (please print)

Sponsor's Phone

Sponsor's Address

Sponsor's Email

Sponsor's Birthdate

Sponsor's Home Parish (Name, City, State)

Signature of Sponsor

Date

**I verify that I have received the Sponsor Information Guide Packet
from my candidate (sent as an email attachment): (circle one) YES NO**

Please return to Cathedral of the Holy Spirit by October 30, 2019. Thank you!

Cathedral Faith Formation, Attn: Deb Martinek
519 Raymond St. Bismarck, ND 58501