



Confirmation Handbook 2027

St. Mary's Parish Longmeadow

THE 7 GIFTS OF THE HOLY SPIRIT



FORTITUDE

Helps us to overcome difficulties with faith.



PIETY

Moves us to treat God with the trust with which a child treats his Father.



FEAR OF GOD

Compels us to flee from sin and always choose to please God.



COUNSEL

Encourages us to follow the solution that most matches the glory of God and the good of others.



UNDERSTANDING

Helps us understand the Word of God and the doctrines of faith.



WISDOM

Makes us see all things in light of God and impels us to seek Him above all things.



KNOWLEDGE

Helps us see the world from God's perspective.



Who can be Confirmed?
Any baptized Christian may be confirmed. Those to be confirmed should have reached the "age of discretion." They should be in a state of grace (free from Mortal Sin) and have received the Sacrament of Penance.

Why do we wait until now?
The practice of the Roman Catholic Church is to baptize children as infants, to allow them to receive the Holy Eucharist for the first time at the age of seven and to allow them to be confirmed between the ages of twelve and seventeen. The Diocese of Springfield has determined that by 9th grade, young Catholics have reached the age of discretion.

What preparation is necessary in order to be Confirmed?
Through several requirements at St. Mary's, we will aim at leading you toward a more intimate union with Christ and familiarity with the Holy Spirit's actions, gifts, and invitations, to accept responsibilities of a Catholic life. Our preparation will strive to awaken a sense of belonging to the Church of Jesus Christ, as well as our St. Mary's community.

An interesting tidbit….
Confirmation equips Christians to be soldiers for Christ. Before the Second Vatican Council, the Bishop would slap the cheek of the newly confirmed as a reminder to be courageous in the work of evangelization. Now the newly confirmed receive a hand shake as a sign of peace.

Seven Confirmation Requirements

1. Participate in all FF Sunday 5:30pm Masses
The Confirmation candidate (along with the rest of the family) must have a sincere intention to participate in Mass every week. Participating in Mass is a privilege when we can celebrate the Word and the Sacred Eucharist. Worshiping as a community builds up the Body of Christ. If your family has not attended Mass regularly in the past, we are confident that you will notice many benefits of doing so by the end of the year. Mass each week is part of class requirements and preparation. ***Attendance is required at Mass and all events.***

2. Participate in Confirmation classes
Class attendance is extremely important in preparing for Confirmation. We expect you will make these gatherings a priority over all extracurricular activities, so please make a sincere effort to adjust your other obligations accordingly. Students are expected to be prepared for the classes and participate. Each student has a *maximum of 5 absences over the course of 24 classes*. More than 5 absences will affect the candidate's ability to adequately prepare, and thus, they may not be ready to be Confirmed with their class in the Spring. All classes are expected to be completed. Instructions will be emailed to make up a missed class based on what was covered during class and no more than 5 classes can be completed online. Students who have missed more than 5 classes in person will need to meet with Fr. C.J. & Mrs. Bladen along with a parent to determine whether Confirmation is an achievable goal for this year.

3. Participate in a Confirmation Retreat
The purpose of any retreat is to temporarily leave behind the usual distractions we all face for a enough time to allow relaxation and an inner change to occur- the ongoing conversion of heart that is critical to deepening faith. ***A Parish sponsored retreat is required.*** We offer the Young Life Catholic Confirmation Retreat from Friday 1/8 thru Sunday 1/10 in Lake Champion, NY. Lake Champion retreat sign-up *Those who attend receive 5 parish service hours and are not required to do step 5.* Other options will be available for those who cannot attend. Please reach out if those are needed.

4. Choose a Confirmation Name
A confirmation name is a chosen saint's name that serves as your spiritual patron and model for living the Catholic faith. In both the Old and New Testament, when God had a new mission for someone, He often gave them a new name. Through Confirmation, God asks us to fulfill a special mission. It may be evangelizing non-believers, helping the poor, being a peacemaker or one of many other callings. Confirmation may be the continuation of a mission you began at Baptism, or the beginning of a new mission.

You may use your Baptismal name. Confirmation is the strengthening of the work that God began in your life at your Baptism, and this shows the integral link between Baptism and Confirmation (note: Baptismal name must be a Saint's name).

You may choose a new name for Confirmation. If you see Confirmation as the beginning of a new mission and a fresh beginning in your faith journey, your Confirmation name should be that of a saint you admire, or even the name of someone you know and look up to as a Christian role-model (as long as they have a Saint's name).

Once the candidate has chosen a Confirmation name, they must ***complete a short, typed biography of their patron saint using the assignment they receive in class*** *and submit it by February 21st or 1 week prior to the scheduled conversation so it can be discussed.*
Confirmation Name assignment

5. Confirmation Conversation w/ Fr. C.J. or Mrs. B
We will begin scheduling conversations with Candidates in mid February, but only after the Candidate has submitted their Confirmation name biography. The purpose is for the candidate to demonstrate his/her desire to be Confirmed, and willingness to make this commitment.

The Candidate should be prepared to discuss their Confirmation namesake, and why they choose it. They will also need to address why they desire the Sacrament of Confirmation, and their plans to remain in the community of the Church following the reception of the Sacrament.

6. Choose a Qualified Sponsor: The role of Sponsor is an important one for the Sacrament of Confirmation. Today some may see the role as honorary, but the Church sees the Sponsor as a fully initiated Catholic who actively supports the newly Confirmed by good example and instruction in the Christian life. Sponsor Form

To be qualified, a Sponsor MUST:

* Be an active, practicing Catholic. Sponsors will need to attest eligibility (see sponsor form) ***and***
* Support the person to be confirmed in their commitment to a Christian life ***and***
* Know the candidate and be willing to serve as a strong and lifelong Christian influence on the candidate ***and***
* Have receive the sacraments of: Baptism, Confirmation, and the Eucharist.
* The Sponsor cannot be a parent of the candidate. Parents already have a very important role as the primary catechists for their children.
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* Sponsors may be one of the Candidate's Godparents, which expresses the integral connection between Baptism and Confirmation.
* The sponsor should be able to meet regularly with the Candidate, help the Candidate prepare for the sacrament through prayer, study, service and discussion. The Sponsor should plan to attend the rehearsal and the Confirmation. Attendance by proxy is allowed in certain situations.

7. Receive the Sacrament of Reconciliation before Confirmation (times are available during class in Lent)
How to go to confession: guide for everyone

8. Complete 20 Service Hours and a new Spiritual Activity.

When you decide to notice, when you decide to act, when you decide to make a difference: you have taken the first step towards changing the world. Your actions will not only be appreciated, but chances are, they will touch the lives of people you meet and many people you may never even see. One of the greatest rewards of serving others is how it makes you feel about yourself. That special feeling is God's way of telling you: Thank you for caring!

Give of your time and talents. Give of yourself with a happy and loving heart! It is when we do this that we realize that our actions in the name of service truly imitate Christ! God will bless you with a rewarding sense of fulfillment that comes from serving Him through serving others.

We want all Confirmation Candidates to serve in our Parish and in the Community. With this in mind, **at least 10 of the service hours are to be performed at St. Mary's Parish.**

The best plan is to complete the service hours as soon as possible. As we get closer to April 10th there are fewer service hours available within the Parish. Confirmation Students who worked the week at the St. Mary's Summer Camp in 2025 have completed their hours.

Keep an ongoing record. Write down your service hours along with a coordinator signature in your log as soon as you complete them. Guessing the dates and trying to get signatures at a later date is time consuming and difficult. You may also email any documents or verifications to Mrs. Bladen. Keep this as simple as possible.

Each Faith Formation class in St. Mary's program completes two service projects each year. These projects are considered part of the class work and participation in both are required.

8a. Participate in at least one new to you spiritual activity:

Spending time in prayer and reflection does not end when we leave weekend Mass. It is so important for candidates to know of the many opportunities available for them to meditate, celebrate, and further their relationship with God.

Below are some examples of spiritual activities at St. Mary's:

* Eucharistic Adoration (First Fridays 12-5pm)
* Stations of the Cross (Fridays at 6:30pm during Lent)
* The Living Way of the Cross (Good Friday)
* Participate in Advent or Lenten Preparations
* Participate in the Triduum Services during Holy Week
* Monday Novena Mass (Mondays at 6:30pm)
* Pray the Rosary (Mondays 7:00-7:15pm; after Novena Mass)
* Divine Mercy Mass (April 4th 3-4pm)

This requirement is part of the service hours and we sincerely hope the candidate will have a wonderful experience and his or her family will have an active and ongoing spiritual life!

Confirmation Time Table to assist you in organizing your year.

Expectation	Due Date	Completed Date And Details
Choose a sponsor & complete form	Should be chosen ASAP NLT March 7th	
Choose a Saint Name	By the end of January	
Saint Biography	By the February 21st	
Confirmation Conversation	February – April 15th signup genius will be sent out via parents emails	
20 hours Community Service work	Must be completed/ submitted by April 4th	See back page to record
Confirmation Retreat	YL Confirmation Retreat Friday 1/8 Sunday 1/10 Lake Champion, NY	

Service Hours Record
<u>All service hours must be submitted by April 10th.</u>

Please record all your service hours. Documentation of service hours should be signed by the organization leader/ coordinator and be submitted using the log to the Director of Faith Formation. You can email any documents or verifications to Mrs. Bladen- kbladen@stmarylong.org

# of hours	Service work completed	Coordinators signature	New Spiritual activity

FAITH FORMATION
Sunday 5:30 Mass Schedule*

*Subject to change

All are Welcome

Sunday, September 27, 2026

~~Sunday, October 4, 2026~~

Sunday, October 18, 2026

Sunday, October 25, 2026

Sunday, November 1, 2026

Sunday, November 8, 2026

Sunday, November 15, 2026

Sunday, November 22, 2026

Sunday, November 29, 2026

Sunday, December 6, 2026

Sunday, December 13, 2026

Sunday, December 20, 2026

Sunday, January 3, 2027

Sunday, January 24, 2027

Sunday, January 31, 2027

Sunday, February 7, 2027

Sunday, February 21, 2027

Sunday, February 28, 2027

Sunday, March 7, 2027

~~Sunday, March 14, 2027~~

Sunday, March 21, 2027

Sunday, April 4, 2027

Sunday, April 25, 2027

Parents Have a Role In Confirmation, too!

The teenage years are a tough time for pretty much everyone, but believe it or not, your child will continue to look to you for guidance, so don't stop now.

Teenagers generally stay close to their parents, and they value and respond to their parents' opinion, advice, modeling and support. Your teens' peers and friends will also be important, but parents and peers influence different things.

Parents…

* Are the primary educators of their children
* Are responsible for initiating their children into the Catholic Faith
* Serve as role models for their children

Parents will help if they…

* Attend the Sunday 5:30pm Mass with their student
* Cheerfully support and encourage completion of the 7 Confirmation Requirements
* Show students that their Confirmation Prep is a family priority
* Have discussions about the material being studied
* Share their understanding and perspective
* Pray for the Candidate's spiritual growth every day
* Assist in classes, spiritual events, meetings, service work, service projects, and social events.



Have questions????

Contact-

Mrs. Bladen at
kbladen@stmarylong.org
413-567-3124 ext 101

Father C.J. at 413-441-0218



St. Mary's Parish
519 Longmeadow Street
Longmeadow, Massachusetts
(413) 567-3124