Confirmation Handbook

2025-2026

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**Sacred Heart Church, Murdock**

**St. Francis Church, Benson**

**St. John, Appleton**

**St. Isidore the Farmer Area Faith Community**

(Jesus) said to them again, “Peace be with you. As the Father has sent me, so I send you.” And when he said this, he breathed on them and said to them, “Receive the holy Spirit.”John 20:21-22

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Preparing for the Sacrament of Confirmation is a process of discovery that welcomes young Catholics into a deeper relationship with God and into the life and mission of the Catholic community. The purpose of our Confirmation Program is to “mentor youth toward an intimate relationship with Jesus Christ, the Holy Spirit, and the Catholic Church.” The Confirmation preparation process is designed to fulfill this purpose by focusing on the following aspects: Mentorship, Faith Formation, Spiritual Renewal, and Discipleship.

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**Forms**

**All paperwork to be completed will be given to students at class and/or emailed. Parents will be informed when the items are due.**

**Mentorship**

**Role of the Parents (*Life-Long Mentors*)**

Parents are the first and primary catechist of the faith and are a vital role model for their children. Parents are encouraged to be strong leaders by continuing to learn, grow, and be active in their own faith. Within the sanctity of the family a child learns all about the family relationships that foreshadow the loving relationships within God's family. The Pope reminds Christians that "being family" means more than having dignity; it means taking responsibility and realizing the mission of the Catholic family.  Children learn what they live, but first and foremost, they learn what their parents live.

During the preparation process we are asking teens to make a journey of discovery. A journey to discover the faith of our ancestors, the truth of God’s Word, and the reality of our faith lived out daily. We hope candidates will discover their own purpose and respond to God’s outpouring of love and the gifts of the Holy Spirit that are received in the Sacrament of Confirmation.

**Expectations for Parents:**

* Make time to pray for their son/daughter each day.
* Attend and participate fully in weekly/Holy Day Masses together.
* Help their son/daughter choose a suitable sponsor (see below).
* Help their son/daughter research a Saint/choose a Confirmation name.
* Help monitor their son/daughter’s progress toward completion of the Confirmation preparation commitments.
* Model Christian charity (love) and discipleship.

**Role of the Sponsor (*Spiritual Mentors*)**

Sponsors at Confirmation represent the believing Christian Community. Thus, it is required that they be a practicing Catholic in good standing with the Church and have themselves received the Sacraments of Initiation, which are Baptism, Holy Eucharist and Confirmation and have reached the age of 16. If you are having trouble choosing a sponsor please reach out to the faith formation director or Father Brian.

**In addition to the above, sponsors must also meet the following criteria:**

* They regularly participate in Sunday Mass and Holy Days of Obligation at their Catholic Church.
* They are an active member in the life of their parish to the best of their abilities.
* They are faithful to the teachings of the Catholic Church.
* Sponsors will continue to serve as a Spiritual mentor to their Candidate for their lifetime by being involved in their life of faith and being in regular contact, for example praying for and with their candidate regularly after Confirmation.

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**Saints (*Unseen* *Mentors*)**

Candidates for confirmation are asked to choose a name of a saint in which they would like to be confirmed. A saint is someone who has gone before us marked with the sign of faith. They are a disciple of Christ who has lived a life of exemplary fidelity to the Lord, a life of heroic virtue. A patron saint provides us with a model of charity, and we are assured of their prayers for us. (CCC 2156) Choose a saint that is a patron and model that you would like to look up to. Candidates should choose a patron saint's name because of the attractiveness of the Christian life that that person led. The chosen Saint’s name will become the candidate’s Confirmation name.

***Candidates seeking the Sacrament of Confirmation commit to completing the following Mentorship milestones:***

**Select a Sponsor –** Candidates will be given direction on methods to discern a sponsor who will guide them on their faith journey.

**Faith Sharing –** Candidates & Sponsors will meet 4 times throughout the preparation time.

**Select a Confirmation Name –** Candidates will be given directions to research Saints and discern a Confirmation name of significance to them.

**Faith Formation –**

**Sacramental Preparation**

**Ongoing Faith Formation**

As candidates prepare for Confirmation it is vitally important for them to continue to grow in knowledge and understanding of God’s word as well as the traditions, teachings, and practices of the Catholic Church. Our Catholic faith is vast in scope, rooted in centuries of theology, and rich in symbol, prayer, and practice.

One could study for a lifetime and still not fully know all that can be known about the Catholic Church or its teachings and traditions. During this preparation, Year 1 and Year 2 candidates will be studying CHOSEN: Your Journey Toward Confirmation which provides everything students need intellectually and spiritually to receive the Sacrament of Confirmation.

Since class attendance is the main formation students receive, it is imperative that they are at all classes. If students miss a class for any reason they are expected to make up the class on their own time. If students do not make up these class sessions, their Confirmation date may be delayed.

**Mass: The “Source and Summit” of our Faith**

For all Candidates and every Catholic, the Eucharist is an inexhaustible mystery to be loved and lived. It is a sacrament; it is a sacrifice; it is a meal; it is a liturgical celebration, a public proclamation of our faith in sign and symbol; it is the “source and summit” of our Christian experience (where we are fed for the journey and it is our destination). To become the person of faith that God has called us to be, we must seek Christ in the sacraments; we must seek Christ in the Eucharist at Mass.

Because the Mass is so important, it is an essential part of the Confirmation preparation. Thus, we want to help our Confirmation students to come to appreciate the beauty and the depth of the Mass. The first step to appreciating the beauty and the depth of the Mass is being present at Mass. The obligation to attend Sunday and Holy Day Masses is a responsibility for all Catholics. We expect all of our Candidates to understand and follow this teaching, which is based on the Third Commandment (Keep holy the Sabbath). Candidates desiring to be Confirmed are expected to attend Mass every weekend and Holy Day of Obligation.

***Candidates seeking the Sacrament of Confirmation commit to completing the following Sacramental Preparation milestones:***

**Attend Mass weekly/Holy Days –** All candidates preparing for the Sacrament of Confirmation are expected to attend Mass every week as well as Holy Days of Obligation.

**Commit to ongoing Faith Formation –**All candidates preparing for the Sacrament of Confirmation are expected to attend all classes and learn about the teachings and practices of the Faith by participating in Faith Formation classes. Any classes missed will need to be made up by visiting with the Faith Formation Coordinator.

**Mass Times**

**Any City in the United States: www.masstimes.org**

**(These times subject to change)**

**St Isidore the Farmer Area Faith Community**

**– Rotates every three months**

<https://www.stisidorethefarmerafc.org/>

**July-August-September 2025**

**Saturday 5:00 pm Appleton**

**Sunday 8:30 am Benson**

**Sunday10:30 am Murdock**

**October-Novemeber-December 2025**

**Saturday 5:00 pm Benson**

**Sunday 8:30 am Murdock**

**Sunday 10:30 am Appleton**

**January-February-March 2026**

**Saturday 5:00 pm Murdock**

**Sunday 8:30 am Appleton**

**Sunday 10:30 am Benson**

**April-May-June 2026**

**Saturday 5:00 pm Appleton**

**Sunday 8:30 am Benson**

**Sunday 10:30 am Murdock**

**Spiritual Renewal - Retreats**

**Taking Time for God –** Few people take time to be still and rest in God’s presence. But consider the Lord’s instruction, “Be still and know that I am God.” This is why the US Bishops feel that it is imperative that all candidates preparing for the Sacrament of Confirmation set aside a period of time so they can build an intimate relationship with the Lord. Retreats are wonderful opportunities to step away from life’s busyness and spend time reflecting more deeply on one’s relationship with God. They are meant to draw youth into a closer relationship with God and into a closer relationship with others. Retreats also serve to help candidates discern their response to God’s outpouring of love and how they will live the sacraments as a regular part of the faith community.

**Retreat Options –** Candidates may choose from numerous retreat options. The Faith Formation Coordinators will give each candidate a list of possible opportunities that qualify as retreat options, along with dates and further information. If you have an idea that is not on the list, please speak with the Faith Formation Coordinators *prior* to registering/attending to be sure that the experience qualifies.

***Candidates seeking the Sacrament of Confirmation commit to   
completing at least one Retreat experience:***

**Pre-Approved Retreat Experiences:**

**NET Ministries Confirmation Retreat**

Happening next year in our AFC!

**Diocese of New Ulm Discipleship Camp**

Camp Greatness (boys) – July or August 2026

Camp Beloved (girls) – July or August 2026

**TEC-Together Encountering Christ - https://www.riverbendtec.org/**

TEC Retreat Oct. 24-26, Feb. 14-16, June 27—29

**Steubenville Youth Retreat -**

Steubenville July 10-12 Rochester or July 24-26 St. Paul

**Discipleship – Volunteer Service**

*"Christ has no body on earth but yours, no hands but yours, no feet but yours. Yours are the eyes through which Christ's compassion for the world is to look out; yours are the feet with which He is to go about doing good; and yours are the hands with which He is to bless us now." ~Saint Teresa of Avila*

Service is a vital part of Christian living. To follow Christ’s example, we must learn how to pour out our very lives for one another. As part of our preparation for Confirmation, we will explore how to be Christ for others and see Christ in others. Through the sacrament of Confirmation, you will be “strengthened by the Holy Spirit to spread and defend your faith by word and action as true witnesses of Christ” (CCC 1303).

The service component of Confirmation preparation is asked by the Bishops in order to provide candidates with a variety of experiences and opportunities to share their gifts in a few of the many ways the Catholic community answers Christ’s command to love one’s neighbor. All students will need to complete at least **20 HOURS** of service (per Diocese Policy, Education 342.3), with at least **5 hours of Church Volunteer Service**.

**Church Volunteer Service (*5 Hours, Minimum*)**

The aim of this type of service is to provide candidates with experiences that can help them explore or deepen the many (and often unique) ways in which we pray, worship, and serve as a Catholic community.

Examples of Church Volunteer Service:

* Help with the liturgical ministries at Mass (Rosary leader, song-leader, usher, altar server or lector with at least one practice/training before Mass)
* Help with parish fundraisers/gatherings (bazaars, festivals, dinners, coffee & rolls, etc)
* Assist in the Faith Formation Office by making copies, creating bulletin boards, or helping clean
* Help decorate the church for the different seasons
* Help with Totus Tuus summer camp
* Help with fundraisers for the parish, the CCW or the Knights of Columbus
* Write a letter of encouragement and support to a diocesan seminarian, a young woman in formation in a religious community
* Volunteer at the Faith Formation Classes and Events on Sundays

**Community Volunteer Service**

The aim of community service is to provide candidates with an opportunity to follow Jesus’ teaching and put their faith into action in ways that help to build up families and the greater community. This ministry emphasizes the recognition of our own unique gifts, talents, and interests as gifts for God and to use those gifts to make our world a better place.

Examples of Community Service (Discipleship):

* Send cards or letters to a resident in a care center or Nursing Home
* Volunteer to baby sit for someone (without being paid, of course!)
* Volunteer to help senior members of the parish or your neighbors with yard work, cleaning or snow removal
* Visit an elderly person (someone you are not related to) and play games with them
* Volunteer at the local food shelf, form a food drive, or participate in a food pack event (e.g. Feed My Starving Children event, or similar)
* Volunteer at school (mentoring, tutoring, helping teachers in classrooms, volunteering for a sports camp)
* Cook a meal and bring it to someone in need (ill, recovering from surgery, etc)

**About Volunteer Ministry**

Young people have a tremendous capacity and energy to perform great works of charity (love). Most do this with vitality and joy. What a blessing!

Our youth are not just the *future of the Church*-- they are a *vital* part of the Church TODAY! The Catholic Church needs the optimism, perspective, and energy of our teens in abundance. To this end, we invite all of our candidates to dig into their volunteer efforts with the same focus and enthusiasm as many of their other interests or hobbies. If not for their own sake (satisfaction of helping others, learning more about your faith/God, discovering an area of passion etc.), then for the sake of a Church and a world that desperately need their ideas, energy, and example.

***Candidates seeking the Sacrament of Confirmation commit to   
complete the following Volunteer Service Milestones (20 hours total):***

**Church Volunteer Service (*5 Hours, Minimum*) –** Each candidate commits to volunteer a minimum of 5 hours for their local parish or within their Catholic Area Community

**Family/Community Service –** Each candidate commits to volunteer service that benefits the community at large.

**Extra Notes …**

**Letter to Bishop -** Towards the end of the second year, Candidates will be asked to write a letter to Bishop telling them of their desire to be confirmed in the Catholic Church. In this letter, you will write about your faith journey and make a statement about your beliefs. You will talk about your understanding of the Catholic Church and what gifts you bring to this Faith Community.

**Interview –** During the second year, Candidates will be interviewed by Father Brian. This is to ensure that they are ready to receive the Sacrament.

A black and white drawing of a person and two people

Description automatically generated**Sacrament of Reconciliation -** “To receive Confirmation you should receive the sacrament of Reconciliation in order to be cleansed for the gift of the Holy Spirit” - Catechism 1310. Monthly reception of this sacrament is best. Throughout the 2 years of Confirmation Preparation, Reconciliation will be offered to students during Advent, Lent, and during the Confirmation Retreats, as well as at the Confirmation practice. Students preparing for Confirmation should attend the Sacrament of Reconciliation willingly whenever it is available. We will also offer the sacrament before the Confirmation Mass.

**Dress Code for the Confirmation Mass -** All candidates and sponsors are expected to dress appropriately. For young men: a pair of dress pants (no jeans), dress shoes, a dress shirt, and a tie. Suit coats or sports coats would be ideal, but optional. For young ladies: a nice dress or dress pants/dress top. Dresses should be at least knee-length or longer, and not low-cut, must have sleeves or sweater.

Remember: This is a very special, holy, and sacred time, so please dress accordingly.

**Confirmation –** April 19, 2026

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***WHAT EVERY CONFIRMED CATHOLIC SHOULD KNOW***

**Who are the 3 persons of the Trinity?**

God the Father, God the Son, and God the Holy Spirit

**JOYFUL MYSTERIES OF THE ROSARY** *(Need to recite them in their correct order)*

1. The Annunciation of the Angel Gabriel

2. The Visitation of Elizabeth

3. The Birth of Our Lord Jesus

4. The Presentation of Jesus in the Temple

5. Finding Jesus in the Temple

**Sorrowful Mysteries of the Rosary** *(Need to recite them in their correct order)*

1. The Agony in the Garden

2. The Scourging at the Pillar

3. The Crowning of Thorns

4. The Carrying of the Cross

5. The Crucifixion

**Luminous Mysteries of the Rosary** *(Need to recite them in their correct order)*

1. [The Baptism in the Jordan](https://www.ewtn.com/Devotionals/prayers/rosary/Baptism.htm)  
2. [The Wedding at Cana](https://www.ewtn.com/Devotionals/prayers/rosary/cana.htm)  
3. [Proclamation of the Kingdom](https://www.ewtn.com/Devotionals/prayers/rosary/Kingdom.htm)  
4. [The Transfiguration](https://www.ewtn.com/Devotionals/prayers/rosary/Transfiguration.htm)  
5.The [Institution of the Eucharist](https://www.ewtn.com/Devotionals/prayers/rosary/Eucharist.htm) at the Last Supper

**Glorious Mysteries of the Rosary** *(Need to recite them in their correct order)*1. [The Resurrection](https://www.ewtn.com/Devotionals/prayers/rosary/Resurrection.htm)  
2. [The Ascension](https://www.ewtn.com/Devotionals/prayers/rosary/Ascension.htm)  
3. [The Descent of the Holy Spirit](https://www.ewtn.com/Devotionals/prayers/rosary/descent.htm) upon the apostles  
4. [The Assumption of the Blessed Virgin Mary](https://www.ewtn.com/Devotionals/prayers/rosary/Assumption.htm)  
5. The Crowning of Mary as Queen of Heaven and Earth

**7 Capital Sins**  
*Sloth Envy Gluttony Lust   
Greed Anger Pride*

**6 Precepts of the Catholic Church**1. You shall [attend](http://www.vatican.va/archive/ENG0015/2/ND.HTM) [Mass](http://www.vatican.va/archive/ENG0015/RY.HTM) on [Sundays](http://www.vatican.va/archive/ENG0015/1/9R.HTM) and [holy](http://www.vatican.va/archive/ENG0015/W.HTM) [days](http://www.vatican.va/archive/ENG0015/GM.HTM) of [obligation](http://www.vatican.va/archive/ENG0015/J3.HTM).   
2. You shall [confess](http://www.vatican.va/archive/ENG0015/N2.HTM) your [sins](http://www.vatican.va/archive/ENG0015/40.HTM) to a priest at least once a [year](http://www.vatican.va/archive/ENG0015/N6.HTM).   
3. You shall [humbly](http://www.vatican.va/archive/ENG0015/2/D.HTM) [receive](http://www.vatican.va/archive/ENG0015/78.HTM) your [Creator](http://www.vatican.va/archive/ENG0015/7D.HTM) in [Holy](http://www.vatican.va/archive/ENG0015/W.HTM) [Communion](http://www.vatican.va/archive/ENG0015/2Y.HTM) at least during the [Easter](http://www.vatican.va/archive/ENG0015/N1.HTM) [season](http://www.vatican.va/archive/ENG0015/2/4W.HTM).  
4. You shall [observe](http://www.vatican.va/archive/ENG0015/1/52.HTM) the [prescribed](http://www.vatican.va/archive/ENG0015/1/YS.HTM) [days](http://www.vatican.va/archive/ENG0015/GM.HTM) of [fasting](http://www.vatican.va/archive/ENG0015/2/X.HTM) and abstinence.   
5. The [faithful](http://www.vatican.va/archive/ENG0015/3H.HTM) also have the [duty](http://www.vatican.va/archive/ENG0015/EB.HTM) of [providing](http://www.vatican.va/archive/ENG0015/2/5P.HTM) for the [material](http://www.vatican.va/archive/ENG0015/NY.HTM) [needs](http://www.vatican.va/archive/ENG0015/EP.HTM) of the [Church](http://www.vatican.va/archive/ENG0015/K.HTM), each according to their abilities.   
6. To obey the laws of the Church concerning Matrimony.

**7 Sacraments**  
Baptism Confirmation Eucharist

Confession/Reconciliation Anointing of the Sick Matrimony

Holy Orders

**What is the difference between a mortal sin and a venial sin?**

For a sin to be mortal, it must be ALL 3 of the following: 1. be a serious sin, 2. you knew that it was a serious sin, and 3. you freely chose to do it.

A venial sin hurts your relationship with God, whereas a mortal sin is your choosing to turn away from God. cf. 1 John 5:17

**The Beatitudes**   
Blessed are the poor in spirit, for theirs is the kingdom of heaven.  
Blessed are the meek, for they shall possess the earth.   
Blessed are they who mourn, for they shall be comforted.   
Blessed are they who hunger and thirst for justice, for they shall be satisfied.  
Blessed are the merciful, for they shall obtain mercy.   
Blessed are the clean of heart, for they shall see God.   
Blessed are the peacemakers, for they shall be called children of God.  
Blessed are they who suffer persecution for justice' sake, for theirs is the kingdom of heaven.

**Spiritual Works of Mercy**

Counsel the doubtful.  
Instruct the ignorant.  
Admonish the sinner.  
Comfort the sorrowful.  
Forgive injuries.  
Bear wrongs patiently.  
Pray for the living and the dead.

**Corporal Works of Mercy**

Feed the hungry.

Give drink to the thirsty.

Shelter the homeless.

Clothe the naked.

Visit the sick.

Visit the imprisoned.

Bury the dead.

Give alms to the poor.

**7 Gifts of the Holy Spirit** Wisdom Understanding Counsel  
Knowledge Courage Piety/Reverence  
Fear of the Lord/Awe and Wonder

**ACT OF CONTRITION** *(this one or another memorized version)*

O, my God, I am heartily sorry for having offended You, and I detest all my sins, because of your just punishments, but most of all because they offend You, my God, Who are all-good and deserving of all my love. I firmly resolve, with the help of Your grace, to sin no more and to avoid the near occasion of sin. Amen.

**APOSTLES CREED**   
I believe in God, the Father Almighty, Creator of [heaven](http://www.catholic.org/encyclopedia/view.php?id=5593) and earth; and in [Jesus](http://www.catholic.org/clife/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; the third day He rose again from the dead; He ascended into heaven, is seated at the [right](http://www.catholic.org/encyclopedia/view.php?id=10046) hand of [God](http://www.catholic.org/encyclopedia/view.php?id=5217) the Father Almighty; from thence He shall come to judge the living and the dead. I believe in the Holy Spirit, the Holy [Catholic](http://www.catholic.org/encyclopedia/view.php?id=2678) Church, the communion of Saints, the forgiveness of sins, the resurrection of the body, and [life](http://www.catholic.org/encyclopedia/view.php?id=7101) everlasting. Amen.

**Two Greatest Commandments**1**.** Thou shalt love the Lord thy God with thy whole heart, and with thy whole soul, and with thy whole mind, and with thy whole strength;  
2. Thou shalt love thy neighbor as thyself.

Who is Jesus Christ? *(2nd person of the Trinity, fully God and fully man, born to Mary in Bethlehem, worked many miracles, taught us who God is and how we are to live, was crucified by Pontius Pilate 33 AD, rose from the dead, and is now seated at the right hand of God the Father)*

Why is He important? *(Because He is the savior—He is THEE only way to Heaven. He died for our sins and opened up the gates of Heaven for us. It’s now up to us as to whether we will accept this invitation to Heaven or not.)*

What prayer did He teach us? *(Our Father)*

Who founded the Catholic Church? (*Jesus Christ)*

Where in the Bible did Jesus make Peter the 1st Pope? (Matthew 16:18-19, *“You are Peter, and upon this rock I will build my church,**and the gates of the netherworld shall not prevail against it. I will give you the keys to the kingdom of heaven.**Whatever you bind on earth shall be bound in heaven; and whatever you loose on earth shall be loosed in heaven.”*

How is the Catholic Church apostolic? *(its teachings are completely consistent with that of the apostles, AND it has valid Orders going all the way back to the apostles themselves—Fr. Brian was ordained by a bishop, who was ordained by a bishop, who was ordained by a bishop, who was ordained by a bishop, who was ordained by a bishop, who was ordained by a bishop, who was ordained by a bishop, etc, etc, who was ordained by one of the apostles themselves, who were ordained by Jesus Christ, Himself !)*

What is the goal of life? Where do you hope to go when you die? Tell me about the basic differences between Heaven, Hell, and Purgatory. (***Heaven*** *is the endless moment of love. Nothing more separates us from God, whom our soul loves and has sought our whole life long.* ***Hell*** *is the condition of everlasting separation from God, the absolute absence of love.* ***Purgatory or the Final Purification*** *– someone who dies in God’s grace (and therefore as peace with God and men), but who still needs purification before he can see God face to face.*

What are examples of “serious sins”, that is, sins that could be mortal sins? *(Murder, abortion, euthanasia (physician-assisted suicide), adultery, sex outside of marriage, contraception, sterilization, masturbation, pornography, missing Sunday Mass, getting drunk or high, etc.)*

How can you be forgiven of a venial sin? *(simply by asking for God’s forgiveness by praying the Our Father, or an Act of Contrition, or by calling it to mind at the beginning of each Mass)*

What do you need to do to be forgiven of a mortal sin? *(To be sorry for it and to confess it to a priest and receive absolution).*

What happens if you die with a mortal sin on your soul that you have not Confessed or repented of?

*(You choose to be eternally separated from God for all eternity; they would be choosing to go to Hell).*

If a person has committed a mortal sin, but hasn’t gone to Confession yet, can they still receive Holy Communion? *(No. They would be “eating and drinking condemnation upon themselves” cf. 1 Cor 11:27).*

What should they do at Mass instead? *(They could either stay in their pew and make a spiritual communion, or they could cross their arms over their chest and ask for a blessing instead of Holy Communion).*

How do we especially receive God’s grace? *(Prayer and the Sacraments)*

What is a sacrament? *(An outward sign instituted by Christ to give us grace)*

Please talk about the meaning of Christianity to you with your sponsor and parents—Is it easy to be a Christian?

-What makes it difficult? (“Love your enemies,” etc.)

-How do our values differ from that of the world?