



CLALLAM CATHOLIC  
**C**  **NFIRMATION**  **ION**

St. Joseph Catholic Church  
Sequim, WA



COME  
**HOLY SPIRIT**  
FILL THE HEARTS  
OF YOUR FAITHFUL  
AND KINDLE IN THEM  
**THE FIRE OF YOUR LOVE.**  
SEND FORTH YOUR SPIRIT  
AND THEY SHALL BE CREATED  
**AND YOU SHALL RENEW**  
THE FACE OF THE  
EARTH.

O, God, who by the light of the Holy Spirit, did instruct the hearts of the faithful, grant that by the same Holy Spirit we may be truly wise and ever enjoy His consolations, Through Christ Our Lord, **AMEN.**

*catholic***ALLYEAR**.com

# Confirmation

Confirmation is a sacramental outpouring of the Holy Spirit that leaves a permanent imprint on the soul, completes Christian initiation, and empowers us to be witnesses to Christ. (CCC1302-1305).

Confirmation “completes” the graces we received at Baptism, when we became adopted sons and daughters of God. Confirmation *confirms* that we are part of God’s family and leads us to focus on what we have been called to do as children of God: to be living witnesses of God’s love in the world.

In Confirmation, we receive the power to take a stand for Christ and his Church, as well as special gifts to help us serve God and the Church in particular ways. Through the sacrament, we are also “sealed” for God; our bond with Him, as well as with the whole family of God, is strengthened. All these graces help us to shift our focus from interior formation to exterior proclamation, giving us the courage to witness to the Faith with our words and actions.

The *Catechism of the Catholic Church* lists five effects of Confirmation (CCC1303):

- It affirms our identity as children of God
- It unites us more firmly to Christ.
- It increases in us the Gifts of the Holy Spirit
- It strengthens our bond with the Church
- It strengthens us to spread and defend the Faith by our words and actions, to be fearless witnesses for Christ and the power of the cross.

The goal of our Confirmation program is to help your child to be truly open and prepared so that he or she may experience the grace of God that the Holy Spirit releases in this powerful sacrament. Being open and prepared necessarily involves growth in understanding, a sincere acceptance of Christ and his Church, a clear conscience, and a soul in the state of grace.

## Role of the Confirmandi

At this time, the Church looks to those preparing to receive Confirmation (the Confirmandi) for signs of growth and maturity which give evidence of service and witness to Christ by the way they live their private and public lives, and how they interact in the broader community of their neighborhood, school, and parish. In the Sacrament of Confirmation, they are taking on the commitment to live a fuller, more Christ-like life.

The Church asks them to demonstrate their desire to commit themselves to this sacrament and the Catholic faith through:

- Attending faith formation classes
- Attending Mass every Sunday
- Receiving the Sacrament of Reconciliation regularly
- Engaging in different forms of service
- Committing themselves to developing a personal prayer life, including a daily prayer routine with family.

This is not an easy task, and it should not be taken lightly. However, it should be an exciting, happy, and fulfilling time for the Confirmandi, their parents and their sponsors.

We, the clergy, teachers, and catechists, promise to guide the Confirmandi in their understanding and knowledge of what they are about to undertake. The community of St. Joseph is praying for them as well.

## Role of the Parents

From Baptism to first Reconciliation to first Holy Communion and now to Confirmation, the Church recognizes you as your child's *primary educator* in the life of faith. Your role is pivotal as your child prepares to receive the Sacrament of Confirmation and to be fully initiated into the Catholic Church.

As the child grows in faith, the parent's role lessens in regard to decision-making and becomes one of support and witness. For the Sacrament of Confirmation, the parental role is very much one of spiritual companion and advisor, that is, both parent and child learning and growing in their understanding of Catholic Traditions and beliefs.

The Catechism calls the family "the domestic Church" (CCC 1658) because it is primarily within the family that your child will learn how to live the teachings of Jesus, which lead to eternal life. The most important ways you can help form your child in the Faith are to participate fully in the life of the Church through:

- Attending Mass every Sunday
- Going to Confession regularly
- Engaging in some form of service
- Praying persistently for an increase of God's grace in your life and the life of your family

We pray that, as a parent, you will be encouraged by the fact that God loves you and your child without limit. This limitless love—which is the core of our Catholic Faith—is very good news indeed. May the Holy Spirit inspire and encourage you as you guide your child into the fullness of the Faith.

## Role of the Sponsor

The sponsor represents, in a personal way, the witness and support of the parish community. Sponsors should be mature persons of faith who are highly convinced that their faith makes a difference in their own lives. The sponsor can accompany the Confirmandi on their faith journey to Confirmation in various ways:

- Be a role model of the Catholic faith in their daily life
- Attend Mass with their Confirmandi or encourage the importance of attending Mass
- Be a support to their sponsor child spiritually, as well as emotionally
- Accompany their Confirmandi in various Service Projects
- Spend time with their Confirmandi talking, listening, and sharing their own experiences
- Meet with your sponsor child monthly for lunch or dinner to discuss their progress
- Pray for their Confirmandi regularly

Once the youth has been fully initiated, the Sponsor's role is one of continual support of the confirmed in their faith life. The Sponsor can help lead and guide the confirmed to a deeper personal relationship with the Lord and to a more profound familiarity "with the Holy Spirit—his actions, his gifts, and his biddings—in order to be more capable of assuming the apostolic responsibilities of Christian life" (CCC 1309). The Sponsor can also offer suggestions and assistance in helping the newly confirmed to become an active member of the Church community.

## Note to Parents:

This is the beginning of an exciting journey for your child, and it will be full of faith formation, fun, and hard work. There are several things you need to know as we all work together to help your son or daughter receive the Sacrament of Confirmation.

- All Confirmandi are **required** to attend Mass
- All Confirmandi are **required** to attend Confirmation classes
  - There will be **30** classes
- The Confirmandi are **not permitted to have more than 4 absences**
- All Confirmandi will write a report on a saint of their choosing
- All Confirmandi are **required** to attend a confirmation retreat
  - hosted by St. Joseph's Church at the end of the year
- All Confirmandi are **required** to do **30** hours of service. More information about Service hours can be found on the *Service Hour Log Sheet* below

If a Confirmandi misses more than 4 classes, does not attend Mass, does not attend a retreat, or does not have their service hours completed, Father Guarino may postpone their Confirmation until the following year. If Confirmation does not take place prior to the completion of their 12<sup>th</sup> grade year, they are not eligible to receive the Sacrament of Confirmation and must attend the RCIA program.

If you have any questions, please contact:

Deacon Dan Powers  
(949) 545-8279  
[ningadan@gmail.com](mailto:ningadan@gmail.com)

Morgan Nolan  
(360) 460-5510  
[beebermorgan@gmail.com](mailto:beebermorgan@gmail.com)





## Service Hour Log Sheet: 30 Hours Required

**Name** \_\_\_\_\_

*Please fill out the log sheet with all the information needed and return to Deacon Dan or Morgan Nolan before confirmation day. We will periodically check these logs.*

### Mass Service Hours

Service at Mass as an altar server, lector or usher--must be trained. Service at Mass as a greeter- .5 service hours each time.

If you run out of space, write on the back

<b>Date:</b>	<b>Service Provided:</b>	<b>Supervisor's Signature:</b>	<b># Hrs.:</b>

### Parish/Community Service Hours

Parish and community service hours. Please refer to the "Confirmation Service Hours Opportunity List" below or check the bulletin for opportunities at church. Community service projects include helping a neighbor or other individual/group outside of the parish community in need.

<b>Date:</b>	<b>Service Project:</b>	<b>Supervisor's Signature:</b>	<b># Hrs.:</b>

### Family/Sponsor Service Project

This is a project in the parish community or outside the parish community that involves your immediate family and/or sponsor. Some suggestions for this project include: helping a family member in need, making a Eucharistic Adoration hour, getting involved with St. Vincent de Paul, volunteering at the food bank, etc. Please refer to the "Confirmation Service Hours Opportunity List" below or check the bulletin for opportunities at church.

<b>Date:</b>	<b>Service Project:</b>	<b>Supervisors Signature:</b>	<b># Hrs.:</b>

### Contact Information:

<b>Name:</b>	<b>Phone Number:</b>	<b>Email Address:</b>
Morgan Nolan	(360) 460-5510	<a href="mailto:beebermorgan@gmail.com">beebermorgan@gmail.com</a>
Deacon Dan Powers	(949) 545-8279	<a href="mailto:ningadan@gmail.com">ningadan@gmail.com</a>

### To all Confirmandi:

These projects are not given as a checklist, but serve as a reminder of what Confirmation is all about; your commitment and service to Jesus Christ and His Body, the Church. While participating in these projects, we hope you gain an understanding of your role as a vital, active part of the Church. We pray you realize how important it is to touch and serve those in need.

*"Amen, I say to you, as long as you did it to one of these my least brethren, you did it to me."*

*Jesus Christ*

## Service Hour Opportunities:

**Women of St. Joseph Bazaar & Rummage Sale:** Help set up and/or break down the fundraisers that the Women of St. Joseph put on in the fall and the spring.

**Knights of Columbus:** The Knights have opportunities throughout the year where you can help serve, whether at a breakfast/luncheon or one of the many fundraisers they put on.

**St. Vincent de Paul:** St. Vincent de Paul has many opportunities to serve both our parish and our local community.

**First Friday Devotion:** . The first Friday of every month there is an opportunity to collect service hours, however this service does rotate between Queen of Angels and St. Joseph's. Even months the service is at St. Joseph's church, while odd months it is at Queen of Angels. If serving, whether altar serving or helping with set up/clean up, this will count as Mass service hours. If attending with your immediate family or sponsor, this will count toward family service hours.

**Stations of the Cross:** Fridays during Lent in the church. If serving as candle bearer or cross bearer, this will count as Mass service hours, **no training required.**

**Lenten Soup Supper:** Every Friday during Lent before Stations of the Cross, there is an opportunity to help host the Lenten Soup Supper.

**Coffee Hour:** Host a coffee hour with your family or sponsor or help set up and clean up a coffee hour hosted by one of the many groups that puts them on.

**More Opportunities:** Keep your eyes on the bulletin and ask around for more opportunities to help serve. Deacon Dan and Morgan will pass along any and all chances to serve as they come up, and there will be many.



# Prayers

## Our Father

Our Father, Who art in Heaven,  
hallowed be Thy name;  
Thy Kingdom come, Thy will be done  
on earth as it is in Heaven.

Give us this day our daily bread;  
and forgive us our trespasses  
as we forgive those who trespass  
against us; and lead us not into  
temptation, but deliver us from evil.

Amen.

## St. Michael's Prayer

St. Michael the Archangel, defend us  
in battle; be our safeguard against  
the wickedness and snares of the devil.

May God rebuke him, we humbly pray;  
and do thou, O prince of the heavenly  
host, by the power of God,  
cast into hell Satan and all the evil spirits  
who prowl about the world,  
seeking the ruin of souls.

Amen.

## Hail Mary

Hail Mary, full of grace.  
The Lord is with you.  
Blessed are you among women,  
and blessed is the fruit of your womb,  
Jesus.

Holy Mary, Mother of God,  
pray for us sinners,  
now and at the hour of our death.

Amen.

## Glory Be

Glory be to the Father, to the Son,  
and to the Holy Spirit,

As it was in the beginning, is now  
and ever shall be,

World without end.

Amen.

## The Nicene Creed

I believe in one God,  
the Father almighty,  
maker of heaven and earth,  
of all things visible and invisible.

I believe in one Lord Jesus Christ,  
the Only Begotten Son of God,  
born of the Father before all ages.  
God from God, Light from Light,  
true God from true God,  
begotten, not made,  
consubstantial with the Father;  
through him all things were made.  
For us men and for our salvation  
he came down from heaven,  
and by the Holy Spirit  
was incarnate of the Virgin Mary,  
and became man.  
For our sake he was crucified  
under Pontius Pilate,  
he suffered death and was buried,  
and rose again on the third day  
in accordance with the Scriptures.  
He ascended into heaven  
and is seated at the right hand  
of the Father.  
He will come again in glory  
to judge the living and the dead  
and his kingdom will have no end.

I believe in the Holy Spirit,  
the Lord, the giver of life,  
who proceeds from the Father  
and the Son,  
who with the Father and the Son  
is adored and glorified,  
who has spoken through the prophets.

I believe in one, holy, catholic,  
and apostolic Church.  
I confess one Baptism  
for the forgiveness of sins  
and I look forward to  
the resurrection of the dead  
and the life of the world to come.  
Amen.

## Act of Contrition

My God, I am sorry for my sins  
with all my heart.

In choosing to do wrong  
and failing to do good,  
I have sinned against you  
whom I should love above all things.

I firmly intend, with your help,  
to do penance, to sin no more,  
and to avoid whatever leads me to sin.  
Amen.

## Confirmation Schedule 2023/2024

- #1 9/10/23 What is Confirmation?
- #2 9/17/23 Holy Trinity/God 101
- #3 9/24/23 Holy Spirit/Alpha Video
- #4 10/8/23 Corporal Works of Mercy (Guest Speaker)
- #5 10/15/23 Parts of the church/Order of the Mass
- #6 10/22/23 Gifts/Fruits of the Holy Spirit
- #7 10/29/23 All Saints
- #8 11/5/23 JTB/Temptation of Jesus
- #9 11/12/23 Jesus calls the boys/vocation/ministries
- #10 11/19/23 Sermon on the mount/beatitudes
- #11 11/26/23 Thanksgiving. No Class
- #12 12/3/23 Advent
- #13 12/10/23 7 sacraments
- #14 12/17/23 Miracles
- 12/24/23 No class
- 12/31/23 No class
- #15 1/7/24 Taking up your cross/debate
- #16 1/14/24 Mary
- #17 1/21/24 Marian Apparitions
- #18 1/28/24 Eucharist/John's Bread of life discourse
- #19 2/4/24 Eucharistic Miracles
- #20 2/11/24 Ash Wednesday/Lent/Confession
- #21 2/18/24 Sin /7 deadly/ Ten commandments
- 2/25/24 No Class, built in break

- #22 3/3/24 Parables/virtues
- #23 3/10/24 Prayer/Lord's Prayer
- #24 3/17/24 Read Passion/PP slides
- #25 3/22/24 MINI RETREAT/Stations/Soup Supper Sponsors
- #26 3/24/24 Watch Passion of the Christ
- 3/31/24 Easter, No Class
- 4/7/24 Easter Break, no class
- #27 4/14/24 Jesus's Resurrection to Ascension to Pentecost
- #28 4/21/24 Love your neighbors/enemies/spreading the Gospel
- #29 4/28/24 What happened to the apostles/martyrs/fortitude
- #30 5/5/24 Review



# Confirmation Study Packet

This packet contains the information the students (Confirmandi) need to know and understand in order to be confirmed into the Church.

## Prayers:

It is required that the Confirmandi know certain prayers of The Church. A packet with the prayers was handed out on family night. If you need another copy of this packet, please contact the instructors. The prayers include:

The Lord's Prayer, St. Michael's Prayer, Hail Mary, Glory Be, Nicene Creed, Prayer before meals, and The Act of Contrition.

## Precepts of the Church

- **You shall attend Mass on Sundays (or the Saturday Vigil), and Holy Days of Obligation.**
- **You shall confess your sins at least once a year.** Frequent confession of serious sin is of great value; it makes us more deeply confirmed to Christ and more submissive to the voice of the Holy Spirit.
- **You shall receive the sacrament of the Eucharist at least during the Easter season.** (From the first Sunday of Lent to Trinity Sunday)
- **You shall observe the days of fasting and abstinence established by the Church.** To fast means to keep from eating certain foods. To abstain means to refrain from eating meat. In the U.S., Ash Wednesday and Good Friday are days of fast and abstinence and all Fridays of Lent are days of abstinence.
- **Providing for the needs of the Church.** Tithing, donating, serving, and volunteering are all ways to help provide for the needs of the Church.

## Types of Sin

There are three types of sin, **Original**, **Venial** and **Mortal**.

- **Original Sin:** The sin that all humans are born with because Adam and Eve chose to disobey God; this type of sin is washed away with baptism.
- **Venial Sin:** weakens the soul with sickness but does not kill the grace within. They are not deadly to the life of grace but, if ignored, can lead to a more serious condition. Example: cussing or flipping someone off.  
\*Venial sins are forgiven at the beginning of Mass with the Penitential Rite
- **Mortal Sin:** A mortal sin is the complete turning away from God and embracing something else in place. It's deadly to the life of grace, because it insults the honor of God and injures the soul of the sinner. Three conditions are necessary for mortal sin to exist.
  1. **Grave Matter:** The act itself is intrinsically evil and immoral. Ex: murder, rape, worshipping false idols, etc. (breaking the 10 commandments/ 7 deadly sins).
  2. **Full Knowledge:** The person must know that what they're doing or planning to do is evil and immoral.
  3. **Deliberate Consent:** The person must freely choose to commit the act or plan to do it. Someone forced against their will does NOT commit a mortal sin.

## The Ten Commandments

1. I am the LORD thy God. Thou shalt have no strange gods before Me.
2. Thou shalt not take the name of the LORD thy God in vain.
3. Remember to keep holy the Sabbath day.
4. Honor thy father and thy mother.
5. Thou shalt not kill.
6. Thou shalt not commit adultery.
7. Thou shalt not steal.
8. Thou shalt not bear false witness against thy neighbor.
9. Thou shalt not covet thy neighbor's wife.
10. Thou shalt not covet thy neighbor's goods.

## Seven Deadly Sins

The seven deadly sins are the sins to which we are most susceptible because of our fallen human nature. They are the tendencies that cause us to commit all other sins. They are called "deadly" because, if we engage in them willingly, they deprive us of sanctifying grace, the life of God in our souls.

1. **Lust**—an excessive desire to own or have something.
2. **Gluttony**—excessive overconsumption of edibles and alcohol.
3. **Greed**—uncontrolled desire to gain material things.
4. **Sloth**—inability to perform certain religious tasks due to laziness.
5. **Envy**—desire to have something that belongs to another person.
6. **Wrath/Anger**—excessive hostility toward other people.
7. **Pride**—All sins are a manifestation of pride. Those who are proud have an excessive view and love of self. They often view other people as less important and attribute their achievement to efforts of self and not God.

It is important to know and understand the Ten Commandments and the Seven Deadly sins in order to live a life that is pleasing to God and to know when we have strayed away from Him. He is constantly calling us back, and through the Sacrament of Reconciliation (Confession) we are forgiven for our sins and we reconcile with God and the Church.

## Beatitudes

- Blessed are the poor in spirit: for theirs is the kingdom of heaven.  
*(Those who humbly recognize their need for God)*
- Blessed are the meek: for they shall possess the land.  
*(Those who submit to God's authority and make Him Lord)*
- Blessed are they who mourn: for they shall be comforted.  
*(Those who mourn for their sins)*
- Blessed are they that hunger and thirst after righteousness: for they shall have their fill.  
*(Those who passionately long for Christ)*
- Blessed are the merciful: for they shall obtain mercy.  
*(Those who show mercy through forgiveness, kindness, and compassion)*
- Blessed are the clean of heart: for they shall see God.  
*(Those who have been purified from the inside out, those who are clean and holy)*

- Blessed are the peacemakers: for they shall be called the children of God.  
*(Those who have been reconciled to God through Jesus Christ and bring this same message of reconciliation to others. All who have peace with God are his children)*
- Blessed are they that suffer persecution for justice' sake, for theirs is the kingdom of heaven.  
*(Those daring enough to openly live for Christ and suffer persecution)*

The Beatitudes are "blessed sayings" that come from the opening verses of the famous Sermon on the Mount delivered by Jesus Christ and recorded in Matthew 5:3-12. Here Jesus stated several blessings, each beginning with the phrase, "Blessed are ..." Each saying speaks of a blessing or "divine favor" that will be bestowed on the person who possesses a certain character quality.

## **The Seven Sacraments**

1. Baptism
2. Reconciliation
3. Eucharist
4. Confirmation
5. Marriage
6. Holy Orders
7. Anointing of the Sick

## **The Gifts of the Holy Spirit**

1. Wisdom—helps us judge what is important, meaningful, purposeful, etc.
2. Understanding—understanding higher truths esp. those necessary for eternal salvation
3. Knowledge—helps us to know God
4. Fortitude—courage and endurance
5. Council—helps us know the difference between right and wrong
6. Piety—proper reverence for God, obeying God out of love
7. Fear of the Lord—proper disdain for sin and awe of God's goodness and love

## **The Fruits of the Spirit**

1. Love
2. Joy
3. Peace
4. Patience
5. Kindness
6. Goodness
7. Faithfulness
8. Gentleness
9. Self-control
10. Generosity

## **The Virtues**

Virtues are gifts from God that lead us to live in a close relationship with him. Virtues are like habits. They need to be practiced; they can be lost if they are neglected. The three most important virtues are called theological virtues because they come from God and lead to God. The cardinal virtues are human virtues, acquired by education and good actions.

## **The Theological Virtues**

The theological virtues are gifts from God that help lead us to God when practiced.

1. Faith—we believe in God and believe in all He has said and revealed to us
2. Hope—we desire the Kingdom of Heaven and eternal life and know that we can only get there through the grace of God
3. Love/Charity-- we love God above all things for his own sake, and our neighbor as ourselves for love of God

## **The Cardinal Virtues**

There cardinal virtues are the four principle moral virtues, they represent the foundation of natural morality.

1. Prudence-- allows us to judge correctly what is right and what is wrong in any given situation.
2. Justice--the constant and permanent determination to give everyone his or her rightful due.
3. Fortitude-- allows us to overcome fear and to remain steady in our will in the face of obstacles, but it is always reasoned and reasonable.
4. Temperance-- the restraint of our desires or passions; attempts to keep us from excess (usually food, drink, and sex).

## **The Corporal Works of Mercy**

The corporal works of mercy are charitable actions by which we come to the aid of our neighbor in his necessities.

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

## Saint Report Essay Outline



**St. Jude**



**St. Mary Magdalene**

As we go through our sacramental preparation for Confirmation, Confirmation saints are chosen to be a person we want to be like, as well as someone who can pray for us from heaven. To aspire to be like a saint is the same as imitating a YouTuber, musician, or athlete. A confirmation saint is someone we look up to...who we want to be like. You may have a famous person that you really admire for their talent and skill. But what many people don't realize is that there are good people to look up to within our Church history for us to try to be like as well.

It is important to remember that as members of the Church, we are never alone. St. Paul said, 'We are surrounded by so great a cloud of witnesses' (Hebrews 12:1). These witnesses are the saints who continually intercede for us. In choosing a confirmation saint, we are choosing a special friend to intercede for us in heaven, and someone we can model our lives on while here on earth. You can't call up a famous person you want to be like and ask them for help, but your Confirmation saint is someone who you can talk to whenever you need them, and they will always have your back.

Many people choose a confirmation saint based on the saint's name or their patronage. You can choose a saint for any reason, as long as you are able to explain why in your essay.

All confirmation students are required to choose a saint and write a short essay (1 page minimum) answering the questions below.

**Paragraph 1:**

Who is your saint? What are they the patron of? When and where were they born? When is their feast day?

**Paragraph 2:**

Life details- what did they do when they were young? When did they decide to follow God? How did they choose to follow God-what was their service/mission? Discuss any notable life circumstances.

**Paragraph 3:**

What special qualities did your saint exemplify that caused them to be chosen for sainthood? What was one of the miracles attributed to your saint? How is this saint a good role model for you to follow? Why did you choose this saint to represent your faith journey?

Please type, (using a size 12 font & 2.0 line spacing) at least one full page containing a minimum of three separate paragraphs, answering the questions above to the best of your ability. Include a picture of your saint if possible. As always, if you have any questions or need help, you can always come talk to us.

Deacon Dan & Morgan

**Websites for info:**

[Catholic.org/saints](http://Catholic.org/saints)

[Mycatholic.life/saints](http://Mycatholic.life/saints)

[Romancatholicsaints.com](http://Romancatholicsaints.com)