



## **Confirmation Sponsor Exploration Form**

The Church recognizes sponsors as people who are guides, models, friends, companions, and witnesses – faithful Catholics the parish entrusts to accompany the candidates on their journey of faith. Within the Diocese of Metuchen, a sponsor for Confirmation must possess the same requirements as a sponsor for one to be baptized. These requirements are defined by canon 874 of the *Code of Canon Law*:

**1. To be admitted to the role of sponsor, a person must:**

- Be designated by the one to be confirmed, by the parents or the one who takes their place or, in their absence, by the pastor or minister, and is to have the qualifications and intention of performing this role.
- Have completed the sixteenth year, unless a different age has been established by the diocesan bishop or it seems to the pastor that an exception is to be made for a just cause.
- Be a Catholic who has been confirmed and has already received the sacrament of the Most Holy Eucharist and leads a life in harmony with the faith and the role to be undertaken.
- Not be bound by any canonical penalty legitimately imposed or declared
- Not be the father or the mother of the one to be confirmed.

**2. A baptized person who belongs to a non-Catholic ecclesial community may not be a sponsor.**

### **ROLE OF A SPONSOR**

Parents have the primary responsibility for their child's spiritual formation. They are supported by the sponsors, who help the candidate in their spiritual journey.

A sponsor is one who witnesses to the candidate what it means to live the Catholic Christian life faithfully and who is willing to share his/her own faith experience. The sponsor is to take seriously the responsibility of guiding the candidate toward full initiation into the faith community.

This role of the sponsor is better fulfilled when the sponsor can be available to the candidate during the preparation, in addition to the actual day of Confirmation. Thus, the candidate is asked to choose a sponsor at the beginning of the second year of preparation.

### **FUNCTIONS OF THE SPONSOR**

- Encourage the candidate to grow in a loving faith relationship with Jesus.
- Assist and encourage the candidate in the study and practice of the Catholic faith, especially attending weekly Mass.
- Assist the candidate in choosing and carrying out their service commitments. Help to coordinate one activity sometime during the two year preparation period.
- Accompany the candidate to special liturgies and preparation programs.
- Assist in determining the readiness of the candidate for the reception of the Sacrament. Encourage the candidate in learning prayers and doctrines of faith.

- Accompany the candidate and present him/her to the Minister of Confirmation.
- Encourage the confirmed to follow Christ and support him/her in living the Catholic faith throughout his/her life.

*A Sponsor may do other activities with you, but the focus of their function as a Sponsor is to help you grow in your faith.*

*Note to Candidates: this is part of what is given to your sponsor later in the process. Read through it now to help you think of **\*\*potential\*\*** sponsors!*

## **QUALITIES OF A SPONSOR**

Sponsors are not expected to be all-knowing or all perfect.

Here are a few qualities that candidates can expect from you as his or her sponsor:

1. **Hospitality:** A sponsor must be a welcoming and inclusive person – a host. The sponsor needs to be open to accepting and discovering the person and the gifts, sometimes hidden, of his/her candidate. Your personal welcome helps the candidate discover both the comfort and the challenge offered by the community of faith. You can help establish a sense of belonging in your candidate.
2. **Prayerfulness:** By being a person of prayer, you will be a person responsive to the needs of your candidate and to the leading of the Holy Spirit. Remember, prayer is communicating with God – both, speaking *and* listening, especially, or just being in His presence, knowing He is ever with you.
3. **Respectfulness:** As a sponsor, you need to remain open and considerate. You need to value and esteem the opinions, ideas, gifts, talents, hopes, fears, and feelings of your candidate. You also need to show that respect by treating the “Faith-Sharing Conversations” you have with your candidate with confidentiality.
4. **Generosity:** In the hustle and bustle of today, just to be a sponsor takes a certain generosity. You will be called upon to be generous with the precious commodities of time, talent, patience, and prayer. Likewise, you need to openly share your thoughts and feelings as well. Your candidate needs to see and experience your faith and moral convictions.
5. **Faithfulness:** Faithfulness does not mean perfection. As a sponsor, your faith does not have to be perfect. Rather, it must be steadfast, open, and growing. The community is made up of people on all parts of the journey – people who have not yet arrived! It is all right to let your candidate see that your faith, like his or hers, is still growing. That makes it very clear that your faith is alive.





## Sponsor Exploration Form

Name: \_\_\_\_\_ Date: \_\_\_\_\_ Class: \_\_\_\_\_

*After reading the "Sponsor Exploration" handout, please answer the following questions:*

From the Canon Law section on requirements:

- 1) A sponsor must be over 14 years old.
- 2) What does it mean to be "in good standing with the Church", or "to live in harmony with the faith"?
- 3) True or False: A sponsor must be a baptized and confirmed Catholic who receives the Holy Eucharist.
- 4) True or False: A sponsor can be the mom or dad of the Confirmation candidate.
- 5) Explain why a Confirmation Sponsor cannot be a person who was raised Catholic but is currently a member of a non-Catholic church.

From the Functions of the Sponsor section:

- 6) Name three things, listed under the functions of a Sponsor, that you think you would like to do with your Sponsor:
  - \_\_\_\_\_
  - \_\_\_\_\_
  - \_\_\_\_\_

From the Qualities of the Sponsor section:

- 7) Reflect on each quality, then list **WHO** you think exemplifies that quality, and **WHY** (*it should be someone you know personally, and you may list the same person up to three times*):
  - Hospitality: \_\_\_\_\_
  - Prayerfulness: \_\_\_\_\_
  - Respectfulness: \_\_\_\_\_
  - Generosity: \_\_\_\_\_
  - Faithfulness: \_\_\_\_\_



# SAINT EXPLORATION FORM



Name: \_\_\_\_\_ Date: \_\_\_\_\_ Class: \_\_\_\_\_

Your name gives you identity; it tells others who you are. One of the traditional practices in the Church at the time of Confirmation is choosing a saint name to inspire us on our Christian journey.

This year, you will explore a few different saints who are connected to you in some way. Next year (8<sup>th</sup> grade), you will decide upon your Confirmation Name. Names of saints are chosen to serve as patrons and models for those being confirmed. Candidates should choose a patron saint's name, not because of the attractiveness of the name, but because of the attractiveness of the Christian life which that person led. It is important and necessary to learn something about a few saints before you decide. *Note: You must complete this activity even if you know which saint you will be choosing next year ☺*

**Helpful Resources:** Search online:

Catholic Online Saints and Angels: [www.catholic.org/saints](http://www.catholic.org/saints)

American Catholic (search by name, date or patronage): [www.americancatholic.org](http://www.americancatholic.org)

- 1) What is your **baptismal name**? \_\_\_\_\_
- 2) What Saint shares your name? \_\_\_\_\_
- 3) When is that Saint's feast day? \_\_\_\_\_ his/her birthday? \_\_\_\_\_
- 4) Name something the Saint is known for? \_\_\_\_\_
- 5) Name a virtue this Saint displayed in his/her life: \_\_\_\_\_
- 6) When is your **birthday**? \_\_\_\_\_
- 7) What Saint has your birthday as his/her feast day? \_\_\_\_\_
- 8) When and where did he/she live? \_\_\_\_\_
- 9) Name something the Saint is known for: \_\_\_\_\_
- 10) Name a virtue this Saint displayed in his/her life: \_\_\_\_\_
- 11) What **country** do your ancestors come from (choose one)? \_\_\_\_\_
- 12) Who is the patron saint of that country? \_\_\_\_\_

- 13) Why is this saint the patron of that country? \_\_\_\_\_
- 14) When is the Saint's feast day? \_\_\_\_\_ his/her birthday? \_\_\_\_\_
- 15) Name a virtue this Saint displayed in his/her life: \_\_\_\_\_
- 16) Name one of your favorite activities or **hobbies**: \_\_\_\_\_
- 17) What Saint is the patron of it? \_\_\_\_\_
- 18) Why is this Saint the patron? \_\_\_\_\_
- 19) When is his/her feast day? \_\_\_\_\_ his/her birthday? \_\_\_\_\_
- 20) Name a virtue this Saint displayed in his/her life: \_\_\_\_\_
- 21) Name **another Saint** who interests you: \_\_\_\_\_
- 22) Why does this Saint interest you? \_\_\_\_\_
- 23) When and where did this Saint live? \_\_\_\_\_
- 24) When is his/her feast day? \_\_\_\_\_ his/her birthday? \_\_\_\_\_
- 25) Name a virtue this Saint displayed in his/her life: \_\_\_\_\_

If you cannot find a specific saint for your name, check to see if your name is a derivative of a saint's name, e.g., there is no Saint Ellen, but Ellen is derived from Helen. Saint Helen, the mother of Constantine the Great, found the True Cross and is the Patron Saint of archeologists.



## Saint James School of Religion

### Confirmation Requirement:

### Stewardship (Liturgical and Service Hours)

Helping others is a foundational part of Catholic teaching. It is our obligation and our duty. We ask each Confirmation candidate to perform **10+ hours in Grade 7 and 10+ hours in Grade 8.**

These are the requirements: **5+ Liturgical Hours** (Home, Parish and Diocese); **5+Service Hours** (Home, Parish and Community) Students may serve more than the 10 required hours for each grade.

Some ideas of Liturgical Hours:

- + family pilgrimage by visiting holy places to pray,
- + praying rosary at home or while driving for the intentions of others (spiritual works of mercy),
- + going to confession,
- + attending Holy Mass on Saturday (outside Sunday's obligation),
- + participating a virtual retreat (when there is an opportunity)
- + praying devotions like Divine Mercy chaplet at 3:00PM
- + Making a visit in church for Eucharistic Adoration on Thursdays or anytime for 15mins/week
- + Read the Sunday scripture readings at home before attending Holy Mass on Sunday

Some ideas of Services:

- + seeking opportunities to do (spiritual and corporal works of mercy- at home, neighborhood and parish, if applicable)
- + writing a letter to comfort a sick relative/friend
- + connecting to a relative who maybe alone via phone call
- + helping chores at home
- + and any other services that involve either corporal or spiritual (home, parish or neighborhood, when applicable)

Below are the lists of the Works of Mercy

Corporal Works of Mercy	Spiritual Works of Mercy
* feed the hungry	instruct the ignorant
give water to the thirsty	Counsel the doubtful
clothe the naked	Admonish the sinners
shelter the homeless	Bear wrongs patiently
visit the sick	Forgive offenses
visit the imprisoned	Comfort the afflicted
bury the dead	Pray for the living and dead



## Saint James School of Religion

### ***Confirmation Requirement: Stewardship Project Record Form***

***Please complete a Form for EACH Project. Please circle (Liturgical or Service)***

**Candidate's Name and Section** (7<sup>th</sup> Hybrid, Online, FCC, SJS, etc.): \_\_\_\_\_

**Project Name or Description:** (Who did it serve?) \_\_\_\_\_

**Date/Time Spent:**

\_\_\_\_\_

**What Corporal or Spiritual Work of Mercy inspired this service?** \_\_\_\_\_

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**Your reaction?** (i.e. How did it make you feel? Would you do it again? Did you learn anything about yourself and others?):

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Signature of person served as witness to the service hours earned or parent/guardian who witness liturgical hours:

\_\_\_\_\_



**CONFIRMATION REVIEW QUESTIONS:**    **7<sup>TH</sup> GRADE**

**Name:** \_\_\_\_\_ **Date:** \_\_\_\_\_

1. What is the name of our current Bishop? \_\_\_\_\_
2. What is the name of our current Pope?  
\_\_\_\_\_
3. Review the Ten Commandments and give 2 examples of related to each commandment.

<u>Commandments</u>	<u>Ways to practice</u>
<u>1</u>	
<u>2</u>	
<u>3</u>	
<u>4</u>	
<u>5</u>	
<u>6</u>	
<u>7</u>	



<u>8</u>	
<u>9</u>	
<u>10</u>	

4. What are the two “Great Commandments” that contain the whole law of God? (Hint: see Mark 12: 28-31)

\_\_\_\_\_

\_\_\_\_\_

5. List the seven Corporal Works of Mercy and Spiritual Works of Mercy (prayer sheets):


Corporal Works of Mercy:

Spiritual Works of Mercy:

6. What is grace?

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7. What are the theological virtues?

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8. What are the cardinal virtues?

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9. Name the seven Sacraments: \_\_\_\_\_

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10. Name the four sets of mysteries of the Rosary: \_\_\_\_\_

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