

## CONFIRMATION INFORMATION FOR CANDIDATES

### A. INSTRUCTIONS FOR WRITING AN ESSAY ON YOUR CHOSEN SAINT

As part of your Confirmation program you are asked to choose the name the Bishop will call you when he confirms you.

How do you go about choosing **YOUR** saint? Start with your Baptismal name. Perhaps you already have a Saint's name as part of your Baptismal name. Begin by researching the life of that Saint as noted below. Explore how they lived out their life of faith. Is this someone who you can admire ?

If your baptismal name does not contain a Saint's name, then you must do some research to discover a Saint whom you admire.



Everyone must then write a one-page essay on the life of their chosen Saint. Include in this essay the following points:

1. When they lived.
2. What was their life like growing up? (If this info is available).
3. When did they choose to be a follower of Jesus?
4. What did they do to become a Saint of the Church?
5. What is it about them that attracts you to them?
6. What will you do to become more like them?

A link to ***Catholic Online*** which has information on Saints is available on the Parish Website [www.stmaryscochrane.ca](http://www.stmaryscochrane.ca). A few reference books on Saints are available at the Parish Office. Holy Spirit School library also has some reference books.

**Please make sure this essay is turned into the Parish office by January 17, 2010.** There will be a box at the *Connections* Desk, or it can be dropped off during office hours (8:30 am to 1 pm), or faxed to (403) 932-4587, attention Ken Hagel or e-mailed to [khagel@stmaryscochrane.ca](mailto:khagel@stmaryscochrane.ca)

### B. INSTRUCTIONS FOR WRITING A LETTER TO BISHOP FREDERICK HENRY

The Confirmation candidate is to write a letter to Bishop Henry requesting Confirmation. As you go through the program, you are asked to think about:

- 1) why you want to be confirmed and what your faith means to you;

- 2) why you chose the Confirmation name you did;
- 3) why the Saint you chose is your hero of the faith; and
- 4) what you did for your Witness Project and what it did for you.

Your reasons and thoughts about these should be included in your letter. Letters are to be addressed to Bishop Frederick Henry. Please date the letter and put in the name of our parish, after your name and signature. Please write nicely, double-spaced on writing paper. The Bishop will read every letter he receives.

Please **bring it to the Parish office by March 14, 2010** in the manner most convenient for you, as mentioned above. **Please attach your Sponsor and Confirmation name to this letter**

### **C. WITNESS PROJECT**

This project should be a charitable undertaking to demonstrate your desire to be a witness to the good news of the gospel message by reaching out to the needs of others and to experience what it means to serve others.



Your project should be one in which you use the gifts and talents God has given you and you should not be paid for doing it. Your witness project could simply be a continuation of some service you are already doing. Or it can be a new undertaking, now that you have a better understanding of your role as a Confirmed Catholic. It is hoped, however, that you will continue to be the hands and feet of Jesus long after you have been confirmed.

Some suggestions for your Witness Project are:

#### **SCHOOL** (with permission from your Principal and/or Teacher)

- Help younger students
- Help another student in your class
- Volunteer in the office (or anywhere in the school)



#### **COMMUNITY**

- Check with the library for volunteer positions
- Check with Seniors' Lodges. Perhaps you can read, entertain or socialize with seniors, who love visits from young people
- Babysit (if you are old enough) so your parents or neighbours can go out
  - Help a neighbour
  - Shovel snow, or mow grass, or rake leaves
  - Volunteer to do tasks at home that you normally would not do
  - Help your grandparents



**Now write an essay on your Witness Project which includes:**

- 1) What was your witness project?
- 2) Which Gifts of the Holy Spirit did you use during this project?
- 3) Which Fruits of the Spirit did you experience during your project?
- 4) How did serving others make you feel?
- 5) What did you learn by doing this Witness Project?
- 6) How will you continue to use the Gifts of the Holy Spirit after your Confirmation?
- 7) Your name and phone number at the bottom of the page.

**Please make sure this essay is turned into the Parish office by February 28, 2010 in the manner most convenient for you, as mentioned above.**

**The Gifts of the Holy Spirit are:**

- ❖ Understanding
- ❖ Wisdom
- ❖ Right Judgment
- ❖ Courage
- ❖ Knowledge
- ❖ Reverence
- ❖ Wonder and Awe in God's presence



**The Fruits of the Holy Spirit are:**

- |            |                |
|------------|----------------|
| ❖ Love     | ❖ Goodness     |
| ❖ Joy      | ❖ Faithfulness |
| ❖ Peace    | ❖ Humility     |
| ❖ Patience | ❖ Self-Control |
| ❖ Kindness |                |

## GLOSSARY OF TERMS

- taken from old text We Celebrate Confirmation
- \* **important terms to know**

**absolution** — the prayer of forgiveness for sins prayed by the priest in the sacrament of Reconciliation

**Anointing of the Sick** — the sacrament of comfort and strength, of forgiveness and healing

**Baptism** — the sacrament of initiation through which we become members of the Church

\***Beatitudes** — the basic principles of life in God's kingdom

\***bishop** — a successor of the apostles who leads a diocese

**Body of Christ** —the Church, the community of those who are united with Christ and with one another in Christ

**catechumen** —an unbaptized person who is being initiated into the Church

\***chrism** — perfumed oil blessed by the bishop and used in the sacraments of Baptism. Confirmation and Holy Orders

\***Confirmation** — a sacrament of initiation in which we are sealed and strengthened with the gift of the Holy Spirit

\***creed** — a formal summary of basic beliefs

\***diocese** — a Catholic community made up of many parishes

**Eucharist** —a sacrament of initiation that celebrates the real presence of Jesus in the assembled community, in the proclamation of the word, in the consecration of the bread and wine, and in sharing Holy Communion.

\***gift of the Spirit** —the power given by the Holy Spirit at Baptism and strengthened at Confirmation to help us live as Christians.

**Holy Orders** —The sacrament of service in which men are ordained to serve the Church by preaching, celebrating the sacraments, and building a more just community

**homily** — a talk about the readings at Mass

**inspiration** — God's guidance of the writers of the Bible so that their words were really God's word

**liturgy** — the Church's official public worship

**Marriage**— the sacrament that celebrates the promise of lifelong love between a man and a woman

**Pentecost** — the day the Church began when the Holy Spirit came upon the apostles

**Reconciliation** —a sacrament that celebrates the love and forgiveness of God, brings us healing and peace, and reconciles us with God and with the Christian community

**revelation** —God's speaking to us about God, about ourselves, and about the world; God's revelation is still going on

**Rite of Christian Initiation** — the process of religious education and liturgical celebration through which one is prepared for full sacramental life in the Church

**\*sacraments of initiation** — visible signs of invisible grace or signs of sacred reality that enable one to become a full member of the Body of Christ; Baptism, Confirmation, and Eucharist

**\*seven gifts of the Spirit** — wisdom, understanding, knowledge, right judgement, courage, reverence, wonder and awe

**\*fruits of the Spirit** — qualities, or virtues, in our lives that show we are living by the gifts of the Spirit: love, joy, peace, patience, kindness, generosity, faithfulness, gentleness, self-control

**\*sponsor** — a baptized, confirmed Catholic who models Christian living for the Confirmation candidate, and presents the candidate to the bishop

**witness** — one who tells or shows what he or she has seen or heard

