
At Confirmation, God chooses us to receive the precious gifts and fruits of the Holy Spirit and empowers us with that same Spirit to live our lives daily in His Love & Care. So from this Celebration on, we try our best in all we do.

Seven Gifts of the Holy Spirit

Wisdom To recognize the Holy Spirit with all His gifts in our lives.

Understanding To feel the feelings of others and put these before our own.

Knowledge To find important information and facts and look at them objectively and intelligently.

Courage/Fortitude To follow our convictions and conscience no matter what the cost.

Counsel To be open to others' insights about a problem.

Piety/Reverence To honor God and worship Him through prayer.

Wonder/Awe To realize that we are always in God's presence.

Twelve Fruits of the Holy Spirit:

Kindness **Faith/fidelity**

Joy **Modesty**

Peace **Self-Control**

Patience **Chastity**

Goodness/Generosity **Love**

Long-suffering (Positive attitude)

Humility



Diocesan Guidelines

1. Parish centered Confirmation preparation is to be a special process distinct from and in addition to the ongoing adult and youth catechesis which the parish or Catholic high school provides.
2. The candidate must have the ability to freely request the Sacrament of Confirmation and give the reasons for doing so.
3. The candidate needs to attend Mass weekly
4. Service projects both within the parish community and the community at large are encouraged.
5. Direct preparation includes six to eight well-planned sessions devoted to the Sacrament of Confirmation, and participation in a retreat designed to evoke prayer and insightfulness concerning this sacrament.
6. Each candidate needs a sponsor, a practicing adult Catholic, to be a faith mentor or guide to support, encourage and pray with and for the candidate.
7. Grade 11 or 12 is the ideal time for the celebration of the Sacrament in our diocese since two years of adolescent catechesis is required before Confirmation can take place.

(Professional Catechetical Leadership Handbook, Diocese of Buffalo, pp.84-89)



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A PREPARATION GUIDE FOR PARENTS: CONFIRMATION



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When you had your child baptized, you accepted the gift of faith in his/her name. Since then you have been forming him/her in the faith through religious education classes or Catholic school. Now is the time for your child/teen to accept, ratify, confirm the faith in which he/she was baptized. The Sacrament of Confirmation completes your teen's initiation into the Roman Catholic Church.

Confirmation candidates choose a Confirmation name. They may choose their baptismal name—to learn what saint they are named after, and why their parents chose that name for them—or, they may choose the name of a saint they admire and wish to model.

To help prepare your teen for the Sacrament of Confirmation it is important to include:

1. Community: Belonging to the church. Your teen is in the process of moving forward to adult membership in the community of faith. He/she must be helped to develop a sense of belonging in the parish community and in the church at-large. (Maybe be an active participant in whatever's offered in your parish.)

2. Worship: Personal and liturgical prayer and faith. Your teen needs guidance to deepen his/her own faith, to develop his/her own life of prayer. (Maybe exposure to and experience with a variety of prayer forms and methods, especially the praying of Scripture; or active participation in the Eucharist, and an appreciation of the Sacrament of Reconciliation.)

3. Service: Justice and love in action. Your teen should be actively involved in *living* the faith through activities that will encourage them to examine the moral values and attitudes which guide their daily choices and also opportunities to use their talents and gifts in the service of others, especially the poor, the needy, the elderly, the disadvantaged as well as ministry (service) aspects in their own parish.

4. Message: Knowing the Christian/Catholic tradition. Your teen needs an explanation of the Sacrament of Confirmation, an understanding of the role of the Holy Spirit in his/her life, a basic understanding of Christianity, focusing on the person of Jesus and the structure of the Catholic Church.

As a parent, you are undoubtedly still in the lifelong process of living the above stated points in your own life and it is great that you would help your teen understand that learning our faith is a lifelong process not something that ends once we are confirmed. (Confirmation is not graduation from all faith formation!)

Scripture Readings: Share these readings with your teen and discuss their meaning:

Isaiah 42: 1-3 Why do you think God has chosen you? How do you care for those around you who are hurting?

Ezekiel 36:24-28 How can one's heart become like stone? How can one keep their heart of flesh open to all we meet?

Romans 8:14-17 What type of relationship do I have to my God? Can we grow closer? Is any fear involved?

1 Corinthians 12: 4-13 How do each of us make up the Body of Christ? What qualities do I bring? How important am I?

Matthew 16:24-27 What does it mean to be a disciple of Christ? Do I dare?

Mark 1: 9-11 Am I someone in whom God is well pleased?

Luke 4: 16-22 What do I feel called to do now that I am anointed?

Symbols of the Sacrament of Confirmation

Laying on of Hands symbolizes the passing on of the power of the Holy Spirit and the sharing of Christ's priesthood. Jesus healed many people with a touch! In Scripture and the tradition of the Church, the laying on of hands is a powerful symbol of healing, blessing, of being set apart.

Anointing with Oil on the forehead symbolizes the sealing by the Holy Spirit of the task to share our faith and be transformed into the likeness of Christ. Oil is a symbol of joy and abundance. Oil is also a sign of healing. The perfumed oil used at Confirmation is called chrism.

Signing with the Cross reminds us of Christ's death and Resurrection. This marking with the cross reminds us of our Christian identity, our call to mission.

Gift of Peace represents the community's loving welcome to full, responsible membership. This exchange also reminds us of the fundamental unity we share in the Spirit.

Important Principles

Confirmation is one of the sacraments of Christian Initiation.

Confirmation is intimately connected with Baptism.

Confirmation is intimately connected with Eucharist.

Confirmation is the Sacrament of the Holy Spirit.

Confirmation binds one more closely to the Church.

Confirmation is the sacrament of Christian witness.

