



# Confirmation 2026

FEBRUARY 1, 2026

Sacred Heart Catholic Church

## **Sacrament of Confirmation Background**

The Sacrament of Confirmation is the last of the 3 Sacraments of Initiation (Baptism, Eucharist, Confirmation). Confirmation is the sacrament by which the Holy Spirit, who completed the grace received at Baptism, is poured anew on the baptized Christian. While Baptism is the gateway to life in the Spirit, Confirmation is the “sacrament of growth,” completing the initiation and empowering the faithful to become active participants in the life of the Church<sup>5</sup>. Through the laying on of hands by the ministerial priest (Archbishop Casey) and the anointing with chrism, the Church seals the faithful with the “gift of the Holy Spirit,” giving them an indelible spiritual mark and the strength to live as mature witnesses of Christ<sup>1</sup>. The Catechism explains that this anointing highlights the meaning of the word “Christian,” which means “anointed,” and in the West the sacrament is called Confirmation because it ratifies Baptism and strengthens its grace<sup>2</sup>.

### **The Effects of Confirmation (CCC 1303)**

#### **1. It affirms our identity as children of God (“divine filiation”).**

We become Beloved Sons & Daughters.

#### **2. “It unites us more firmly to Christ.”**

The anointing imprints an indelible spiritual character, a “seal” that confirms the baptized more perfectly to Christ and marks them forever as members of the Church<sup>1</sup>.

#### **3. “It increases in us the gifts of the Holy Spirit.”**

The sacrament bestows the fullness of the Holy Spirit’s gifts—wisdom, understanding, counsel, fortitude, knowledge, piety, and fear of the Lord—so that the confirmand may bear witness to Christ in the world<sup>1</sup>.

#### **4. It strengthens our “bond with the Church.”**

It also cultivates the fruits of the Spirit—love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control—allowing the Christian to “spread the good aroma” of Christ among men<sup>1</sup>. It draws us closer to worship of God in Holy Mass and the reception of grace through Her sacraments.

#### **5. It strengthens us to “spread and defend the faith by word and action,” to be fearless witnesses to Christ and the power of the Cross.**

Confirmation perfects the grace of Baptism, enabling the faithful to grow in holiness and to fulfill the prophetic, royal and priestly mission given at Pentecost<sup>5</sup>. It allows

## What Confirmation Is NOT

Confirmation is in no way intended to be the end of your son's or daughter's spiritual formation; but rather the **BEGINNING** of a deeper, more mature, personal life in Christ. It gives way to the sacraments of Marriage and Holy Orders. It is not something that is "earned", but as with God's love and mercy - it's a gift freely given.

\*Citation: Hallow AI: What is Confirmation? & Chosen Parent Guide

## Minister: Bishop

Acts in the apostolic succession of the apostles who first gave the Spirit by the laying on of hands.



**Rite:** The bishop extends his hands over the confirmandi, invoking the Holy Spirit, then anoints each forehead with chrism in the sign of the cross while saying, **“Be sealed with the Gift of the Holy Spirit”**<sup>1</sup>. The imposition of hands and the anointing together constitute the matter of the sacrament<sup>3</sup>.

# Confirmation Preparation

## Youth Evangelization Classes are

### Required



- [Lessons: 1-8, 12-14, 23-24](#)
- Parent Videos [1](#) & [2](#)

### Confirmation Retreat

- **When:** Sunday, January 11, 2026
- **Who:** 8th graders, one parent & sponsor
- **Where:** Sacred Heart Church Basement
- **Time:** 10 AM Mass - 4:30 p.m. (Lunch Provided)
- **What:** Learning To See the Light & Be the Light



### Important Dates to Remember:

- **Candidate & Sponsor Forms Due:** Wed, December 17, 2025
- **Saint Reports Due:** Wed, December 17
- **Retreat:** Sunday, January 11, 2026
- **Confirmation Practice:** Wed, January 28
- **Confirmation:** Sunday, February 1

Please contact me with any questions or if you received your Sacrament of Baptism at a parish outside of St. Joseph Pillar of Families.

Ashley Schroeder: [shcre7-12@nw7family.com](mailto:shcre7-12@nw7family.com)

## Family Preparation

- Attend Mass Every Week Together
- Daily Family Prayer
- Watch the [“Wild Goose Is Loose”](#) on YouTube together
- [25 Saints in the Making Family videos](#)
- Make A Trip to Maria Stein Relic Shrine
- Do A Service Activity Together

### Choose a Patron Saint

- Who was a saint that lived a life that you want to emulate?
- Rich Church History - We are living on the shoulders of giants! Who do you want to model your life after?
- God Calls us by name - Who Inspires you in your identity in Christ? This is who you will be modeling your life after? It will become part of your identity!
- See “Choosing a Confirmation Saint/Name”

### Choose a Sponsor

- Someone who is authentically living out their catholic faith & will help you live yours!
- They are at least 16 Years Old & have received all their Sacraments for their state in life.
- Review “Choosing a Confirmation Sponsor”

### Dress to Impress

**Boys:** Dress Shirt & Tie, Dress Pants, Dress Shoes **NO:** Hey Dudes, Gym Shoes or Jeans

**Girls:** Dress or Skirt & Dress Shirt (Knee Length - Including When You Bend Over), Dress Pants & Dress Shirts **NO:** Open backs, Low neck lines, Tights worn as pants, leggings, Hey Dudes, Gym Shoes

**Wear Red of Some Kind To Symbolize Receiving the Holy Spirit**

# **CHOOSING A CONFIRMATION SPONSOR**

Because of the connection between the Sacraments of Baptism and Confirmation, the Church encourages you to invite your godmother or godfather to be your Confirmation sponsor. “It is desirable that the one who undertook the role of sponsor (godparent) at Baptism be your sponsor at Confirmation” (Code of Canon Law, Canon 893).

**Your godparent is encouraged but does NOT have to be your sponsor and should NOT be your sponsor if they do not meet the following requirements. Your sponsor cannot be one of your parents. In order to be a valid sponsor, one must meet the following requirements:**

- Baptized
- Legal canonical age (at least 16 years old)
- Received the sacrament of Confirmation in the Catholic Church
- Attend mass every Sunday and all Holy Days of Obligation
- Attends confession at least once a year
- Be a participating Catholic and in good standing with the Catholic church (living out Catholic dogma and doctrine)

**Additional qualities to look for and consider when choosing a sponsor:**

- A person of prayer and virtue
- A living witness to the Catholic faith
- Aware of their Christian duty to follow Jesus by serving others
- A person of honesty and integrity

**Situations in which to NOT consider a person as a sponsor:**

- Someone who is living with his/her boyfriend/girlfriend/fiance has rejected the Church’s teaching that a sexual relationship is reserved to a man and woman united in Marriage.
- Someone who is in a same sex relationship or publicly supports same sex marriage is rejecting the Church’s teaching that marriage is between one man and one woman.
- Someone who supports the right to an abortion or euthanasia has rejected the Church’s teachings regarding the dignity of human life from conception to natural death.
- Someone who denies the need to support the poor and vulnerable in our communities, including the immigrant, is rejecting the Church’s Teaching regarding the preferential option for the poor and vulnerable.

**In making your choice, you will also want to consider the following questions:**

- Who will help me prepare for my Confirmation?
- Who will help me continue to grow as a Catholic after my Confirmation?

It is a privilege to be asked to be a Confirmation sponsor. The person you ask should recognize this and take it seriously. He/she should be your prayer partner and be your faith mentor leading up to Confirmation and long after you receive the Sacrament of Confirmation.

# **CHOOSING A CONFIRMATION NAME/SAINT**

The Holy Spirit has enabled Christians of every century to live like Jesus and become saints. A saint is someone who is in heaven. We are ALL called to be saints. However, some become canonized Saints.

In official Church procedure, there are three steps to Sainthood: a candidate becomes "Venerable," then "Blessed" and then "Saint." Venerable is the title given to a person formally recognized by the pope as having lived a heroically virtuous life or offered their life. To be beatified and recognized as Blessed, one miracle acquired through the candidate's intercession is required in addition to recognition of heroic virtue or offering of life. Canonization requires a second miracle after beatification (*USCCB*).

The Saints are holy people who tried to follow Jesus with all their hearts. They were ordinary people, just like each of us. Saints have been men, women and children. Some were married and some were single; some were members of religious orders and some were laity. From heaven, Saints continue to pray for the Church, and intercede for all of us. As Catholics, we remember and honor the Saints and ask for their intercession.

**As a candidate for the Sacrament of Confirmation, you have two options concerning the choice of a Confirmation name:**

**1. Stay with your present Baptismal name (your regular first or middle name).**

If your baptismal name is that of a recognized Saint of the church, there is no need to select a new name for Confirmation. Using your baptismal name for Confirmation is preferred because it highlights the relationship between the sacraments of Baptism and Confirmation. Sticking with your baptismal name would demonstrate that you feel there has been a continual growth in your faith and you now wish to make this formal through Confirmation.

**2. Pick a Saint's name whose life you want to imitate, symbolizing a new beginning in your faith life.**

This would be fitting if you feel that you have not been particularly strong in your faith and are making a renewed commitment to Christ. Taking a new name symbolizes that you are, in some ways, a new person. The chosen Saint's name should represent a Saint you want to imitate. **Taking a new name is not to be used because you like the sound of the name, how it fits with your names, or because it is the name of a nice friend or relative.** You should honor the Saint through prayer and imitation and ask for their intercession, because no person's prayer is more powerful than someone who is already in heaven and in union with God.

# CONFIRMATION SAINT ASSIGNMENT

**Due: Wednesday, December 17th**

Each year Confirmation Candidates are asked to write a small report about the Saint they have chosen. The goal of this assignment is to help students build connections between themselves and the Saint they have chosen and to help them realize that one day, they too can be a saint.

The custom of adopting a Saint's name at confirmation is done in order to adopt the Saint as a special heavenly patron or to honor a Saint to whom one has a special devotion (Catholic Answers). It is so powerful to have a canonized Saint praying and interceding for you. For this reason, the Saint the student chooses needs to be a Catholic Saint.

The final assignment should be no less than one page and typed (double-spaced, Times New Roman, size 12 font). Below are a few things to include in your report.

- The Saint you have chosen
- Why this Saint resonates with you and why you are choosing this Saint
- Details about your Saint and what he/she did to become a Saint
- At least three unique things about your Saint
- The miracles that were attributed to your Saint's beatification and canonization. (In order for a Saint to be beatified, they must have 1 miracle attributed to them. In order to be canonized, 2 miracles must be attributed to them).
- Some similarities you see between yourself and the Saint you have chosen

Please use caution when using the internet as a resource for information on Saints. The internet is full of false information about religion, especially the Catholic faith. Below are links to great sources of Catholic Saints. There are also many resources in the CCD office.

<http://www.americancatholic.org/features/saints/byname.aspx>

<http://www.catholic.org/saints/>

# **REFLECTION QUESTIONS**

Here are some good questions to reflect upon. These questions are meant to help you focus on important aspects of our faith & your journey.

1. How would you describe your relationship with Jesus Christ? With God?
2. What does it mean to be a follower of Christ?
3. What are the characteristics of a faithful Catholic?
4. With what activities or ministries in the parish or community have you helped? Do you have gifts or talents leading you to serve your family, parish, community?
5. How much is prayer a part of your life?
6. How much is reading the Bible a part of your life?
7. How much is weekly Sunday Mass a part of your life?
8. Is the pattern of celebrating Mass every week the center of your life as a Catholic?
9. What Saint did you choose for your Confirmation name? Why was this saint so inspiring to you?
10. What two actions can you take to improve your participation in Mass?
11. Why do you want to be confirmed?

## **As a family:**

What is one goal that we, as a family, can commit to doing during this time of preparation?

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## **To ask parents:**

1. What do you remember about your Confirmation?
2. What do you want me to get out of Confirmation?
3. What do you value most about the Catholic Church?
4. Why is faith important to you?
5. Who or what has been an important guide in your faith?
6. What gifts and talents from God do you see in me?

## **Parents to ask teens:**

1. How do you think your faith might change through Confirmation?
2. What is one thing you are looking forward to in the Confirmation process?
3. What is one thing you are hesitant about in the Confirmation process?
4. Who is the person you feel most comfortable sharing your faith with?
5. What is one thing I can do to help you as you prepare for Confirmation?

# **SPONSOR QUESTIONS**

After careful prayer and consideration, write a letter to the person you choose to be your sponsor. Ask them to be your sponsor and share why you are asking them to be your confirmation sponsor, e.g. you look up to them for their example of faith, courage, integrity, or other virtues, their relationship with God, their support of you, etc.

## **Questions to ask and discuss with your sponsor:**

1. How did you become Catholic? Tell me about how you first learned about your faith, whether you were a child or an adult
2. As a Catholic, what makes you different from other Christians?
3. What name did you choose for your Confirmation name and why?
4. How do you picture the Holy Spirit? What images come to mind? When or how have you experienced the presence of the Holy Spirit in your life?
5. Do you have a favorite saint (or favorite saints)? Why is he/she your favorite? What is there about his/her life that has helped you on your faith journey?
6. Tell me about an experience in your life when it was difficult for you to be Catholic - perhaps you were ridiculed because of your faith or struggled to believe in the Church teachings. What did you do to "keep your faith" or find answers to your questions?
7. In what ways do you feel that celebrating the Eucharist (the Mass) every week (or maybe every day) strengthens and nourishes you to live as a Catholic?
8. How do you pray? Do you have a favorite place to pray or a favorite time to pray? Do you ever find it difficult to pray?
9. Do you regularly participate in service projects or volunteer opportunities at your parish, work, or in your community? Describe what you do and how it impacts your life.
10. How do you define the word "holy"? Do you know people in your life that you would describe as "holy"? Do you think anyone describes you as "holy"? How does that make you feel? What challenges do you face when you are trying to live a life of holiness?
11. Have you ever had a time in your life when you really felt close to God? Tell me about it.
12. What do you think is one of the greatest challenges to being Catholic? What is the best thing about being Catholic?
13. What gifts and talents from God do you see in me?

# CONFIRMATION DATES AND EVENTS

## **Parent and Candidate Meeting**

- Wednesday, October 22nd
- 8pm @ Sacred Heart Catholic Church

## **Parent-Family Letters of Love for Retreat**

- January 10, 2026
- Between 4-7 letters per student

## **Retreat**

- January 11, 2026
- at Sacred Heart Church Basement
- 10 AM Mass to 4:30 pm

## **Paperwork Due**

- December 17, 2025
- Confirmation Information Form
- Sponsor Eligibility Form
- Patron Saint Report
- Baptism Certificates (if not baptized at our Family of Parishes)
- Submit to Sacred Heart Religious Education Office or Holy Angels Office

## **Confirmation Practice for Candidate and Sponsor**

- Wednesday, January 28, 2026
- 8:00-9:00pm

## **Confirmation Mass**

- Sunday, February 1, 2026
- 10:00 am Mass @ Sacred Heart Church
- Celebrant: Archbishop Robert Casey

## **Love Letters for Confirmation Candidates**

Receiving the sacrament of Confirmation will be an important next step in the Confirmadi's faith journey and a milestone for them to look back on of "being sent forth" with God's Holy Spirit. This is a great opportunity to share with the Confirmadi how much they are loved and appreciated by those who have played an important part in their faith journey so far. Writing a love letter for the Confirmadi is something they will remember and look back on as part of that day. It is recommended to get anywhere from 4 to 7 letters for them to receive as a part of their Confirmation Retreat. These letters can be from parents together or each parent separately, grandparents, their sponsor, godparents, siblings, cousins and close friends.

Love letters can be centered around how the Holy Spirit has provided them thus far in their life and your hopes and dreams for them as they move forward in this next phase of the journey. Ideas can be centered around:

- How they are a beloved son or daughter in your eyes and the gifts they possess that you appreciate.
- What you have appreciated in helping them to prepare for their confirmation.
- The gifts of the Holy Spirit you see them exhibiting already and your hope on how the Holy Spirit will further grow them. (Wisdom, Understanding, Counsel, Fortitude, Knowledge, Piety, and Fear of the Lord)
- The fruits of the Holy Spirit you see them exhibiting and the ones you wish to see in their lives. (love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control)
- Anything else you hope for in regards to their spiritual life.

Letters can be turned into the box by the desk in the Gathering Space marked "Confirmadi Love Letters". Please have all letters turned in by Saturday, January 10, 2026. Again this will be a really special part of the retreat if you can please coordinate these letters for your child. Any questions, please do not hesitate to reach out to Ashley Schroeder ([shcre7-12@nw7family.com](mailto:shcre7-12@nw7family.com)).

Dear Sponsor,

Congratulations, you have been asked to sponsor someone who is asking to be confirmed in the Catholic faith! It is a great honor to be able to accompany this young person on their religious journey. Being a Confirmation sponsor is an exciting roll, and it also comes with a very important duty. You actively support them through their preparation process, are with them when they receive their sacrament, and it does not end on the day of Confirmation. Rather, Confirmation is just the beginning. As the candidate you are sponsoring grows in their faith, your responsibility is to continue to walk the path of holiness with them.

Confirmation is not a Sacrament of graduation or a rite of passage. It is the sacrament which perfects the graces we received in Baptism and makes us members in full communion with the Church. "By the sacrament of Confirmation, [the baptized] are more perfectly bound to the Church and are enriched with a special strength of the Holy Spirit. Hence, they are, as true witnesses of Christ, more strictly obliged to spread and defend the faith by word and deed" (CCC 1285).

By becoming a sponsor, you are confirming that you are an actively practicing member of the Catholic Church. This means that you attend Mass every Sunday and Holy Days of Obligation, go to Confession at least once a year, and are in good standing with the Catholic Church.

As the young person you are sponsoring goes through their formation and preparation, please pray for them and support them. Make a point to talk to them about the process they are going through and the sacrament of Confirmation itself. You have been given the class lesson calendar, so that you may follow along with the content of their instruction. **It is recommended that you have at least three conversations with them prior to their confirmation.** Continue to have contact and discussions with them regarding their walk in the Catholic Faith after they are confirmed. The time you spend connecting with your confirmation candidate conveys to them your love and faithful support long after they have been confirmed.

Attached is a form for you to complete. This form must be filled out by you and signed by the priest at your home parish. After approving you to be a sponsor, he will sign it and add the parish seal. When the form is completed and sealed, please return it to Sacred Heart's parish office (address below). Please do this as soon as possible so that the proper preparations for the sacrament may be made.

**This year, Confirmation will be on Sunday, February 1, 2026 at 10am.** It will be held at Sacred Heart Parish in Anna.

Sacred Heart Catholic Church  
9377 St. Rt. 119 West  
Anna, OH 45302

Practice for Confirmation will be held on **Wednesday, January 28th at 8pm** at Sacred Heart Parish. Please plan on attending practice to become familiarized with what will happen during the actual sacrament. It is important to be present for this so that Confirmation runs smoothly.

If you have any questions or concerns, please contact the Youth Evangelization office by calling 937-498-2307 or by emailing Ashley Schroeder at [shcre7-12@nw7family.com](mailto:shcre7-12@nw7family.com).

God Bless,

*St. Joseph Pillar of Family Priests*

*Ashley Schroeder, Coordinator of Religious Education for 7<sup>th</sup> – 12<sup>th</sup> Grades at Sacred Heart of Jesus Parish*

# Candidate Confirmation Information

Candidate First Name: \_\_\_\_\_

Middle Name: \_\_\_\_\_

Confirmation Name: \_\_\_\_\_

Last Name: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

Place of Birth: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_

Date of Baptism: \_\_\_\_\_

Place of Baptism: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_

Date of First Communion: \_\_\_\_\_

Place of First Communion: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_

Father's Name: \_\_\_\_\_ Father's Phone Number: \_\_\_\_\_

Mother's Name: \_\_\_\_\_ Mother's Phone Number: \_\_\_\_\_

Mother's Maiden Name: \_\_\_\_\_

Sponsor Name: \_\_\_\_\_

Sponsor's Parish: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_