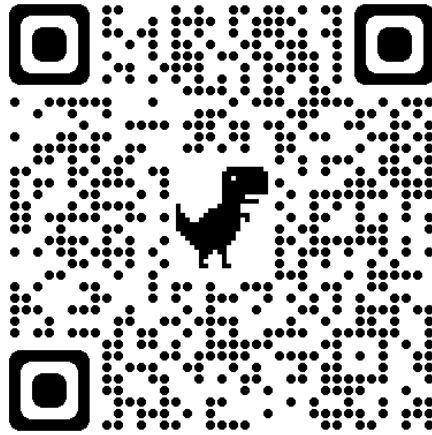


Welcome to Confirmation Sacramental Preparation!

Faith Formation Website - stpeterformation.weebly.com
(click “Sacraments” and scroll down to “Confirmation”)

*****All forms, dates, and events will be found on this website!**



Contact Information

The Office of Faith Formation is located on the main floor of the St. Peter Academy building.

Mailing Address:

St. Peter the Apostle Office of Faith Formation
431 Fifth Ave.
River Edge, NJ 07661

Phone: (201) 265-6019

Eileen Hanrahan, Pastoral Associate for Faith Formation

Ext. 229

ehanrahan@saint-peter.org

Marissa Dabakian, Youth Minister

Ext. 231

mdabakian@saint-peter.org

Spiritual Preparation for Confirmation

Catechesis and our Sunday sessions will be just one aspect of the journey to your Confirmation. We encourage you to spiritually prepare for this Sacrament individually and of your own volition in the following ways.

Mass Attendance

The most important part of your preparation will be attending weekly Sunday Mass. St. Peter's offers Sunday Mass at the following times: Saturday 5pm, Sunday 8am, 10am, and 12pm. Many of the churches in our area offer various other times if these do not work for your schedule. It is through the Mass that our souls are fed with God's Word and Body. Our community comes together to worship God and to dedicate and offer to Him the upcoming week. Please make this your priority!

Prayer

Wherever you are in your prayer life, we encourage you to "step it up" as you prepare for Confirmation. Take time each day to pray. It doesn't have to be formal or perfect! You just need to spend some quiet time with God. There are many resources available online and elsewhere to support your prayer. Here are just a few:

- Amen app: A free Catholic app for prayers, guided meditations, and Scripture. You'll find content for all kinds of needs, including daily prayers, saint stories, anxiety and healing meditations, and much more. Search "Amen" in the app store.
- Bible in a Year Podcast: This podcast, hosted by Fr. Mike Schmitz, takes you through the entire Bible in one year. If you ever wanted to learn more about Scripture and read the Bible, this is a perfect and manageable way to do it. Search "Bible in a year Ascension" wherever you listen to podcasts.
- Ascension Presents YouTube channel: A channel of fun, informative, and relatable Catholic videos on prayer and many more topics. Search "Ascension Presents" on YouTube.
- Formed.org: A Catholic streaming service for movies, programs, daily reflections, and prayers. St. Peter's has a parish subscription, so this is free for you as a parishioner.

Keep a Prayer Journal

Throughout the year, we encourage you to keep a journal of your impressions, thoughts, feelings, and prayers. As you come to Mass and the Sunday sessions, do your service projects, and continue along the journey, the Holy Spirit will inspire you. Did you learn something new and unexpected at a session? Did the priest say something particularly striking during his homily? Keep note of these things so you can go back and see how you've grown in your faith over the year. Use an old notebook or journal, and keep it in a special corner of your room with your Bible and this handbook.

Confirmation Guidelines - Steps to Confirmation

Form Due Dates

- June 30, 2023: Letter to the Pastor
- July 31, 2023: Candidate Agreement
- October 12, 2023: Sponsor Form
- April 7, 2024: Confirmation Name Form
- April 14, 2024: Service Reflection Forms

Important Dates

- September 23, 2023 at 5pm (Saturday): Confirmation Commitment Mass*
- October 1, 2023: Sunday Session #1**
- October 12, 2023 at 7:30pm (Thursday): Candidate/ Sponsor Evening of Reflection*
- October 22, 2023: Sunday Session #2**
- November 19: Sunday Session #3**
- December 10, 2023: Sunday Session #4**
- January 21, 2024: Sunday Session #5**
- February 3, 2024 from 11:30am to 6pm (Saturday): Confirmation Retreat*
- February 25, 2024: Sunday Session #6**
- March 2024: Interviews
- March 24, 2024: Sunday Session #7**
- April 14, 2024: Sunday Session #8**
- TENTATIVE April 27, 2024 at 11am and 2pm: Sacrament of Confirmation**

All Sunday Sessions are from 7pm-8:30pm in the Church!

Letter to the Pastor

Before the celebration of Confirmation, the pastor is required by Canon Law to attest that the candidates have been properly prepared. He should also know that you have a desire for and knowledge of the sacrament. To help your pastor meet this responsibility, we are asking you to write a letter. The letter is to answer two basic questions:

1. **What does Confirmation mean to me?** In your own words, write one or two paragraphs explaining what the Sacrament of Confirmation means to you.
2. **Why do you feel you are ready to prepare to celebrate the Sacrament of Confirmation?** Again, in your own words, you are to state in one or two paragraphs why you feel you are ready to prepare to celebrate this sacrament.

Important: You are free to choose, without feeling embarrassed, to celebrate Confirmation at another time. If you feel you are not ready to participate in our Confirmation program and would like to wait, you are free to make that choice. If this is the case, please let us know.

LETTER DUE FRIDAY, JUNE 30, 2023

1. Write your letter. The letter must include your full name.
2. Submit your letter in one of the following ways:
 - a. Email: adesilva@saint-peter.org
 - b. Mail:
Fr. AJ De Silva, Attn. Confirmation Letter
St. Peter the Apostle Parish
445 Fifth Ave.
River Edge, NJ 07661
 - c. Drop-off at the rectory (The rectory is open Monday-Thursday until 3pm. You may also put the letter through the mail slot in the door, but not in the mailbox)

When Fr. AJ receives your letter, he will send you a **Candidate Agreement**. You must sign and return this Agreement to the Office of Faith Formation. You may drop it off, mail it, or scan and email it. The contact information for the Office of Faith Formation can be found on page 1.

CANDIDATE AGREEMENT DUE MONDAY, JULY 31, 2024

In 2014, Pope Francis preached about each sacrament. Here is his homily addressing Confirmation.

Vatican City, Jan 29, 2014

In his Wednesday audience, Pope Francis reflected on the sacrament of confirmation, explaining that it is intrinsically linked to our baptism, and that through it our relationship with the Church is fortified.



“It unites us more firmly to Christ,” the Pope said in his Jan. 29 general audience, referring to the Sacrament of Confirmation, “it strengthens our relationship with the Church and it gives us a special strength from the Holy Spirit to defend the faith and confess the name of Christ.”

The Pope began his weekly audience by addressing the thousands of pilgrims present in St. Peter’s Square, stating that “dear Brothers and Sisters: In our continuing catechesis on the seven sacraments, we now reflect on confirmation.”

Confirmation, he explained “together with baptism and the Eucharist, is one of the sacraments of Christian initiation.”

These three Sacraments, he noted, form part “of the unique process of Christian initiation, through which we are gradually inserted in Christ, dead and risen, and we receive a new life, making us members of the Church.”

Reflecting on the term confirmation, the Pope highlighted that the word “indicates that this sacrament ratifies baptismal grace.”

He then explained that during our confirmation, “through the sacramental sign of anointing with sacred chrism, we receive the gift of the Holy Spirit in order to be more closely conformed to Christ, God’s ‘anointed one.’”

“We are also strengthened – ‘confirmed’ – in the grace of our Baptism and in our mission of bearing daily witness to Christ and his love,” the pontiff continued, adding that “Confirmation is God’s work,” as is every sacrament.

And this particular sacrament, observed the Pope, “ensures that our life be embodied in the image of his son, for us to love like him, infusing his Holy Spirit.”

“This Spirit acts with strength within us, within all people and during one’s whole life,” he emphasized, highlighting that “when we receive him in our hearts, Christ makes himself present and takes shape in our lives.”

“It is He who prays, forgives, infuses hope, serves the brothers most in need, creates communion

and seeds peace in our lives. It is He who does that!”

Turning to the seven gifts of the Holy Spirit which are received when one is confirmed, Pope Francis noted that the direct works of the Holy Spirit are “reflected” in these “spiritual gifts of wisdom, understanding, counsel, fortitude, knowledge, piety and fear of the Lord.”

Encouraging all present to “thank the Lord for the grace of our confirmation,” the Pope urged them to ask “that, filled with the joy of the Holy Spirit, we may always mirror Christ’s presence in our relations with others, our openness to those in need, and our living witness to the Gospel message of joy and peace.”

He concluded his audience by extending personal greetings to pilgrims present from various countries around the world, including those from Spain, Argentina, Chile, Mexico, Scotland, Ireland and the United States.

Giving a special greeting to a group of pilgrims who traveled from the diocese of Rapid City, SD accompanied by their bishop, Robert Gruss, the pontiff then invoked “God’s blessings of joy and peace!”

Elise Harris - Author

Choosing a Sponsor

DUE OCTOBER 12, 2023

All Confirmation candidates must choose a sponsor, someone who will walk with you on the journey of faith leading to Confirmation. It is recommended that you choose a godparent, strengthening the link between your Baptism and Confirmation. However, you may choose another person who can fulfill the **following requirements**:

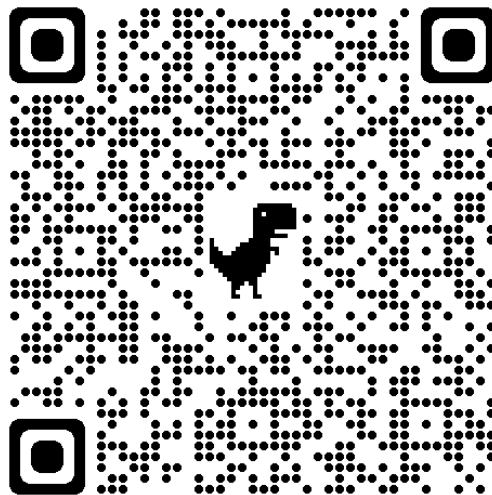
- Catholic, having received the Sacraments of Baptism, Eucharist, and Confirmation
- Officially registered in his or her local parish, and attends Mass regularly
- At least 16 years of age, and sufficiently mature to guide you in your faith
- The sponsor may NOT be the parent of the candidate

During the Rite of Confirmation (the ceremony), your sponsor will present you to the bishop and to the community as a sign of your readiness to receive the sacrament. Your relationship with your sponsor should not begin or end with the ceremony, as he or she has the important task of continuing to help you grow in faith.

The duties of a sponsor are:

- to guide you, along with your parents, on your journey to the Sacrament of Confirmation
- to stand with you at the Confirmation ceremony
- to present you to the bishop and to the community
- to be willing to help you live as a follower of Jesus

Scan the QR Code to reach the Sponsor Interview and Reflection Form



The link to this form can also be found on stpeterformation.weebly.com

Confirmation Name

DUE APRIL 7, 2024

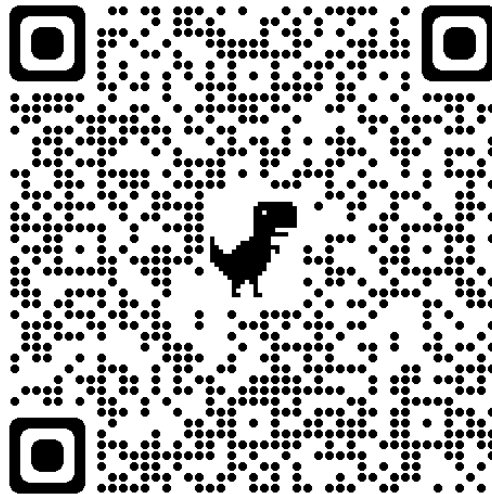
Our confirmation name reminds us that we each can look for the guidance of one of God's special friends, the saints, who have gone before us in faith. You have two options for choosing a Confirmation name:

1. To remind us of the connection between Baptism and Confirmation, it is recommended that we use our Baptismal name as our Confirmation name also, assuming that it is taken from the name of a saint.
2. You may choose a patron saint or person from the Bible whose name you would like to take on in Confirmation. This person will provide a role model in the faith for you throughout your life.

Spend time prayerfully reflecting on your choice and researching saints and people in the Bible to help make your decision.

Saint Mary's Press website has a good database of saints: <https://saint.smp.org/>

Scan the QR Code to reach the Confirmation Name Form



The link to this form can also be found on stpeterformation.weebly.com

What Makes Me Catholic?

As Catholics, we all should be familiar with the following tenets of our faith.

1. The mystery of the Trinity (CCC 253-255)

- One God is an eternal community of three Divine “Persons” (Father, Son and Holy Spirit), separate yet fundamentally equal, all of whom have existed and always will exist, who live in a constant exchange of love.

2. The foundations for Catholic Church teachings (CCC 95)

- Scripture, Tradition (precepts of the faith continuously transmitted from the Apostolic Church to present day), and the Magisterium (teaching authority of the Church) are so closely united with each other that one of them cannot stand without the others. Working together, each in its own way, under the action of the one Holy Spirit, they all contribute effectively to the salvation of souls. (CCC Compendium #17)

3. The Four Marks of the Church (CCC 813-870)

- One, Holy, Catholic, and Apostolic
- The Church is one because of her source, foundation, and bonds of unity in Christ. The Church is holy because she is united with Christ, Who through the Church sanctifies all people making possible holiness in life. The Church is catholic in that the Church is universal, that is, she is present to all people in all times and places. The Church is apostolic because she can trace her teaching and authority back to the Apostles and thus to Christ.

4. The Sacraments (CCC 1113-1131)

- The Sacraments, instituted by Christ and entrusted to the Church, are efficacious signs of grace perceptible to the senses. Through them divine life is bestowed upon us. (CCC Compendium #224)
- A Sacrament is an outward (visible) sign instituted by Christ to give grace.

5. 7 Sacraments and the Sacraments of Initiation (CCC 1210-1211)

- Baptism, Confirmation, Holy Eucharist, Penance, Anointing of the Sick, Holy Orders, and Matrimony are the seven Sacraments.
- Baptism, Confirmation and Holy Eucharist are the Sacraments of Initiation.

6. Christian initiation brought about through the Sacraments (CC 1212)

- Christian Initiation is accomplished by means of the Sacraments which establish the foundations of Christian life. The faithful born anew by Baptism are strengthened by Confirmation and are then nourished by the Eucharist. (CCC Compendium #251)

7. When did Jesus’ disciples first experience the gift of the Holy Spirit? How does Sacred Scripture describe the event?

- The Holy Spirit came upon the disciples on the feast of Pentecost, fifty days after Easter.
- When the time for Pentecost was fulfilled, they were all in one place together. And suddenly there came from the sky a noise like a strong driving wind, and it filled the entire house in which they were. Then there appeared to them tongues as of fire, which parted and came to rest on each

one of them. And they were all filled with the holy Spirit and began to speak in different tongues, as the Spirit enabled them to proclaim. (Acts 2: 1-4)

8. How does the Bishop confirm? (CCC 1299)

- First the Bishop extends his hands over the whole group of persons to be confirmed and calls upon the Holy Spirit. Next the Bishop lays his hand upon the head of each Candidate, anoints the forehead with the sacred chrism, and says:
“(Name)...be sealed with the gift of the Holy Spirit.
The candidate responds “Amen”
Finally the Bishop says, “Peace be with you.”
Candidate responds, “And with your Spirit.”

9. What is Sacred Chrism and why is it used? (CCC 1293-1296)

- Oil mixed with balsam and consecrated by the Bishop used for anointing in the Rite of Confirmation.
- In treating the Rite of Confirmation, it is fitting to consider the sign of *anointing* and what it signifies and imprints: a spiritual *seal*.
- Anointing, in Biblical and other ancient symbolism, is rich in meaning: oil is a sign of abundance and joy; it cleanses and limbers; oil is a sign of healing, since it is soothing to bruises and wounds; and it makes radiant with beauty, health, and strength.
- The Bishop anoints the forehead in the form of a cross to remind us that we belong to Christ and that we must defend our faith and never be ashamed of the Cross.

10. The 7 gifts of the Holy Spirit

- | | |
|------------------|---------------------|
| 1. Wisdom | 5. Fortitude |
| 2. Understanding | 6. Piety |
| 3. Knowledge | 7. Fear of the Lord |
| 4. Counsel | |

• Wisdom helps us to know God’s will for our lives. Understanding enables us to appropriate the faith to make it our own. Knowledge allows us to come to know God better, that we may have a personal relationship with Him. Fortitude helps us to be courageous in the defense of our faith. Counsel aids us in making right judgments. Piety will make us more prayerful, reverent, and holy. Fear of the Lord is a holy and healthy awe and reverence for God, the creator of heaven and earth!

11. The Paschal Mystery (CCC 571, 1362-1372)

- Jesus’ “Passover” from death to life. By rising from the dead, He conquered sin and showed us the promise of eternal life. His resurrection showed conclusively His authority over death and His divinity.
- Christ’s work of redemption accomplished principally by his Passion, death, Resurrection, and glorious Ascension, whereby “dying he destroyed our death, rising he restored our life”. The paschal mystery is celebrated and made present in the liturgy of the Church, and its saving effects are communicated through the sacraments, especially the Eucharist, which renews the Paschal sacrifice of Christ as the sacrifice offered by the Church.

12. *The Real Presence of Christ in the Eucharist (CCC1373-1375, 1413)*

• Jesus Christ is present in the Eucharist in a unique and incomparable way. He is present in a true, real and substantial way, with His Body and His Blood, with His Soul, and His Divinity. In the Eucharist therefore, there is present in a sacramental way, that is, under the Eucharistic species of bread and wine, Christ whole and entire, God and man. (CCC Compendium #282)

13. *A well-formed conscience (CCC 1776-1780, 1783-1788, 1795-1797, 1799-1800)*

• Conscience is our God-given capacity to understand the law of God written on the heart of every human being. In building our relationship with God, we form our conscience in harmony with the teachings of Christ through the Church and through fervent prayer.

• An upright and true moral conscience is formed by education and by assimilating the Word of God and the teaching of the Church. It is supported by the gifts of the Holy Spirit and helped by the advice of wise people. Prayer and an examination of conscience can also greatly assist one's moral formation. (CCC Compendium #374)

14. *The Ten Commandments*

1. I am the Lord your God: you shall not have strange Gods before me.
2. You shall not take the name of the Lord your God in vain.
3. Remember to keep holy the Lord's day.
4. Honor your father and mother.
5. You shall not kill.
6. You shall not commit adultery.
7. You shall not steal.
8. You shall not bear false witness against your neighbor.
9. You shall not covet your neighbor's wife.
10. You shall not covet your neighbor's goods.

15. *The Sermon on the Mount and the Beatitudes (CCC 1716-1719)*

• The Sermon on the Mount is the first public "homily" or sermon given by Jesus Christ. It begins with the Beatitudes but contains many other exhortations on the life lived according to the will of God.

• The Gospel of Matthew chapters 5-7.

• The teachings of Jesus in the Sermon on the Mount on the way to true happiness. These teachings reflect the promises made to the chosen people since Abraham; they portray the countenance of Christ and describe his charity. Moreover, by shedding light on the actions and attitudes of the Christian life, they describe the vocation of all the faithful.

1. Blessed are the poor in spirit, for theirs is the kingdom of heaven.
2. Blessed are they who mourn, for they will be comforted.
3. Blessed are the meek, for they will inherit the land.
4. Blessed are they who hunger and thirst for righteousness, for they will be satisfied.
5. Blessed are the merciful, for they will be shown mercy.
6. Blessed are the clean of heart, for they will see God.
7. Blessed are the peacemakers, for they will be called children of God.
8. Blessed are they who are persecuted for the sake of righteousness, for theirs is the kingdom of heaven.

16. *What is mortal sin? (CCC 1855,1857) What is venial sin? (CCC 1862)*

- A grave infraction of the law of God that destroys the divine life in the soul of the sinner (sanctifying grace), constituting a turn away from God. For a sin to be mortal, three conditions must be present: grave matter, full knowledge, and full consent of the will.
- One commits a venial sin, which is essentially different from a mortal sin, when the matter involved is less serious or, even if it is grave, when full knowledge or complete consent are absent.

17. *The three central teachings about the Blessed Virgin Mary (CCC 490-493, 966)*

- Immaculate Conception: Mary was immaculately conceived. During the normal course of human procreation between Mary's earthly parents, God the Father kept Mary free from original sin. He accomplished this in anticipation of the merits of Christ on the Cross. The Immaculate Conception is a dogma of the Roman Catholic Church.
- Perpetual Virginty: Mary was a perpetual virgin. To further illustrate that is God's work that saved us, the fact that Mary remained a virgin after the birth of Jesus was defended by such fathers of the early Church as St. Ambrose, Pope Leo I, and St. Augustine. It was defined by the Church at the second Council of Constantinople in A.D. 553.
- Assumption: Mary was assumed body and soul into Heaven. Finally the Immaculate Virgin, preserved free from all stain of original sin, when the course of her earthly life was finished, was taken up body and soul into heavenly glory, and exalted by the Lord as Queen over all things, so that she might be the more fully conformed to her Son, the Lord of lords and conqueror of sin and death." The Assumption of the Blessed Virgin is a singular participation in her Son's Resurrection and an anticipation of the resurrection of other Christians:
- Pope Pius XII solemnly defined this doctrine of faith on November 1, 1950. Mary currently enjoys what we all hope to share with her.

18. *The Joyful, Sorrowful, Glorious and Luminous Mysteries of the Rosary*

- Joyful Mysteries: Annunciation, Visitation, Nativity of Our Lord, Presentation, Child Jesus in the Temple
- Sorrowful Mysteries: Agony in the Garden, Scourging at the Pillar, Crowning with Thorns, Carrying the Cross, Crucifixion
- Glorious Mysteries: Resurrection, Ascension, Descent of the Holy Spirit, Assumption of the Blessed Virgin Mary, Coronation of the Blessed Virgin Mary
- Luminous Mysteries: Baptism of Our Lord, Miracle at the Wedding Feast of Cana, Proclamation of the Kingdom, Transfiguration, Institution of the Eucharist

19. *The 7 Corporal Works of Mercy*

1. Feed the hungry
2. Give drink to the thirsty
3. Clothe the naked
4. Shelter the homeless
5. Visit the imprisoned
6. Visit the sick
7. Bury the dead

20. *Virtues: 4 Cardinal Virtues and 3 Theological Virtues*

- Virtues are the power from God to accomplish some kind of moral good.
- The four Cardinal Virtues are prudence, justice, fortitude and temperance.
- The three Theological Virtues are faith, hope, and charity (love)

Service Requirement

DUE APRIL 14, 2024

In his first letter, St. Peter tells us, "As each one has received a gift, use it to serve one another." (1 Peter 4:10) Service teaches us to live and love as Jesus did. We serve to build the Kingdom of God on earth, to bring hope to our neighbor, and to give glory to God. Service brings us to an encounter with our Lord Jesus Christ.

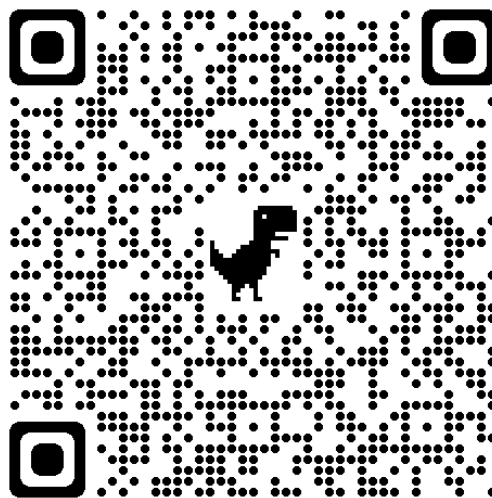
As part of your Confirmation preparation, you will complete **three meaningful service projects**.

Service Project Guidelines:

- Get creative and be proactive. What needs do you see in the people around you? What gifts do you have to share? What are you interested in pursuing as a possible future career?
- After you come up with an idea, always okay it with your parents!
- One project should be **liturgical**, and another should be **based on the Corporal Works of Mercy**.
- You will be sent a calendar and suggestions for service projects throughout the year, however you may also come up with your own.

You will need to submit three Service Reflection Forms in total, one for each project. We recommend submitting these forms as you complete each project, rather than wait until just before the due date.

Scan the QR Code to reach the Service Reflection Form



The link to this form can also be found on stpeterformation.weebly.com