

Spirit of Life
Confirmation Handbook



"Be Sealed with the Gift of the Holy Spirit"

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This is our handbook for 2020-2021 Confirmation preparation. Please be sure to read this. It contains important deadlines, session information, and overall useful resources and information. Know if you have any questions Fr. Kreitinger and myself are available. We are heat to support your child and you as the primary teacher of the faith as your child prepares to be fully initiated into The Church. In the Sacrament of Confirmation, the baptized person is "sealed with the gift of the Holy Spirit" and is strengthened for service to the Body of Christ. Confirmation deepens our baptismal life that calls us to be missionary witnesses of Jesus Christ in our families, neighborhoods, society, and the world. . . . We receive the message of faith in a deeper and more intensive manner with great emphasis given to the person of Jesus Christ, who asked the Father to give the Holy Spirit to the Church for building up the community in loving service. Know of our prayers during this time.

The Role of The Parent

Parents have the very important responsibility to create a Christian environment in the home and helping their child during the Confirmation preparation process.

HOW CAN I CREATE A CHRISTIAN ENVIRONMENT IN THE HOME?

1. Set a good example and encourage your child to lead a life of active Christian service.
2. Serve your family out of love.
3. Build an atmosphere of trust and understanding.
4. Worship together regularly and participating in parish life.
5. Continue to nurture your child in faith at every age.

HOW CAN I HELP MY CHILD PREPARE FOR CONFIRMATION?

1. Encourage them to reflect thoughtfully on this special sacrament.
2. Pray with them and discuss various aspects of faith and the special meanings of Confirmation.
3. Take part in adult catechesis offered by the parish to help renew your own faith so you can more effectively guide your child.
4. Attend Mass every Sunday and on Holy Days if you aren't already
5. Pray as a family every night
6. Ask them about what they are learning (Karen will send you notes)
7. Commit to an hour of Adoration as a family
8. Go to Confession as a Family

Remember, the home is the place where faith can best be nourished

"Parents have the first responsibility for the education of their children. They bear witness to this responsibility first by creating a home where tenderness, forgiveness, respect, fidelity, and disinterested service are the rule. The home is well suited for education in the virtues. This requires an apprenticeship in self-denial, sound judgment, and self-mastery-the preconditions of all true freedom. Parents should teach their children to subordinate the 'material and instinctual dimensions to interior and spiritual ones.' Parents have a grave responsibility to give good example to their children. By knowing how to acknowledge their own failings to their children, parents will be better able to guide and correct them." (CCC 2223)

Confirmation Dates/Deadlines

September 22, 7-8 : Who is Jesus and why should I care?

October 4th, Youth Group 7 pm

October 27, 7-8: What is The Church and why should I belong? 8-8:30: Safe Environment Presentation

November 17, 7-8: What is Prayer and How do I commit to it?

December 15, 7-8: Service Project (Activity Center at the Parish)

January 12, 7-8: The Sacraments of Initiation

January 26, 7-8: The Sacraments of Healing

February 21, Youth Group 7 pm

February 9, 7-8: Knowing and Using the Gifts of The Holy Spirit

March 16, 7-8: Topic TBD

March 28, Youth Group 7 pm

April 20, 7-8: Why Must There be Moral Truth?

April 30, 10a– 6p: Retreat (Activity Center at Parish) (Includes Practice)

Confirmation is May 5th at 7 pm. Students will arrive at 6 pm

*Sessions will be held in the main body of the church unless otherwise noted

*Students are expected to be at all sessions, the 3 youth nights, and the entirety of the retreat.

*If a student cannot make a session or a retreat, prior notice to Karen (unless in the event of an emergency) should be made

*If a student misses a session, an alternative video and/or reading with questions must be completed

*If a student misses the retreat, an all day silent, guided in home retreat or attending another parish confirmation retreat is expected.

*If a student misses an assigned youth group night, they will pick another Monday night to attend. Note if Monday night is a continuous conflict for the 3 sessions, alternative materials for home will be given.

Confirmation Info Sheet Due January 26th

Baptism Certificate (if baptism was not here) dated within 6 months and containing parish seal and signed by pastor Due January 26th

Affidavit signed by Confirmation Sponsor Due February 9th

One page Saint Paper Due March 16th

Confirmation Information Sheet

Please complete entire form. Please print clearly and accurately. Use full legal names. Not nicknames/abbreviations. For months write name of month. For years use four digits. If your child was not baptized here, a certified copy of the baptism certificate dated within six months, containing a parish seal and signed by the current pastor must be attached to this or mailed to me

This information will go into our records

This Sheet & a Baptism Certificate is Due Jan 26

Name:

First Middle Last

Date of Birth:

Month Date Year Age

Father's Name:

First Last

Mother's Name:

First Last Maiden

City of Residence:

Church of Baptism:

City, State

Date of Baptism:

Month Day Year

Confirmation Saint Name:

Confirmation Sponsor:

First Last

Minister of Confirmation: Bishop David D. Kagan

Date of Confirmation: May 5, 2022

Church of Confirmation: Spirit of Life

Pastor: Reverend Todd Kreitinger

CHOOSING A SPONSOR FOR CONFIRMATION

Sponsors give personal witness to the faith of the Church and guidance to their candidates both **before and after** the reception of the Sacrament of Confirmation. Sponsors are for life; they see that the confirmed person acts as a true witness to Christ and faithfully fulfills the obligations connected with this sacrament. If possible, it is encouraged that the baptismal godparent be the sponsor for Confirmation. Sponsors will be expected to pray with and for you during your time of preparation. Additionally, after each meeting, you will be sent home with a discussion sheet to do with your sponsor (in person or over phone). Because the role of the sponsor is so vital, sponsors must be picked by November 20th. At the November 20th session, please turn in the signed affidavit from your sponsor

Specifically, sponsors must:

- be a Catholic who has been baptized, received the Eucharist and has been confirmed, and who is currently living a sacramental life (e.g., attending Mass every weekend and Holy Days of Obligation, and receiving the Sacrament of Reconciliation) and is not in an irregular marriage according to Church teaching;
- be at least sixteen years of age;
- not be a parent of the individual to be baptized or confirmed.

Discerning a Sponsor

Prayer of the Candidate

O Holy Spirit, you have been with me and have counseled me ever since my baptism. I thank you for this. Now that I am preparing to be confirmed in my faith, I ask your aid. Inspire me and my parents to choose a sponsor who will help me to prepare well for the Sacrament of Confirmation. Be with us as we weigh the different choices. I desire to live as a strong, faithful Christian. Lead us to the person who will be the best guide for me.

Prayer of the Parents

O Holy Spirit, you have entrusted (name of child) to us. Our role as parents is to guide and nurture him/her in every way. Give us grace to know who would be the best partner in carrying out our responsibility to guide and nourish his/her faith life.



Diocese of Bismarck

(For use in the Diocese of Bismarck only)

Affidavit to Serve as a Confirmation Sponsor For

Name of person to be Confirmed

I RECOGNIZE that as I sponsor has a special relationship with the person to be confirmed. A sponsor serves as a model of Christian living for the individual, as she/he renewed and strengthened by the power of The Holy Spirit

WITH THAT UNDERSTANDING, I recognize that in order to serve as a baptismal sponsor, a person must:

† Be a Catholic who has been baptized, received the Eucharist and has been confirmed, and who is currently living a sacramental life (e.g., attending weekend Mass and Holy Days of Obligation, and receiving the Sacrament of Reconciliation) and is not in an irregular marriage according to Church teaching;

† Be at least sixteen years of age;

† Not be a parent of the individual to be confirmed .

I HEREBY TESTIFY that I fulfill the requirements and accept these responsibilities to serve in the ministry of confirmation sponsor.

Name of Sponsor (please print)

Sponsor's Phone

Sponsor's Address

Sponsor's Email

Signature of Sponsor Date

Please return to Spirit of Life

By: 2/9

Due Date

ATTN: Karen

Parish Spirit of Life 801 1st st SE Mandan, ND 58554

CHOOSING A SAINT NAME FOR CONFIRMATION

“I BELIEVE IN THE HOLY SPIRIT, THE HOLY CATHOLIC CHURCH, THE COMMUNION OF SAINTS...

Usually the change of a name in scripture corresponds to a change in a person’s life. Choosing a Confirmation saint name is a tradition in the church which is rooted in scripture. For example, when Jesus called Simon out of the life of a fisherman to an apostle, a fisher of men, he called him Peter. (Matthew 16:18) Saul, in the midst of his persecution of Christians after the resurrection of Jesus, experienced a great conversion. The risen Lord gave him the name Paul (Acts 13:9). So when you take on a new name at Confirmation, you are inviting God to change you, and opening yourself to all the graces He has to offer.

The name of the saint you choose should also have some significance to you. The saint should model a characteristic you admire and hope to take on more fully in your own life. For example, some people choose the name Joseph because he was a good father, a courageous man who moved his family to Egypt and back to protect them. Someone may choose St. Monica because of her faith and persistence as she prayed for the conversion of her husband and of her son St. Augustine. St. Bernadette had great humility as she cared for the sick, so someone interested in being a nurse might choose her name. Perhaps you have a particular activity that interests you. You may want to choose the name of the patron saint for that activity. Many people choose the name of their sponsor if it is a saint’s name. Mainly it is important to choose a name that has meaning for you and will help you develop your faith life.

Take time to research saints. Find out the story behind a saint that inspires you to live an exemplary life and use your saint as a model of holiness. In prayer ask your saint to intercede for you before God to help you on your life’s journey. Try googling saints in the Catholic Church or check out this website: www.catholic.org/saints/stindex.php

A one page paper on why you picked your saint is due March 16th. When writing the paper, it should include significant moments of their life you admire, what virtues they have that you would like to grow in, and a gift of the Holy Spirit you believe they possessed.

Confirmation Mass Reminders

Dress Guidelines

It is a common practice to dress nicely for important events and celebrations in our lives (job interviews, dances, graduations, holidays, etc.). That desire to dress nice should also be practiced in Mass. The Catechism states that “Our Bodily demeanor (gestures, clothing) ought to convey the respect, solemnity, and joy of this moment when Christ becomes our guest.” The Mass is a celebration and this Mass in particular will be a very special celebration as you will be receiving the Sacrament of Confirmation; the final Sacrament of initiation. And while our dress should be nice, it should also not be our main focus. These dress guidelines are for those to be confirmed and their sponsor.

For gentleman, please wear nice pants in good condition that aren't jeans or sweats (dress pants or khakis), with a collared button up shirt . A tie is highly encouraged. Please also tuck in your shirt, wear nice shoes (no flip flops or tennis shoes), and be well groomed (hair nicely combed and facial hair clean shaven or neatly trimmed).

Ladies, please wear a dress or a nice in good condition pair of pants that are not jeans or sweats (khakis or dress pants) or skirt with a dress shirt. Shirts and dresses should cover the stomach, shoulders, and not be low cut (if you place your thumb on your collar bone; your pointer finger should touch fabric). Skirts and dresses must be at least knee length. Tights and leggings may be worn under a skirt or dress of appropriate length. Wear nice shoes (no flip flops or tennis shoes). Finally, when choosing accessories and how to wear your hair keep in mind you will be wearing a name tag that needs to be visible to Bishop Kagan.

Mass Etiquette

We often have guests at Mass who don't attend regularly. Here are good general reminders for Mass.

The 1 hour Fast before receiving: One who is to receive the Most Holy Eucharist is to abstain from any food (including gum) or drink, with the exception only of water and medicine, for at least the period of one hour before Holy Communion.

Even for those not receiving, food (including gum) and drink should be consumed in designated areas of the building and not in the gathering space or church.

Out of respect for the Sacredness of the space, the faithful in attendance, and The Mass itself those in attendance should not carry on conversation during Mass. Prior to Mass, people should also be aware that many are trying to prepare themselves and loud conversations are distracting.

Please silence cell phones prior to Mass.

When the Bishop is present at Mass, we stay standing after the Gospel, until he reverences it with a kiss.

Regarding reception of The Eucharist for Non Catholics: Catholics believe that the Eucharist is the true Body and Blood of Jesus Christ and that our sharing in the Eucharist is the sign of our oneness and unity in the Catholic Church. We invite Catholics who are prepared and properly disposed to receive Holy Communion today to come forward at this time. Others present not receiving Holy Communion today are invited to join with us in prayer and song

Pictures

For Confirmation, we will have a professional photographer. We will do group pictures with Bishop Kagan prior to Mass. He will not be able to do individual pictures. As the date of Confirmation nears, I will notify you the time for students to be here for pictures. As she is doing the group picture if any other family members are here, please allow her to do her job and not try to take pictures while she is working. Also during Mass, please refrain from taking pictures and ask guests to do the same. Our photographer has worked here in the past and is very skilled in getting great shots, while respecting the Sacredness of the space and getting proofs back to us in a timely manner. Other people attempting to do photography is a distraction to her work, the Mass, the space, and often impact her shots.

Precepts of the Church

precept [pree-sept] : a commandment or direction given as a rule of action or conduct

Did you know that there are five precepts of the Catholic Church? They're outlined in the Catechism of the Catholic Church, paragraphs 2041-2043. Most actively practicing Catholics far surpass them and therefore give them no thought. These precepts are a "very necessary minimum in the spirit of prayer and moral effort, in the growth in love of God and neighbor" (CC 2041). In other words, if you want to be considered a practicing Catholic, these minimum requirements must be met.

First Precept – "You shall attend Mass on Sundays and on holy days of obligation and rest from servile labor." This requires that the faithful keep holy the Lord's Day and not let work or chores get in the way of sanctifying these days.

Second Precept – "You shall confess your sins at least once a year." This helps you to be prepared for the reception of the Holy Eucharist and keep your soul in a state of grace. Of course, more frequent confession is always encouraged; once a month would be excellent!

Third Precept – "You shall receive the sacrament of the Eucharist at least during the Easter season." While you must attend Mass every Sunday and on holy days of obligation, you are not required to receive the Eucharist. The Church places as a minimum that the faithful receive Our Lord's Body and Blood (while in a state of grace) during the Easter season, which the Catechism calls "the origin and center of the Christian liturgy" (CC 2042).

Fourth Precept – "You shall observe the days of fasting and abstinence established by the Church." This penance prepares us for liturgical feasts and "helps acquire self-mastery over our instincts" (CC 2043). If you need a refresher on these fasting and abstinence obligations, read this. The universal Church designates all Fridays as days of abstinence from meat, but in the United States, this is only obligatory on Fridays during Lent.

Fifth Precept – "You shall help to provide for the needs of the Church." The faithful are required to support the Church with financial and material contributions according to their own ability. This will look different for each family, but the idea is to be generous.

Keep in mind that these precepts are "set in the context of a moral life bound to and nourished by liturgical life." Following these five guidelines doesn't mean that you don't have to follow the 10 Commandments or can neglect the rest of the sacraments and other teachings of the Church—far from it.

They are required unless there is a legitimate reason for not meeting them. For example, if you are gravely ill and cannot attend Mass or you are pregnant and cannot fast on Ash Wednesday. If you have specific questions about your situation, consult a priest or spiritual director for advice.

Of course, God desires not our minimum, but our whole self. It might be sufficient to scrape by with a barely passing grade on an exam, but in the spiritual life, we must aim much higher. When the end goal is heaven, who wants to prepare with simply the bare minimum? Out of our love for God, we go above and beyond and do our best to grow spiritually and love God and our neighbor to the best of our ability (<https://relevantradio.com/2019/05/precepts-of-the-catholic-church/>).

Prayer Life

What is Prayer?

2559 "Prayer is the raising of one's mind and heart to God or the requesting of good things from God."² But when we pray, do we speak from the height of our pride and will, or "out of the depths" of a humble and contrite heart?³ He who humbles himself will be exalted;⁴ humility is the foundation of prayer, Only when we humbly acknowledge that "we do not know how to pray as we ought,"⁵ are we ready to receive freely the gift of prayer. "Man is a beggar before God."⁶

2560 "If you knew the gift of God!"⁷ The wonder of prayer is revealed beside the well where we come seeking water: there, Christ comes to meet every human being. It is he who first seeks us and asks us for a drink. Jesus thirsts; his asking arises from the depths of God's desire for us. Whether we realize it or not, prayer is the encounter of God's thirst with ours. God thirsts that we may thirst for him.⁸

2561 "You would have asked him, and he would have given you living water."⁹ Paradoxically our prayer of petition is a response to the plea of the living God: "They have forsaken me, the fountain of living waters, and hewn out cisterns for themselves, broken cisterns that can hold no water!"¹⁰ Prayer is the response of faith to the free promise of salvation and also a response of love to the thirst of the only Son of God.¹¹

Five ways to Pray

1. First, we have the Blessing prayer, which we ask God to fill us of graces. All blessing comes from God.
2. Another way of praying is the Worship, we humbly recognize God like the Almighty. If we worship God, we feel his power, greatness and sanctity.
3. Then, we have the prayer of Petition, which we use to ask God for our necessities. He knows everything, but, anyway, He wants we frequently ask with faith, and being open mind what God considers is better for us. Another kind of prayer of petition is the intercession. Pray for others.
4. The next prayer is the Thanksgiving. As Saint Paul would say: what do you possess that you have not received? Everything we have, God gave us. Expressing your gratitude to God means love and be humble, because we are aware that he is our Creator.
5. Finally, we have the prayer of Praise. We clearly know that God doesn't need applauds, but we need to recognize Him like God. We must show our cheerfulness, because we are children of God.

Notice of safe environment

Dear Parents,

On October 27th , we will be presenting a 30 minute lesson to the Confirmation Class on safe environment as mandated by the Diocese to help equip children to protect themselves from abuse by recognizing inappropriate behaviors and teaching them to report any issues they may encounter. Parents have the right to opt out of this short training for their child by filing out an Opt Out form and submitting it to the office prior to the lesson. The Confirmation session at 7 pm will still take place. If you do not want your child to participate, you can pick them up at 8, prior to the start of the safe environment Presentation Parents are also invited to attend class on that day to listen to the presentation.

If you have any questions, please feel free to contact me at 415-0409 or karen@myspiritoflife.com

Karen Eggers, Director of Religious Education



Diocese of Bismarck

NOTE: Please only fill out if you do not want your child to participate in the safe environment session

Diocese of Bismarck Safe Environment Program Parent "Opt Out" Form Parish/School Name

I, _____ choose to have my child(ren) opt out of the Safe Environment Child Abuse Prevention Training Program offered by the parish/school named above. I have been offered safe environment training materials for home use.

Child(ren)'s Name(s): _____

Signed _____ Date: _____

Parent/Guardian Print Name _____

From the USCCB Office of Child & Youth Protection: "If parents choose not to have their child participate in the safe environment training, dioceses must maintain documentation relating to that refusal. Specifically, parents/guardians must be given a form to sign that indicates they have been offered the safe environment training, that they decline to have their child participate in such training, and that the diocese has offered to provide safe environment training materials for the parents/guardians to utilize. If the parents/guardians will not sign such a form, a notation of this should be made on the form by the responsible parish/school representative, and that form should be maintained by the parish and/or diocese."

It is a requirement in the Diocese of Bismarck that curriculum materials be mailed to the household of students who are absent from class on the day of training, or whose parents have opted out of student training. Grade-level appropriate training materials are also available on bismarckdiocese.com in the Safe Environment training section of the website.