

Living the Sacramental Commitment

St. Lawrence the Martyr R.C. Church Confirmation Preparation Process

Guidelines and Expectations

Each Confirmation candidate enrolled in our parish Confirmation Preparation Process will receive the following workbooks:

Level I: *CALLED TO WITNESS*

Level II: *ALIVE IN OUR FAITH*

The workbooks are designed to complement the candidate's instruction as presented by his/her catechist. Therefore, the workbook, ***CALLED TO WITNESS*** will be presented to the Confirmation candidate in the fall of the year that he/she enters the preparation process (generally in Grade 7). The workbook, ***ALIVE IN OUR FAITH*** will be presented to the candidate upon completion of the ***CALLED TO WITNESS*** workbook, but no earlier than the second fall season of the 2-year Confirmation preparation program.

The format of these workbooks consists of various projects to be completed at the candidate's own pace. The projects can be done in any order. Each project is explained in detail. Read through it and plan out your journey. These workbooks should not be looked at as "tasks" to complete, but rather, as milestones on a faith journey that will lead you to the celebration of the Sacrament of Confirmation. We encourage candidates, their parents, and their sponsor to work together on projects contained in these workbooks. This completed workbook must be submitted during the workbook review date that will be scheduled for late April/early May (TBA).

Workbook Do's & Don'ts

Do:

- hand write your reflection as neatly as possible.
- write in paragraph form. *At least* two paragraphs are expected for each reflection.
- write about your feelings and impressions in your reflections.



Don't:

- type your reflection unless you have received permission to do so.
- dictate your reflection for someone else to write.
- reflect solely on the Gospel reading for your Mass reflections. The reflection should contain other elements of the Mass such as the homily, the music, the décor, and the prayers.
- write an instruction on a particular event/activity for your reflection. For example, don't tell me what Baptism is for the reflection on the Celebration of a Baptism.
- bullet point your notes and submit them as reflections. Reflections should be in complete sentences.

BAPTISM

In the Sacrament of Baptism, the Church welcomes children and adults into the faith community. In infant Baptism, the priest or deacon asks the parents, "What do you ask of God's Church for your child?" The response to this is "faith", "baptism", "entrance into the community of faith".

The gift of faith comes to you from God through the Church and the community of believers, your family, and the parish family. The gift of faith must be accepted if it is to be truly a gift for you. At Baptism, your parents and godparents accepted this gift in your name. They promised to nurture you in the faith of the Church and help you to understand this gift by their lived example, so that one day you would be able to accept it yourself.

The Sacrament of Baptism is the first step of our faith journey. It is probably one of the most important steps of that journey. **PLEASE COMPLETE ALL 3 OF THE FOLLOWING STEPS:**

STEP 1: Ask your parents to tell you about the day you were baptized. What were their hopes and dreams for you in faith? **Write about it on the next page.**

STEP 2: Ask to see a copy of your baptismal certificate and fill in the following information:

BAPTISMAL NAME _____

CHURCH OF BAPTISM _____

DATE OF BAPTISM _____ **PRIEST** _____

SPONSOR(S)/GODPARENT(S) _____

STEP 3: Do at least one of the following:

1. Ask your parent(s) to write a letter to you stating how they will continue their promise, made at your baptism, to help you grow in faith and in love of God. ***(Attach it to the next page.)***
2. Ask one of your godparents to write a brief note to you about how they feel about being your godparent. ***(Attach it to the next page.)***
3. Ask your parent(s) why they gave you the name they gave you. Was it in honor of a family member or a favorite Saint? Write about who you are named for on the next page.

***Staple your letter(s) to this page
About my Baptism:***

About my Baptismal Name:

CONFIRMATION SPONSOR

You are asked to select one sponsor for Confirmation. You are welcome to choose one of your baptismal godparents to be your sponsor, expressing clearly the link between Baptism and Confirmation. Yet, whomever you choose, this person should fulfill the following criteria:

- a person close enough to you to have been supportive of your life so far;
- a baptized Catholic who has received Eucharist and has been Confirmed;
- a practicing Catholic who participates in the Eucharistic celebration every Sunday;
- a person who lives a good Catholic life;
- a person who is at least 16 years of age.

Although a parent may fit the criteria noted above, parents may not be sponsors. The reason for this is that the idea of having a sponsor is to widen the circle of people surrounding you that will help guide you on your faith journey.

Role of a Sponsor

The person you ask to be your sponsor should know you well enough to be able to testify, by his or her presence before the community, that you are someone who wishes to be fully incorporated into the Church as a believing, practicing Catholic; that you are one who takes part faithfully in the Church's worship, witness, and mission. When you are anointed with the chrism during Confirmation, your sponsor will be beside you with a hand placed on your shoulder. This is a sign of your spiritual relationship.

When choosing a sponsor, ask yourself the following questions:

- Is this person someone with whom I feel comfortable?
- Does this person live near enough to me to truly be able to be a guide and a support?
- Will this person be willing and able to be my sponsor-to take an active role in my faith life?

Your Assignment

Think of two or three people you might choose. Write their names. Then record on the next page some thoughts about each. Utilize your reflections as a way to make your decision. **PLEASE NOTE: Your official sponsor paperwork must be submitted by January 15, 2026. Sponsor forms can be printed from our website, www.stlawrencesayville.org. You can find them under St. Lawrence Faith Formation.**

WHOM MIGHT YOU CHOOSE AS YOUR SPONSOR?

NAME: _____ RELATION: _____

QUALITIES/CONSIDERATIONS: _____

WHY WOULD YOU CHOOSE THIS PERSON? _____

NAME: _____ RELATION: _____

QUALITIES/CONSIDERATIONS: _____

WHY WOULD YOU CHOOSE THIS PERSON? _____

NAME: _____ RELATION: _____

QUALITIES/CONSIDERATIONS: _____

WHY WOULD YOU CHOOSE THIS PERSON? _____

SAINT'S REFLECTION

“Fear not, for I have redeemed you; I have called you by name; you are mine.” Isaiah 43: 1

These words of God through the prophet Isaiah are powerful ones indeed. They tell us of a God who knows us so personally and deeply that He calls us by name. At the beginning of the rite of Baptism the celebrant asked your parents: “What name do you give your child?” And your parents spoke your name. From that moment on in the rite you were always called by this name.

Parents are encouraged to give their child the name of a saint (for a least one of the names). Why do you think the Church suggests this? It is so that you will have a special friend in heaven to be your guide throughout life.

In the rite of Confirmation, you are again called by name. You may use the saint’s name given to you at Baptism as your Confirmation name to emphasize the strong connection between these two sacraments. You are free, however to choose another saint’s name to mark this day as a day of transformation, therefore, a change in name (like Simon, when Jesus called him, Peter, or Saul, whose name changed to Paul).

Whether you choose your baptismal name or a new one, it is important to learn as much as you can about your patron saint. After all, you are asking this saint to be your friend and advocate for the rest of your life. There are many sources of information available on the saints. An Internet search could be very interesting. There are also materials in the Faith Formation Office for you to peruse, and the Library has books on some of the more well-known saints.

When you have researched a few of these holy men and women, choose one to write about on the next page. Include in your essay what you found inspiring about this saint. Whether you choose the name of the saint you select for this essay or not, you will be learning about a person who dedicated their life to God and who is a role model in the Faith which can be a very worthwhile activity.

Before you actually choose a name for Confirmation (you will need to have the name selected by the beginning of our Level II Program), speak with some adults whose opinion you especially value. Don’t pick a name just because it sounds good or because it is popular. Pray about it.

REFLECTIONS ON THE CELEBRATION OF EUCHARIST

*The Sunday Celebration of the Eucharist is at the heart
of the Church's Life.*

(Catechism of the Catholic Church, #2177)

The Sunday Celebration of the Eucharist (**Mass**) is the gathering of the faithful to pray and give thanks and praise to God. The Mass is our primary source of renewal for our life in Christ. In the Mass, we are once again welcomed into the community of the faithful, called to communion with others and service to others, and nourished by the Bread of Life. We are sent forth to exemplify the Good News of the Gospel in our everyday lives.

You are to write a reflection on **FIVE** Sunday Masses (Saturday Vigil (evening) Mass is also acceptable). The Sunday Masses you reflect upon can be from any season of the Church liturgical calendar. The obligation to attend Mass in-person has been reinstated for those people who are in good health and not struggling with a compromising health condition. Therefore, your reflections are to be of Sunday Masses you ATTEND. Reflections on Masses viewed online or on TV will not be accepted.

Each of the five reflections should include responses to the following:

- Describe some of the things you noticed in Church during the Mass, for example, the liturgical color, the actions of the priest, the role of the altar servers, or the songs that were sung. Please be as specific as you can.
- What was the Gospel reading about? **YOUR REFLECTION MUST CONTAIN MORE THAN A RE-TELLING OF THE GOSPEL READING.**
- Write one lesson you heard the priest or deacon teach during the homily at Mass.
- What can you do this week to put into action the message of the Gospel?



SUNDAY MASS REFLECTION

Date Attended: _____

Celebrant (Priest's Name): _____ *Catholic Church* _____



Reflection:

SUNDAY MASS REFLECTION

Date Attended: _____

Celebrant (Priest's Name): _____ *Catholic Church* _____



Reflection:

SUNDAY MASS REFLECTION

Date Attended: _____

Celebrant (Priest's Name): _____ *Catholic Church*_____



Reflection:

SUNDAY MASS REFLECTION

Date Attended: _____

Celebrant (Priest's Name): _____ *Catholic Church* _____



Reflection:

SUNDAY MASS REFLECTION

Date Attended: _____

Celebrant (Priest's Name): _____ *Catholic Church* _____



Reflection:

PRAYER/DEVOTION EXPERIENCE

In preparation for the reception of Confirmation, you should strive to deepen your faith and develop your own prayer life.

You are to choose to pray at least ONE of the following devotional prayers:

- ***Rosary:*** Pray a full 5 decades of the Rosary. For a tutorial on how to pray the Rosary, go to the USCCB website, <http://www.usccb.org/prayer-and-worship/prayers-and-devotions/rosaries/how-to-pray-the-rosary.cfm> , or the New Advent website, <https://www.newadvent.org/images/rosary.pdf> .
- ***Chaplet of the Divine Mercy:*** First learn about Divine Mercy by visiting <https://www.thedivinemercy.org/message/devotions/pray-the-chaplet> and clicking on “The Basics” at the top of the page and then “Message”. Next, learn how to pray the Chaplet of the Divine Mercy by clicking on “The Basics” and then “Divine Mercy Chaplet” and “How to Pray the Chaplet, Step-by-Step Guide”. For a beautiful rendition of the chaplet in song from the National Shrine of the Divine Mercy, click on “Pray Along with the Video”. The Chaplet is prayed on Rosary Beads.
- ***Stations of the Cross:*** Pray the Stations of the Cross by either visiting The Way of the Cross, <https://www.youtube.com/watch?v=mVM0Mn0AgHw> , or Bishop Barron's website, <http://stations.wordonfire.org> , or get a printable booklet, The Way of the Cross and pray the stations at <http://www.liturgies.net/Lent/Stations/StationsBooklet.pdf> .

Write a reflection on the prayer experience on the next page. →



REFLECTION ON CHOSEN “CHALLENGES OF THE WEEK”

Chosen is the name of your Confirmation Preparation Program. Following each *Chosen* lesson, you will be asked to select a challenge to complete to help you apply that week’s lesson. **The lesson challenges can be found in your CHOSEN textbook.** From the challenges you have selected over the course of the year, reflect upon five of them and answer the following questions about each of the five challenges:

- Describe what you did and why you choose this challenge.
- What did you learn about yourself while completing the challenge?
- Did the challenge have an effect on another person? If so, what was the effect?
- While meeting the challenge, did you learn something about God and/or your faith life?
- How did it feel to complete the selected challenge?

Challenge 1 _____

Challenge 2 _____

Challenge 3 _____

Challenge 4 _____

Challenge 5 _____

SERVICE

Out of God's great love, in which you will soon be confirmed by the Holy Spirit, comes action. At the Last Supper, Jesus washed the feet of His disciples giving us an example of service to neighbor. He said to His disciples, "*Do you realize what I have done for you? You call me 'teacher' and 'master,' and rightly so, for indeed I am. If I, therefore, the master and teacher, have washed our feet, you ought to wash one another's feet. I have given you a model to follow, so that as I have done for you, you should also do*" (John 13: 12-14). Thus, when we help others, we are following Jesus' example and are *Living out the Sacramental Commitment of our Initiation – Baptism, Confirmation, and Eucharist*.

In preparation for the reception of the Sacrament of Confirmation, you are asked to participate in service, whether it is for our parish community, your school community, or the greater community that is Sayville, Long Island or beyond. There isn't a set hourly requirement for this activity. As Christians, we are called to do as much as we can. ***Your service must be completed during this year of Level I Confirmation Preparation. You may not utilize projects you did prior to beginning this program.***

EXAMPLES: If your talent is writing, perhaps send a letter to someone to lift their spirits or to advocate for justice for the poor or marginalized. If your talent is art, you could create cards for people in hospitals or nursing facilities to cheer them. If your talent is crafts, perhaps you can make Rosary beads and donate them to our Parish for distribution. If you are a helpful person, perhaps you can rake your neighbor's lawn or clean their flower beds. If your talent is organizing, you could organize a fundraiser and donate the goods or money raised to your favorite charity.

On the following page, write a reflection on one or more of your service projects. Include in your reflection a description of the project(s), who you helped by your project, and how this project helped you to strengthen your commitment to following the example set by Jesus.

