

St Luke Catholic Parish Confirmation Preparation Packet



St. Luke Catholic Parish Confirmation Preparation

Dear parents,

Just as your child grows physically, intellectually, and emotionally, so too, he or she grows spiritually. As a parent responsible for the development of your child, you try to meet all h/her changing needs. You foster and direct spiritual growth by the atmosphere in your home, the witness of your life, and the celebration of the sacraments. You have seen that your child has been initiated into the faith through Baptism and the Eucharist. Now your young teenager is at the stage of strengthening h/her commitment to the faith through the Sacrament of Confirmation.

Our goal is to help our young parishioners to be receptive and responsive to the graces and challenges of the Sacrament of Confirmation. They will become more aware of the presence and action of the Spirit and his gifts in their lives, which will empower them to live the way God willed for them. They will discover ways to fulfill the specific responsibilities that are theirs as Christians.

As our young people struggle to identify their own convictions, attitudes and values, parents remain their chief witnesses. Faith is caught more than it is taught!

Within this packet, you will find various pieces of information that you will need to complete this important year. Please make sure you take the time to cover this information with your Confirmation candidate and store it in a place where you both can locate it.

Know that you and your child will be in the prayers of the entire parish community during this special time of preparation for the Sacrament of Confirmation.

May the blessings of our loving Father be poured out upon your candidate and your family during this preparation period. We are so excited to embark on this journey towards Confirmation with each candidate.

In the peace of Christ,
Kim Zarif, DRE
Director of Faith Formation
kzarif@stlukeoc.com

Confirmation name: _____ Sponsor: _____

August 20	Welcome Back Families! St. Andrew's, 5pm	Jan 1	Solemnity, Mary Mother of God
Sept 7	#1 & #2	Jan 4	Epiphany/ #16 Saint Presentation
Sept 14	#3 & GWG #1	Jan 11	Baptism of the Lord/Mass Mini Vinnie Project (#14 at home)
Sept 21	Catechetical Sunday/Mass Mini Vinnie Project	Jan 18	#15 & GWG #5
Sept 28	#4	Jan 25	#17
Oct 5	#5	Feb 1	#18 Letters of Gratitude for parents
Oct 12	#6	Feb 8	Mass/Mini Vinnie Project
Oct 18	St. Luke's Feast Day	Feb 15	#19
Oct 19	#7 & GWG #2	Feb 18	Ash Wednesday
Oct 26	Mass & Mini Vinnie Project	Feb 22	1 st Sunday of Lent #20 & GWG 6
Nov 1	All Saints	March 1	Whole Family Activity/St Andrew Letter to Pastor due, Confession/Interview
Nov 2	All Souls SPONSOR FORM DUE #8	March 8	#21
Nov 9	#9 & GWG #3	March 15	Mass & Mini Vinnie Project
Nov 16	#10	March 22	#22
Nov 23	Christ the King/Mass Mini Vinnie Project	March 25	Annunciation of the Lord
Nov 30	1st Sunday of Advent/ #11	March 29	Palm Sunday #23
Dec 7	Whole Family Activity/St Andrew	April 2	Holy Thursday
Dec 8	Immaculate Conception of the BVM	April 3	Good Friday
Dec 14	#12 & GWG #4	April 4	Holy Saturday/Easter Vigil
Dec 21	Mass/Christmas Pageant Mini Vinnie Project	April 5	Easter Sunday
Dec 25		April 11	Retreat Service Summary due
Dec 28	#13	April 12	#24/Review
		April 19	Final Mass
		XX	Confirmation Rehearsal



Basic Requirements to be considered as a Sponsor:

- Be at least 16 years of age
- Is fully initiated in the Catholic Church (Baptism, Eucharist, Confirmation)
- Is in good standing with the Church
- Displays an outward commitment to living out the Catholic faith and has the ability and intention to carry out her/his responsibility as a spiritual guide in your life.

Other considerations when selecting a Sponsor:

- A Sponsor CANNOT be a parent
- You can only choose ONE Sponsor
- Because the Sacraments of Baptism and Confirmation are closely connected, the Church teaches that it is ***'desirable that the Godparent at Baptism also be the Sponsor at Confirmation'***, however the selection of a Sponsor that is special is also permitted.
- The choice of who should be your Sponsor is YOUR decision!

Things to think about before you ask someone to be your Sponsor:

- Your Sponsor should be:
 - Someone who is willing to participate in your preparation for Confirmation
 - Someone that you admire and respect and who actively lives out the beliefs of the Catholic faith
 - Someone that you trust and feel comfortable turning to for help, advice and guidance, especially in regard to your spiritual life
 - Someone who remains close with you lifelong, together leading one another closer to God, and challenging one another to lead lives of holiness.

Your Sponsor must take the 'Godparent Eligibility Form' to their **home parish** for completion. It must be received to our office no later than: **November 2, 2025**

St. Luke/St. Andrew Catholic Parish

14401 Sinepuxent Ave.

Ocean City, MD 21842

Main Office: (410)250-0300; Fax: (410)250-0417

Office of Faith formation: Kim Zarif: kzarif@stlukeoc.com

The Sacrament of Baptism brings a person into a living union with God and makes them members of the Body of Christ, the Church. The Sacrament of Confirmation seals their baptism with the Seven Gifts of the Holy Spirit. These gifts strengthen the person, enabling them to live and proclaim the truth of our Faith in their words and actions.

REQUIREMENTS FOR GODPARENTS & SPONSORS

- ☐ I am a baptized and practicing Catholic of at least 16 years of age.
- ☐ I have received the Sacraments of Holy Eucharist and Confirmation.
- ☐ I am a registered active member of the Parish who regularly attends Mass.
- ☐ I intend to encourage my godchild/confirmandi to practice the Catholic faith by my words and actions. I recognize my serious responsibility to be a good witness.
- ☐ If married, my marriage is recognized by the Catholic Church.

Parents cannot be godparents or sponsors.

I certify that I have met all the requirements listed above and that the information provided is true.

Full name (printed): _____

Signature: _____

Address: _____

Phone: _____

Name/Address of my home parish: _____

Name of person to be Baptized or Confirmed (circle one): _____

Place/Date where the Sacrament will be received: _____

TO BE COMPLETED BY THE PASTOR FROM GODPARENT'S/SPONSOR'S PARISH

I verify that _____ is a Catholic in good standing according to the above criteria and a registered member of this parish.

Pastor's signature/date

PARISH SEAL MUST BE PRESENT.



Selecting Your Confirmation Saint Name **Saint Presentation**

Your parents chose a name for you at Baptism; now you will choose a name for Confirmation! This name will be announced at Confirmation. Your presentation will show us how you discerned a saint whose life is important to you.

When selecting a Confirmation saint, you can either choose your Baptismal name (to represent the continued growth connected to your Baptism), or choose a saint who's life inspires you. Sometimes Confirmation candidates often take the name of significant people who influenced their lives, or a name of a patron saint based on their interests, strengths/virtues of that saint. It is okay for a guy to choose a female saint and for a girl to choose a male saint. All Marian names will be listed/announced as Mary.

How do you start—PART I: Choose a Saint

- Pray to the Holy Spirit and ask Him for help in choosing a saint you would like to imitate. Remember: this saint will provide a special bond and they in turn will be praying for you!
- Check out Catholic websites (please avoid Wikipedia/AI generated material): try Americancatholic.org, Catholic.org
- Once you have narrowed it down to two, think about which saint you have a special connection...or sometimes you just have to choose!

PART II: Research and compile a Saint Profile

- Full name of Saint
- Birthplace of Saint
- Birthdate or if the birthdate is unknown, note time lived.
- What is the Saint known for?
- Patron/patroness of any causes
- What virtues do you admire that this Saint practiced.
- What day is the Saint's feast day? What color vestments does the priest wear to celebrate Mass on this day? Why that particular color
- What about this Saint inspires you to receive the Sacrament of Confirmation?
- What about this Saint inspires you to be a better Catholic and how is this Saint a model for Christians today?
- Why did you choose this Saint?

- Is there a prayer or novena for the intercession of this Saint? Provide this as part of your project and offer the prayer as your Saint accompanies you in life.
- **PART III: Prepare your presentation**
Prepare a brief presentation of your Saint, answering the above questions.
Provide a tri-fold display/foam board to accompany your presentation.

This project is due: January 4, 2026



St. Luke's Catholic Parish Confirmation Preparation Service Summary

Christ Has No Body Prayer

Christ has no body now but yours
No hands, no feet on earth but yours
Yours are the eyes through which He looks
Compassion on this world
Yours are the feet with which He walks to do good
Yours are the hands with which He blesses all the world
Yours are the hands
Yours are the feet
You are His body
Christ has no body now on earth but yours.
--St. Teresa of Avila

Confirmation Service Summary (continued)

In this beautiful prayer from St. Teresa, we are reminded of who God intended us to be.

When Jesus looked at people he met, he looked beyond the outward circumstances of their lives and showed love toward them. Jesus used his hands and skills as a carpenter, and his hands to heal. He walked tirelessly reaching out to those in need.

Through our Mini Vinnie society, you have had the opportunity to use your skills/talents to be his hands, feet and eyes. Learning to live St. Teresa's prayer means looking for opportunities to bring God's love to others, including small acts of compassion in our daily lives.

Please submit a one-page summary of the projects you have completed thus far, and answer the following questions:

1. How did it make you feel serving others in this way?
2. How was God present in the service you provided?
3. What did you learn about your relationship with Jesus after the completion of each service project?
4. How will you continue to be Jesus' hands, feet and eyes after you are Confirmed?

This project is due: **April 11, 2026**

Confirmation Preparation

Letter to our Pastor, Requesting the Sacrament of Confirmation

When you were Baptized, your parents decided for you, to live and grow as a Catholic Christian. Now, as you about to be Confirmed, it is your decision, to freely respond to God's invitation to live out your faith more deeply—to worship and serve as a Confirmed Catholic Christian.

If you wish to receive the Sacrament of Confirmation, write a letter to our pastor, Father Paul Jennings, expressing this desire.

Your letter is due: **March 1, 2026**

Guidelines for writing this letter:

- Address your letter as follows:
Rev Paul F. Jennings, Jr., Pastor
St. Luke's Catholic Parish
14401 Sinepuxent Ave.
Ocean City, MD 21842
- Begin the letter, 'Dear Father Jennings,'
- Paragraph #1: *Introduce yourself to Father Jennings: write some things you would like him to know about you.*
- Paragraph #2: *Begin the paragraph requesting to be Confirmed. Explain how you have been preparing for the reception of this Sacrament: your service projects (and what you learned through doing them), giving more attention to a deeper prayer life, developing your personal relationship with Jesus, etc.*
- Paragraph #3: *Conclusion: Conclude by: 1) describe what you like about being a Catholic, how you believe you have grown during this preparation process into a greater understanding of your faith, and name one way you believe you can make a difference in this world as a Confirmed Catholic Christian.*
- Sign as follows: 'Yours sincerely in Christ,' and then sign your complete name.

For Confirmation parents



Letters of Support/Palanca Letters

There is a tradition that before candidates are confirmed, they receive letters of support and congratulations from their parents, other family members, friends, and Sponsors. Sometimes, these letters are called *Palanca letters*. The word, 'Palanca' is Spanish for 'lever.' Just as a lever enables a person to move something which is beyond normal strength, so the Palanca letters are meant to show the candidate that they are not alone on this journey. They have the support of their loved ones and God. The candidates will receive their letters on their Confirmation pilgrimage.

Letters should be placed in a sealed envelope with the candidates name on it.

Please submit all letters of support no later than **March 29, 2026**

Writing tips:

As you sit down and write your letter, keep these tips in mind:

- Say a quiet prayer to the Holy Spirit. Ask Him to help you say what He wants you to say.
- Simple, genuine encouragement is best. Even brevity is not a bad thing! Don't pressure yourself to write deep or profound thoughts. The best that you can give is to share what the mercy and love of Christ has done for you, and to share this love. Share events in your family life that shows this!
- Don't preach! The good news is that this burden is not on you. Just encourage, build up, affirm, and express confidence in the plans God has for this beautiful young person.
- Share a quote or prayer. There are many powerful and comforting words from Scripture and from the many saints of the Church. Sometimes Google or Pinterest will give you some ideas.
- Assure the recipient of your prayers.