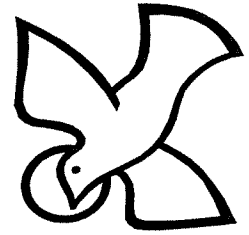


SAINT THOMAS MORE CATHOLIC PARISH

1700 EIGHTH STREET SOUTH • BROOKINGS • SOUTH DAKOTA • 57006
605-692-8309 Rachel's office • stmbrookingsyouth@gmail.com

CONFIRMATION SPONSOR INFORMATION PACKET



"For Sponsors - A Job Description": Page 1-2

We ask that you have monthly contact with your Confirmation candidate through personal visits, meals together, telephone calls, etc. This sheet talks about your role as a sponsor and it gives you some suggestions for discussion starters and questions.

Prayer Tips, Scripture & Catechism Readings on Confirmation: Page 3-4

On the back of page 3 is a list of scripture passages and readings from the Catechism of the Catholic Church on Confirmation that you will use to start your discussions.

Sponsor & Candidate "Homework" Report: Page 5-6

Please make note of the scripture & catechism readings you've covered, as well as your discussion topics. **Mail this sheet back to Rachel Mark by Sept 1, 2017.**

"Confirmation Requirements": Page 7-8

This sheet informs you of the preparation process your candidate is engaged for Confirmation. Ask them about these things!

- Try to do some service together if at all possible. It is a great example to them when they see we are ALL called to be people of service to one another (It is not just a Confirmation requirement)!
- The Confirmation date has not yet been scheduled, because we need to work with the Bishop's calendar. We will notify you as soon as we know for the date for certain.
 - Usually: STM Confirmation is on a Sunday afternoon in October (2017)

Background information on the sacrament of Confirmation Page 9 -16

These pages are from the Catholic Faith Handbook, an excellent resource for Catholic formation. I've included them here for your own "refresher" on the meaning of Confirmation, which will hopefully be helpful to you as you enter into conversation with your candidate.

"Confirmation Sponsor Information Sheet": (separate handout)

This is the form your candidate filled out stating why they chose you to be their sponsor. If you did not receive this sheet it is because your candidate did not get one turned in to our office. Please ask your candidate why they chose you!

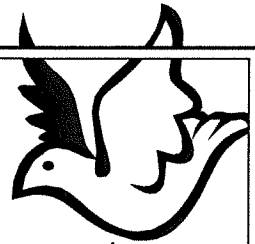
Strongly encouraged: Videos at The Wild Goose Is Loose!

Watch the great videos on the Holy Spirit by Fr. Dave Pivonka, T.O.R.. These are free and available for you to watch at: www.thewildgooseisloose.com Many of these have been assigned as homework for the Confirmation candidates.

If you have any questions, please feel free to stop in, call or email. I would like to be a support to you in any way that I can. Thank you for your willingness to journey with our students!

Rachel Mark, Confirmation Director
stmbrookingsyouth@gmail.com

FOR SPONSORS – A Job Description



If you have been chosen to be a Confirmation sponsor, congratulations! This person sees in you a profound faith commitment, finds trust and knows you are someone who will care about them and their faith. Here are a few suggestions on how to be the best possible sponsor for your candidate:

Be a mentor in their relationship with Jesus Christ.

This personal relationship is the foundation of our Catholic faith. Confirmation is the deepening and discovering of the role of the Holy Spirit in daily life. For many, their experience with the Holy Spirit brings a new and profound understanding of a personal relationship with God.

SPECIFICS:

Meet with your candidate at least once a month for a significant conversation about faith. This can be in person, on the phone or internet video conference. (Brief exchanges in texting or email usually do not result in quality discussions.)

The best thing you can do for your candidate is to be an active model of faith for them.

- **How do YOU live your faith?**
- **What does your relationship with Christ look like?**
- **How can you encourage them to live their faith more deeply?**
- **How do you pray?**
- **Can you help your candidate learn to pray?**

- **Who has been an important influence on your faith?**
- **Who has inspired you or challenged you?**
- **Discuss the 7 gifts of the Holy Spirit. What gifts you see in the candidate?**
- **Which gifts of the Holy Spirit do they particularly desire to receive at Confirmation?**
- **Ask them if they have any questions or struggles that they would like to talk about.**

Is your teen ‘not there yet?’

For many teens, God is still some abstract, far off being who punishes us when we sin. As a Confirmation Sponsor, your job is to invite them into a deeper, more intimate relationship with God. If teens don't have a foundation in a real, living relationship with Jesus Christ, then the rest of our Catholic faith often just seems like ‘going through the motions,’ boring obligations of attending Mass or Confirmation class. If there is no solid foundation in Christ, the rest of the Catholic “stuff” (like Mass, Mary, the catechism, saints, the Pope) quickly falls apart or has little meaning. But built on the foundation of a REAL, personal relationship with God, then suddenly the riches of the Catholic faith are revealed and become profoundly meaningful.

So, how can we help establish a loving relationship with Christ?

(see the next page!) →

To establish a relationship with Christ:

• **Pray for your candidate and yourself.** We need spiritual strength! Pray that the Holy Spirit may fill their hearts and move them to establish a deeper relationship with God. Also pray that the Holy Spirit guide you and your words during your discussions. Attend Mass together, go to Reconciliation together. STM has Eucharistic Adoration every Thursday (7am Thursday to 7am Friday). This is a beautiful prayer experience you can share with your candidate.

• **Turn your life over to the direction and will of God!** If your candidate (or you) have not made a conscious decision to turn your will and your life over to God, pray together and do so! God is ready and waiting to pour out abundant blessings on us, but He is a gentleman; He will wait until he is invited in. Have you invited Christ into your life? Do you pray to follow God's will?

• **Be a living model of faith.** Share your own story of faith, moments where you felt God's presence, where you struggled and were helped by God, and other conversion moments you have experienced. At least a part of what this young person admires in you is your faith!

If the way you practice your faith is not what it should be, "get it together," so to speak! Start praying more, attending Mass more, and going to Confession – You only have to begin, and God will meet you after the first step! Your life doesn't have to become artificially saintly, but your faith should be authentic and sincere.

• **Give of your time and share your gifts.** You'll be asked to spend time together on various activities. This may mean preparing topics to discuss together or working on a Christian service project. You could also share your own experiences or write a letter of encouragement. Let your unique God-given talents and gifts shine! Offer a gift of spiritual significance—a Catechism, rosary or book about our faith or about the saint the candidate has chosen for a Confirmation name—but *be creative and relevant!*

• **Write a prayer support letter to your candidate when they attend their retreat.** Find out which retreat they are attending and write them a letter of encouragement and support. Letters can be given to Rachel Mark, Confirmation Director, so your candidate will receive your letter during their retreat. (If they have already attended their retreat, find another opportunity to write them a letter of affirmation, prayer and support!)

• **Don't miss the ceremony.** Your basic job will be to place your hand on your candidate's shoulder and pray for them as they are Confirmed by the Bishop.

• **Don't forget this newly confirmed Catholic.** After Confirmation day, remember birthdays and their Confirmation anniversary. Send a card or make a phone call. Continue to worship together, or from time to time do some Christian service. Put those "Gifts of the Spirit" into practice.

Ultimately: Our faith is not about “jumping through hoops” or “Confirmation requirements.”

**It IS about a real, living relationship with God our Creator,
Jesus Christ our savior, and the Holy Spirit, our companion and guide.**

Lord, Help me to pray!

See that new, nifty Bible? Open it!

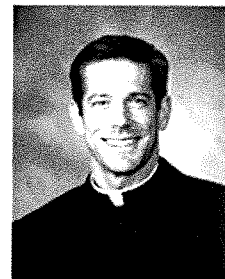
Your new Catholic Youth Bible includes a ton of prayer tips, instructions for various ways to pray, scripture indexes for dealing with various problems, and much, much more!

Dive Deeper into Sunday Mass Readings! -- Fr. Mike Schmitz →

Do you ever feel like you missed something after Mass? Like maybe there was something in the readings or the homilies that just went over your head?

Check out: <http://bulldogcatholic.org> -- click on "listen to homilies"

-amazing podcasts from Fr. Mike Schmitz, a young dynamic priest who serves the Newman Center at the University of Minnesota Duluth.



A bit of the Bible everyday keeps Satan annoyed and temptations at bay ☺

Let's face it, the Bible is HUGE. It sounds nice to read some of the Bible every day, but it's often difficult to know where to start. Here are a few ideas to help you dive in:

1) Pray with the Daily Mass readings.

- The readings for Daily Mass can be found on the website of the United States Council of Catholic Bishops: www.usccb.org. There is a calendar on the right side of the page. Click on a day to view that day's readings. (There are also video reflections for each day's Gospel)

2) Start with the Gospels

- Sometimes the easiest way to start is just by picking up a Gospel and reading a few verses a day. Commit to reading a chapter or just read until something jumps out at you. It's amazing the connections you will start to make when you see how the stories that we hear on Sunday are actually linked as one big story!

3) Pick a favorite Bible story

- Most Bibles will have some kind of index in the back where you can look up one of your favorite Bible stories. (It's also usually pretty easy to Google it ☺) When you find it, read the chapter around it to gain some context. Ask the Lord to speak to you through the story in a new way!

4) Pray with the Psalms

- Fr. Mike Schmitz recommends reading the Psalm for the day of the month. For example, if today is the 12th, I would read Psalm 12. If nothing sticks out to me, I would then add the number 30 to the day and try reading Psalm 42. If that still doesn't speak to me, I'll try Psalm 72, etc. The Psalms often speak right to what I'm feeling that day!
- This can also be done with the book of Proverbs. Proverbs has 31 chapters, so you could read the whole book in a month! ☺

Check out Smartphone or tablet apps for:

- **Laudete** for iOS or Android: Mass readings, rosary, chaplets, links to Bible, daily reflections, more!
- **The Rosary** (The Holy Rosary from Google Play or iRosary for iOS)
- **Confession** (Confession for iOS and Android, or The Confession App for Android)
- **Chaplet of Divine Mercy** (Divine Mercy app for iOS or Android)

Scripture and Catechism Passages on Confirmation

Sponsors & Candidates: Choose from these readings to discuss and pray about your meetings!
Passages in **Bold** are required reading.

Readings from the Gospels (check as completed)

_____ Matt. 5:1-12	Theirs in the kingdom of heaven, Beatitudes
_____ Matt 16:24-27	If anyone wishes to follow me, let him deny himself
_____ Matt 25:14-30	You have been faithful in small matters, come into my joy
_____ Mark 1:9-11	The Spirit descending upon him/ Baptism of Jesus
_____ Luke 4:16-22	The Spirit of the Lord is upon me
_____ Luke 8:4-15	Parable of the Sower
_____ Luke 10:21-24	I bless you, Father, for revealing these things to the childlike
_____ John 7:37-39	From the heart of the Lord shall flow fountains of living water
_____ John 14:15-17	The Spirit of Truth will be with you forever
_____ John 15:18-27	The Spirit of Truth will be my witness
_____ John 16:5-13	The Spirit of Truth will lead you to the complete truth

Readings from the New Testament

_____ Acts 1:3-8	You will receive the power of the Holy Spirit and be my witness
_____ Acts 2:1-33	Pentecost (descent of the Holy Spirit upon the apostles)
_____ Acts 8:1-17	They laid hands on them, and they received the Holy Spirit
_____ Acts 10:1-49	The Holy Spirit came down on all listening to the Word of God
_____ Acts 19:1-6	Did you receive the Holy Spirit when you became believers?
_____ Rom 5:1-8	The love of God has been poured into our hearts by the Holy Spirit
_____ Rom 8:14-17	The Spirit and our spirit bear witness that we are children of God
_____ Rom 8:26-27	The Spirit himself will express our plea
_____ 1 Cor 12:4-13	Gifts of the Holy Spirit
_____ Gal 5:16-25	If we live in the Spirit, let us be directed by the Spirit
_____ Eph 1:3-19	You have been signed with the seal of the Holy Spirit
_____ Eph 4:1-6	There is one Body, one Spirit and one baptism
_____ Heb 2:2-3 & 3:7-15	I will pour out my Spirit on all; harden not your hearts

Readings from the Old Testament

_____ Isaiah 11:1-4	On him the Spirit of the Lord rests
_____ Isaiah 42:1-3	I have endowed my servant with my Spirit
_____ Isaiah 61:1-9	Anointed by the Lord God
_____ Ezek 36:26-28	I will place a new Spirit in your midst
_____ Joel 2:23-3:2	I will pour out my Spirit on all

Readings from the Catechism of the Catholic Church (CCC) OR YouCat (Youth Catechism)

** Note: numbers refer to the paragraph numbers, not page numbers. Look for the **bold** print.

_____ #731-737	Holy Spirit	OR: YouCat #113-120, 290
_____ #1830-1832	Gifts & Fruits of the Holy Spirit	OR YouCat sidebars at #113 & 120
_____ #1285-1292	Confirmation: Scripture & tradition	OR YouCat #203-204 & sidebar
_____ #1293-1301	Signs and Rite of Confirmation	OR YouCat #205-207
_____ #1302-1305	Effects of Confirmation	OR YouCat #203 – see sidebar
_____ #1308-1311	Confirmation preparation & Sponsors	
_____ #1315-1321	Confirmation review: In Brief	
_____ #691-701	Names & symbols of the Holy Spirit	

Sponsor Name _____ Candidate name _____

“Homework” for Sponsors and Candidates

Sponsors turn in this checklist to Rachel Mark by September 1, 2017

Assignments:

Meet with your candidate at least 5 times in the next 6 months (face-to-face, phone or internet video chat).

Materials needed: this packet, a Bible, and Catechism of the Catholic Church or Youth Catechism (YouCat).

(if your candidate does not have their own Bible or Catechism, this would make great gift!)

At each meeting, choose two scripture readings and one reading from the Catechism from the lists provided in this packet. Discuss these readings together. Please also make sure to ask what is going on in their life and how they are growing in their faith!! Make brief notes about your discussion on this sheet. (please do not reveal confidential information your candidate may have shared with you, unless they are in danger to themselves or others.)

Ask solid questions about their faith life:

- Where are you at right now in your relationship with God?
- Do you feel like you have a personal relationship with Jesus? (if not, see the gold “relationship with Jesus” sheet in the sponsor packet)
- Where is God working in your life right now? (Hint: God IS working, but your role as a sponsor is to help them recognize God in their daily life!)
- What does your prayer life look like? How do you pray, how often do you pray?
- How often do you go to Mass and Confession? Why? (if not frequently, perhaps go together!)

Meeting 1:

Scripture passages discussed: _____

Catechism section discussed: _____

Topics covered in your conversation: _____

Meeting 2:

Scripture passages discussed: _____

Catechism section discussed: _____

Topics covered in your conversation: _____

Meeting 3:

Scripture passages discussed: _____

Catechism section discussed: _____

Topics covered in your conversation: _____

Meeting 4:

Scripture passages discussed: _____

Catechism section discussed: _____

Topics covered in your conversation: _____

Meeting 5:

Scripture passages discussed: _____

Catechism section discussed: _____

Topics covered in your conversation: _____

Additional meeting

Scripture passages discussed: _____

Catechism section discussed: _____

Topics covered in your conversation: _____

For Sponsors: Please write a short description here of how you've seen your candidate grow (personally and spiritually) through the Confirmation process:

*****Return this sheet to Rachel Mark by September 1, 2017*****
St. Thomas More Church, 1700 8th St. South, Brookings, SD 57006

Confirmation Myths & Truths

Confirmation is NOT:

Graduation from Religious Education classes

“becoming an adult” in the church
It’s not the Catholic version of a bar/
bat mitzvah.

‘choosing to be Catholic’

‘jumping through hoops’

Confirmation IS:

The beginning of the journey as fully initiated Catholics!

Confirmation is about a sacrament, not about age or maturity.

Confirmation is the completion of the sacrament of Baptism, which means you’ve always been Catholic – from the moment of your Baptism!

Confirmation preparation offers various tools for your spiritual growth

The Sacrament of Confirmation is:

- A special outpouring of the Holy Spirit granted to the apostles on the day of Pentecost (CCC 1302)
- One of the 3 sacraments of initiation
- Increases and deepens baptismal grace:
 - o Roots us more deeply in relationship with Abba, God our Father
 - o Unites us more firmly to Christ
 - o Increases the Gifts of the Holy Spirit in us
 - o Strengthens our bond with the Church
 - o Gives a special strength of the Holy Spirit to spread and defend the faith
 - From Catechism of the Catholic Church (CCC) # 1303

Preparation for Confirmation:

- Is to lead the Christian to a more intimate union with Christ
- And a more lively relationship with the Holy Spirit
 - o From CCC 1309

A Sports analogy:

Baptism is like being recruited by a team.

Confirmation preparation is training, going to practice, strengthening your spiritual muscles, and getting a pep talk before the game.

Being Confirmed – is getting sent out onto the field for game time.

Your 2017 Confirmation Preparation Tools

A Handy Checklist for You!

8 Required Items:

- 1) **Pray and Attend Mass Weekly** (see white sheets)
- 2) **Baptismal Information Form** (grey sheet)
Due February 8, 2017
- 3) **Attend ALL Confirmation classes** (7:30 – 9 pm)
 - February 1
 - February 8
 - March 29
 - April 5
 - April 19 – Parents & Sponsors invited
 - Fall 2017 Sunday evening class #1 (TBA)
 - Fall 2017 Sunday evening class #2 (TBA)
 - Fall 2017 Sunday evening class #3 (TBA)

Parents and/or Sponsors must attend one class (Feb 1-April 5)
- 4) **Choose a Sponsor**
 - See pink sheets in your packet
 - Due February 1, 2017
 - My Sponsor: _____
 - Give Sponsor sheet to them by Feb 15
- 5) **Participate in a Retreat** (see orange sheet)
 - a. My Retreat: _____
 - b. Deadline for several retreats: Jan 18
- 6) **Confirmation Interview OR Letter to the Bishop**
 - Interview: Sept/Oct 2017
 - Letter to Bishop, due Oct 1, 2017
- 7) **Schedule a meeting with Fr. Terry & parents**
 - Works best in summertime
 - Completed by September 1, 2017
- 8) **Choose a saint name to take as your Confirmation Name** (see green sheets)
 - Due April 19, 2017

Do 3 Optional Items:

Choose a formation plan that suits you!

You can combine or “mix and match” items, just make sure you cover about 20 hours of formation.

- 5 Homily Reflections/ Journals** (white sheets)
3 due March 29, & rest due Sept 15, 2017
Dates of Reflections I completed:

- Eucharistic Adoration** (blue sheet)
 - Every Thurs. 7:30 am – Fri. 7:00 am at STM
 - 2 Adoration Hours due April 5,
Rest due Sept 15, 2017
- Read: Breath of God: Living a Life Led by the Holy Spirit**, by Fr. Dave Pivonka, T.O.R. (blue)
 - Write a summary report, or chat with Rachel about the book
 - Due September 15, 2017
- OR: Watch www.thewildgooseisloose.com**
 - Watch 5 videos & write summaries
 - 3 reports due April 19, 2017,
Rest due September 15, 2017
- Do More Saint Reports** (see green sheets)
 - Research 5 Saints
 - Due April 19, 2017
- Christian Service** (see yellow sheets)
 - 5 hours, plus reflection report
 - Due Sept 15, 2017
- Go on Another Retreat:** _____

Plan ahead for Confirmation Day!

Tentatively: a Sunday afternoon in October 2017
Announced in May or June, once Bishop's schedule is set.

The Gifts of the Holy Spirit

Gifts of the Holy Spirit enable us to live a holy Christian life. The Gifts of the Holy Spirit are:

1. Wisdom - desire for the things of God, and to direct our whole life and all our actions to His honor and glory
2. Understanding - enable us to know more clearly the mysteries of faith
3. Counsel - warn us of the deceits of the devil, and of the dangers to salvation
4. Fortitude - strengthen us to do the will of God in all things
5. Knowledge - enable us to discover the will of God in all things
6. Piety - love God as a Father, and obey Him because we love Him
7. Fear of the Lord - have a dread of sin and fear of offending God

Who is the Holy Spirit?

The Holy Spirit is the bridge to God within you. It is the part of your mind—the part of your Spirit—that is joined with the Mind of God. The Holy Spirit is the Voice for God and acts as a reminder to all of God's children of the unconditional love that God has for them.

God loves His children so much that He wanted His children to always know that they are safe, they are loved, and they are whole. God created the Holy Spirit as a way to ensure that God's children would always know these things. God gave this Voice to His children, and this Voice is now a part of them. It is the eternal perspective of Truth, Love, and Reality that cannot be taken from God's children. It is the Voice of God instilled within and the ever-present reminder to God's children of the Truth of Who and What they are and the Love their Father has for them.

By creating the Holy Spirit, God provided a way to bring His Voice into each of His children as they went out into the world so that they could always remember the Truth of Who and What they are. The Holy Spirit's function and purpose is to bring God's Voice to each of God's children, guiding them, directing them, loving them, and restoring their thinking to God's.

Little by little, as you hear, recognize, understand, and become aware of the Holy Spirit in different ways—through your thinking, correcting a thought with this Voice, recognizing this Voice in another, sharing this Voice with a friend, and so on— the Holy Spirit is brought into the world and given to each of God's children. This Voice is recognized in each of God's children and used as a reminder for God's children of the Truth so that they can overcome the world.

The Holy Spirit was given to each of God's Children by God, put within each one, and is now a part of them. It is not to think that the Holy Spirit is separate from you, is really only a part of God, or will one day be separate, because in Truth, the Holy Spirit is a part of you. It has now been blended and melted into you. That is why it is important to recognize this Voice of God in everyone you meet because It is part of them as well.

The Holy Spirit is within each of God's children and cannot be extracted. It is there as a constant Resource, Companion, and speaker of Truth no matter what you think you have done, what you think you are doing, or what you think you might do. This Voice for Love within you holds no judgments, never condemns, and only remembers your true Perfection. In that is the impossibility of sin or anything related to it.

It is not possible for the Holy Spirit to judge you in any way because this part of God can only see the Truth of who you *are* and not who you think you are. God's Voice is within your mind and is ever available to you to restore your thinking to Truth. In any moment you decide that you do not want to participate in the belief of separation—if you decide you want peace, if you decide you want to remember Who you are and What you are— the Holy Spirit is there within you waiting to join with you in Truth. It has been within you since your first step into the world and offers you an alternative to pain and suffering, to fear and loathing, to vengeance and death. This Voice for Love within you offers you Peace, Oneness, Truth, and everlasting Life.

The Fruits of the Holy Spirit

If you see apples on a tree, what kind of tree is it? What if you see oranges on a tree, what kind of tree is it? Similarly, the fruits of the Holy Spirit show the work of the Holy Spirit. A person who lives their lives regularly using the gifts of the Holy Spirit will show the fruits of the Holy Spirit. These fruits give evidence of the Holy Spirit's work in the individual's life to others and these fruits assist the Christian in knowing if they are truly living as a Christian. A Christian sees that he is often mean, angry, greedy, unhappy, and impatient, etc. needs to make some changes in order to follow Christ more consistently.

The fruits of the Holy Spirit give a foretaste of the heaven right now on earth. This taste of heaven is given to the individual and everyone that the individual encounters either directly or indirectly. In other words, people who do not know Jesus can come to know Him by encountering someone who is living as His witness.

There are twelve fruits of the Holy Spirit: love, peace, kindness, generosity, faithfulness, self-control, joy, patience, goodness, gentleness, modesty, and chastity (cf. Gal. 5:22-23, CCC 1832). Knowing the meaning of each of these will help you see if these fruits are in your life.

charity loving God above all things and loving all other people

chastity purity in thought, word, and act

faithfulness following Jesus in every way

generosity willingness to give all that we have received to God and others

gentleness acting towards others with the recognition that you cannot make them follow Jesus, they need to decide for themselves

goodness all the qualities and virtues which make us what God wants us to be

joy interior, unshakeable happiness

kindness acting as God acts towards others, forgiving others even when they hurt us

modesty dress or conduct that respects others

patience seeing things and waiting in God's time; patience is the listed first in the description of love found in Scripture (cf. 1 Cor 13:4)

peace not only the absence of fighting and violence, but also an internal presence resulting from a friendship with God and His Family, the Church

self-control temperance, knowing when enough is enough, right control over ones' desires

CONFIRMATION QUESTIONS & ANSWERS

1. What is Confirmation?

Confirmation is the sacrament in which the Holy Spirit comes to us in a special way to join us more closely to Jesus and his Church and to seal and strengthen us as Christ's witnesses. It is the completion of baptismal grace. (1285, 1316)

When the Intercessor comes, whom I will send to you from the Father-the Spirit of truth that comes forth from the Father-he will bear witness to me, but you, too, will bear witness... (Jn 15:26). (See also Acts 2:4; 8:14-17)

2. Who is the minister of Confirmation?

In the Latin Rite, the bishop is the ordinary minister of Confirmation but priests may confirm in certain circumstances when authorized by the bishop. In the Eastern Church, the priest ordinarily administers confirmation at the same time as Baptism. He uses sacred chrism consecrated by the bishop to bring out this sacrament's connection with the apostolic office. (1299, 1312-1313)

For the one God sent speaks the words of God, for he gives the Spirit without measure (Jn 3:34).

3. What does "confirm" mean?

To confirm means to strengthen. In Confirmation our faith is deepened and strengthened, and through this sacrament we are more perfectly bound to Christ and to his Church. (1285)

In Christ you who heard the word of truth-the good news of your salvation-and believed it were sealed by the promised Holy Spirit, which is the pledge that we shall gain our inheritance when God redeems what is his, to the praise of his glory! (Eph 1:13-14).

4. How is Confirmation given?

In the Latin Rite, the bishop extends his hands over the person and anoints the forehead in the form of a cross while saying: "Be sealed with the Gift of the Holy Spirit." The person being confirmed answers "Amen," meaning, "Let it be so." The Gift is the Holy Spirit, who is the Gift of the Father and the Son to us. (1299-1301)

Then they laid their hands on them, and they received the Holy Spirit (Acts 8:17).

5. What makes up the sign of Confirmation?

The sign of Confirmation is made up of anointing and words. (1293)

6. What does the action of confirming tell us about the sacrament?

In the action of confirming, the anointing shows that strength and power are being received from the Holy Spirit. This anointing is a sign of our consecration to Jesus Christ. (1294, 1305)

7. What do we mean by "anointing"?

"Anointing" means "signing with oil." The blessed oil that is used is called chrism which stands for spiritual strength. The sweet-smelling aromatic substance that it contains stands for freedom from sin and the spreading of goodness. (1293-1294, 1297)

We are the aroma Christ offers to God among those being saved and among those who are perishing. For some it is a deadly fragrance which leads to death, for others it is a life-giving fragrance which leads to life (2 Cor 2:15-16).

8. What do the words signify?

The words signify that we are receiving the Holy Spirit in a special way, and are being sealed or marked as Christ's witnesses. (1300)

It is God who establishes us in Christ with you and who has anointed us, who has placed his seal on us and given our hearts the Spirit as a down payment (2 Cor 1:21-22).

9. What are the effects of Confirmation?

Confirmed Catholics have become full-pledged members of the Church. They have received spiritual strength and special graces to help them better witness to Christ. The confirmed have also grown in the graces and gifts first received in Baptism. This is indicated during the Confirmation ceremony when the Holy Spirit is called upon to come with his seven gifts. (1303)

They prayed over them that they might receive the Holy Spirit, for it had not yet come upon any of them—they had only been baptized in the name of the Lord Jesus (Acts 8:15-16).

10. What are the duties of confirmed Catholics?

Confirmed Catholics are to keep on learning about their faith. They are to live it, love it, stand up for it and share it as Christ's witnesses. (1303)

11. What do we mean when we say that a Christian is sealed as Christ's witness?

In Confirmation a Christian receives a second spiritual seal which lasts forever. The first lasting spiritual seal was received at Baptism; Confirmation seals our public commitment to Christ begun in Baptism. This seal is called a character. (1304-1305, 1317)

I am sending the promise of my Father upon you, so stay in the city until you are clothed with power from on high (Lk 24:48-49).

12. Is Confirmation necessary for salvation?

Confirmation is not absolutely necessary for salvation, but it could be seriously wrong to neglect this sacrament because it deepens baptismal grace and brings an abundant outpouring of the Holy Spirit. Baptism, Confirmation and Holy Eucharist so complement one another that all three are required for full Christian initiation. Confirmation is also important for the growth of the Church. (1306)

13. How should a Catholic prepare for Confirmation?

A Catholic should prepare for Confirmation by studying the Catholic faith, by praying and by witnessing to Christ. The candidate must be in the state of grace and have the same intentions as the Church. (1309-1310)

They all devoted themselves single-mindedly to prayer... (Acts 1:14).

14. What is the purpose of a Confirmation sponsor?

A Confirmation sponsor has the same duties as a baptismal godparent. The Church suggests that the baptismal godparent become the Confirmation sponsor, however, another sponsor may be chosen. A sponsor must be a good Catholic, already confirmed. (1311)

15. Is another saint's name taken in Confirmation?

A Catholic may take another saint's name in Confirmation if he or she wishes.