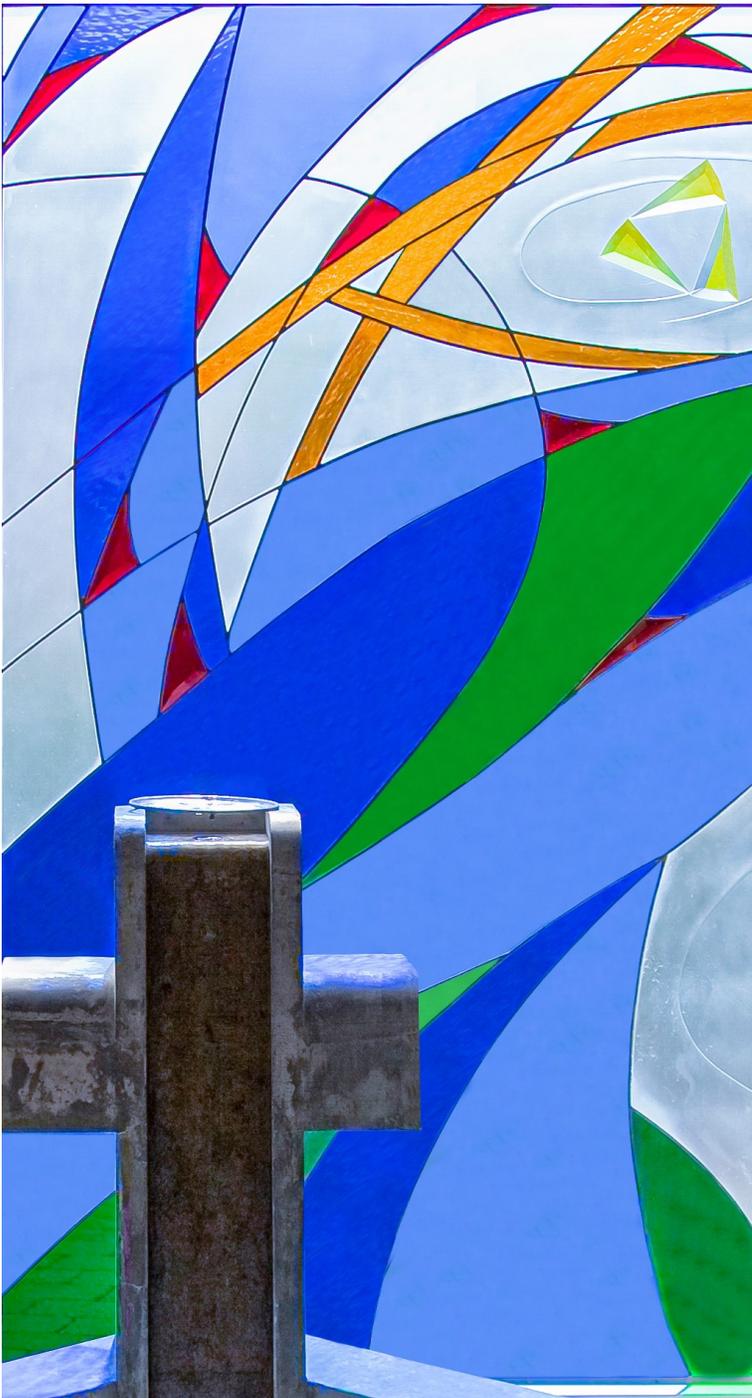


Saint Anthony of Padua Parish Confirmation Workbook



St. Anthony Baptismal Font Stained Glass Window

2023-2024

**Confirmation Class meets weekly on
Sundays:**

Middle School: 9:15am

High School: 12:00pm

**Confirmation Ceremony
At St. Anthony
Sunday, June 30 at 10:30am
with Bishop Peter Smith**



**This booklet is due on
Sunday June 2 for
review by the Director
of Faith Formation.**

Confirmation Requirements ²

Choose a Sponsor & provide a copy of your Baptismal Certificate: By Nov 19, you must choose someone to be your sponsor. If your Baptismal godparent would be a good sponsor for you, then we encourage you to choose them. Otherwise you want to look for an adult whom you admire and whom is a good role model of faith for you. We prefer that the sponsor be of the same gender as you. The requirements for sponsors:

- They must be Catholic and 18 and have received Sacraments of Initiation (Baptism, Eucharist and Confirmation)
- They cannot be your Mother or Father.
- They should be attending Mass regularly and actively living out their faith.
- If single, they cannot be cohabiting (living with someone to whom they are not married by the Church.
- If married, they are married according to the laws of the Catholic Church.
- They believe what the Church professes and teaches, and make an effort to incorporate these teachings in their daily life.

The Pastor and the Director of Faith Formation need to approve of your selection. Once the sponsor has been approved, you can give them the 2 forms provided in your Confirmation Booklet. One form is for them to fill out and give back to you. You will give the form to the Director of Faith Formation. The other form is the Sponsor Information Form, listing the important dates for them to know. They need to come with you to class on Sunday, May 5. You will be interviewing them in class. Finally, they need to be present at the Ceremony of your Confirmation on Sunday, June 30 at 10:30am.

Choose a Saint: By Jan 28, you must choose a saint for your Confirmation Saint. You should choose someone who inspires you and with whom you can identify. You will have some questions to answer about your Saint. Details for all this are given in this booklet.

Service Work: By May 19, you must have completed at least 4 hours of service outside of your home. You cannot get paid for this work. Details are given in this booklet.

Confirmation Retreat: You are required to go on a retreat sometime in the **Spring**. The Director of Faith Formation will give you the details. Write the date of the Retreat here _____.

Praying 15 Minutes Per Day: You are to do personal prayer for 15 minutes per day for 9 days before your Confirmation—starting **June 21**. Details are at the end of this booklet.



Sponsor Interview

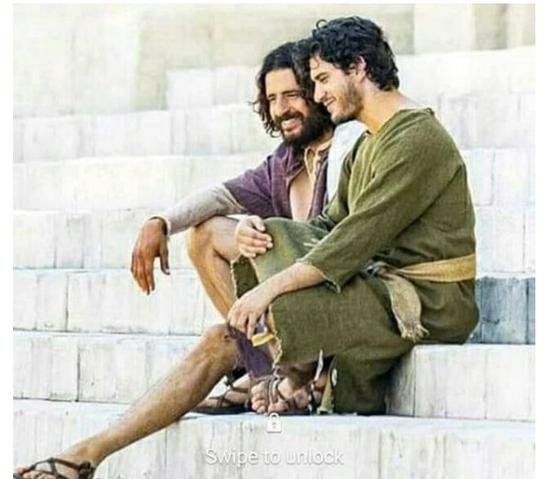
We will be interviewing our sponsors in class on May 5. We are asking the sponsors to come to class with you. (If your sponsor can't come to this class, please interview them before May 5). The following are the questions for the interview:

1. Share your faith journey. When did your faith become your own? What are some significant moments in your faith journey?

2. Why is your Catholic faith important to you?

3. What was your experience of Confirmation? (Explain).

4. How do you foster your faith as an adult?



5. What advice do you have for me as I begin my adult faith journey?

Choosing a Saint

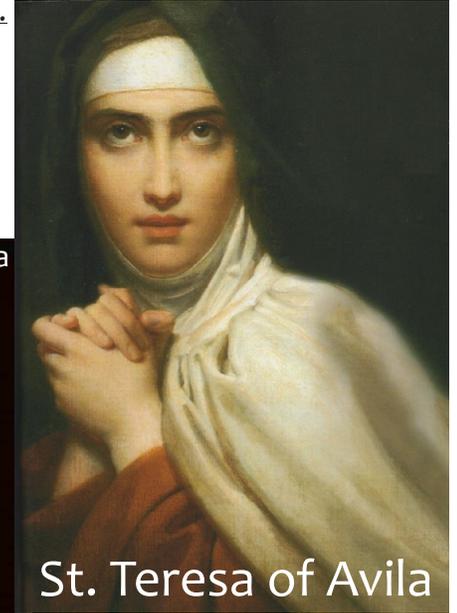
By Jan 28, you need to choose a saint that will become your Confirmation saint.

- If you already have a favorite Saint, you can choose that one.
- If you need help you can think about your interests or life experience. What hobbies or sports do you like? What profession would you like to have in the future? Look up the patron saint for your area of interest and maybe you'll find a Saint you connect with.

Here are a few websites that can help you, too:

- "Top 25 Saints Under 25" at the We Dare to Say website.
- "Biggest and Best List of Confirmation Saints" at the Life Teen Blog site.
- "Which Saint are You?" quiz at the CMMB site or <https://www.quizony.com/which-saint-are-you/>
- "Quiz: Which saint are you most like?" at the Diocese of Westminster Youth Ministry page.

I hope these resources have helped. Bounce ideas off your teacher. They will love to talk with you about what Saint to consider.



St. Teresa of Avila



St. Teresa of Calcutta

St. Damien the Leper



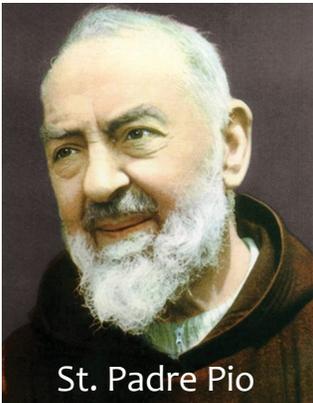
St. Martin de Porres



St. Katharine Drexel



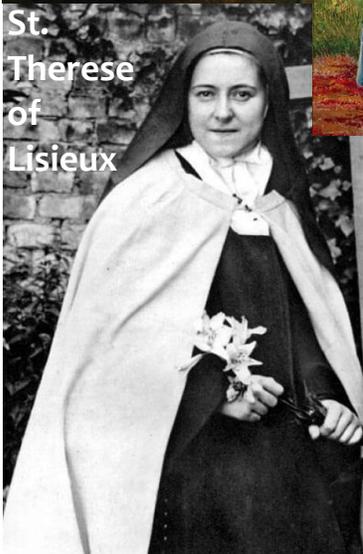
St. John Paul II Pope



St. Padre Pio



St. Maximilian Kolbe



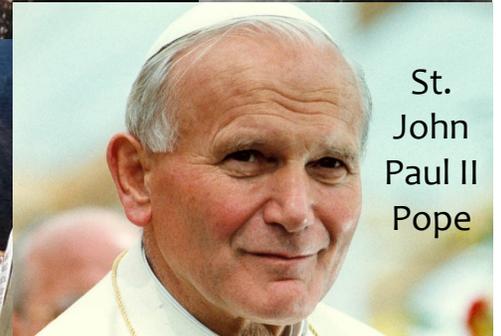
St. Therese of Lisieux



St. Elizabeth Ann Seton



St. Ignatius of Loyola



St. Kateri Tekakwitha



Saint Report

There are many great holy men and women that have lived their faith and been instruments of God's grace and love. They inspire us and remind us that great things are possible to those who believe. They are praying for us and cheering us on. Spend some time researching different saints. Find someone you admire and connect with.

Your chosen saint:

Patron saint of:

Saint's birth & death dates and location:

Your saint's vocation (special calling):

List three interesting things about your saint:

What effect did your saint have on their community or on other people?

Why did you choose this saint? What is special to you about them?



St. Francis of Assisi

Service Work

6

You are required to do 4 hours of Service before May 19. Describe your experiences below.

Date of service: _____

Hours of service: _____

Where did you serve? _____

What did you do during your service hour(s)?

What did you learn or how did you grow while doing this work?

What was a key memory from this experience?

Please have an adult sign here to verify the service hours.

Adult Signature _____ Date _____

Date of service: _____

Hours of service: _____

Where did you serve? _____

What did you do during your service hour(s)?

What did you learn or how did you grow while doing this work?

What was a key memory from this experience?

Please have an adult sign here to verify the service hours.

Adult Signature _____ Date _____

Personal Prayer--15 mins per Day ⁷

The goal of prayer is to come into contact with God. Prayer is the means by which we come to know the Lord personally--rather than just know facts about him. As Christians we come to know God through Christ. As we seek Christ, he shows us the Father, and transforms us by deepening our faith, hope and love, giving us guidance, and strengthening us in virtue.

Starting on June 21, use this prayer format to pray every day for 9 days before your Confirmation. On the back you can write about what you experienced in your prayer each day.

1. **Solitude:** Find a place where you can be alone with the Lord for 15-30 minutes (or more) and where you can concentrate without distraction. You can't pray well on a bus or in front of the TV.
2. **Good Disposition:** We often come to the Lord restless. We need to have put ourselves in the right disposition to pray. One way to do this is to consider for a moment who God is and whom we are. If you are distracted by numerous thoughts, you can write them down and put them aside.
3. **Thanksgiving and Praise:** A good way to begin is by thanking and praising God for all the Lord has done for us. You could even sing a song or pray a Psalm to engage your heart and mind.
4. **Examination of Conscience:** We should examine our conscience regarding sin against the Lord and our neighbor. Ask the Holy Spirit to help you recognize your sin and ask for forgiveness and mercy.
5. **Meditate on Scripture:** Choose a passage from scripture, read it slowly and pay attention to what moves or strikes you. Ask the Lord to use this to help you to come to know and love Jesus more and to encounter him in your prayer-time. Think about the word or phrase that struck you and have a conversation with Jesus about it. The Lord will use scripture to speak to you.
6. **Significant Moments:** Think of some significant experiences you had today and ask yourself what God might be trying to say to you through them.
7. **Talk with Jesus:** Tell him what is on your mind and heart. Bring to him the concerns of the day. Ask him about how you can do his will that day. This heartfelt conversation is the heart of prayer. You can say, "Lord, this is a time in my life when..." You can ask questions like: "What is good in my life? What is life-giving? What in my life is worth living for? What in my life is not so good? What needs to change? What can I do to initiate change? Where have I seen God at work in my life? Where have I heard him speak to me?"
8. **Listen to Jesus:** Don't just talk but, as a good friend, listen to him speak to you about your life.
9. **Offer yourself:** Promise to love the Lord faithfully that day in all you think, say and do.
10. **Intercession:** Finally, conclude with intercession, first for others, then for ourselves.

8 Personal Prayer Journal

Spent 15 minutes in prayer, using the prayer format on the other side of this sheet. In the space provided here you can write down some of the things you experienced in your prayer. What were the thoughts you had? Did you meditate on a scripture passage? What insights did you get as you did so? How did you experience the quiet? Did it feel like a long time? Did God speak to you or answer some questions that you asked

Day 1:

Day 2:

Day 3:

Day 4:

Day 5:

Day 6:

Day 7:

Day 8:

Day 9:

