

Step One: Choosing a Sponsor (Good to read out loud with your Confirmandi)

A person who wants to receive Baptism or Confirmation must have a Sponsor, who is a baptized, confirmed, practicing Catholic. The relationship with the Sponsor is a permanent one. In other words, it is not simply a "ceremonial" or "honorary" role that begins and ends on the day of Baptism or Confirmation. The Sponsor (also called a "Godparent" for Baptism) should be active in helping the person to prepare to receive the Sacraments, and in helping the person to live the Catholic faith and to follow Christ in the years to come. For Confirmation only one Sponsor is chosen. For Baptism there may be either a Godfather and Godmother, or one of each. A baptized Christian, who is not Catholic, may act as a "Christian Witness" only if there is also a Catholic Godparent.

Sometimes people have the idea that Sponsors or Godparents are assigned only to babies, or that they are primarily assigned in order to "replace" the parents if something should happen to the parents. No, it is important for everyone who receives Baptism or Confirmation to have a Sponsor to assist them by prayer, word, and example. And it is important, not only in the extraordinary situations, as when a child is orphaned, but always and in every situation, not only for children, but also for adults. Where a child is being raised in a family that is already Christian, Christian parents are the first and most important teachers of their children in the ways of faith, but Sponsors are also important in assisting in handing on the Faith that comes to us from the Apostles. Adult catechumens also need the help and mentoring of Sponsors.

There are different roles within the Church, the Body of Christ. No one enters the Church in solitude, or unaided, and no one can persevere in the Faith as an isolated individual. For example, no one can baptize himself! We all need the support of other members of the Christian family. We need catechists and priests. We need the college of bishops in union with the Pope, who is the successor of St. Peter as the Bishop of Rome. But in a unique and personal way, the role of Sponsor or Godparent helps to support and encourage the Christian in following and serving Christ.

In some Catholic cultures, the role of Sponsor or Godparent is highly regarded, and there is no need to remind people of its great importance. Unfortunately, in our own culture, many people do not see the relationship as permanent and active. We often meet people who do not remember who their Godparents are, and even Godparents who do not remember who it was that they sponsored for Baptism.

Sometimes a candidate will express dismay or worry because they do not know any close friends or relatives who are Catholic and who can act as Sponsors. In such cases, a priest or catechist, or a fellow candidate, may be of assistance in introducing the candidate to a parishioner who would be willing to be a Sponsor. Quite often, however, the candidate already does know someone who would qualify: perhaps a next-door neighbor, someone who attends the same Mass, or a previous or current catechist. If there is a qualified Sponsor who cannot be present for the ceremony, he may be represented by a Proxy.

Sponsors should be chosen as soon as possible when beginning to prepare for Baptism or Confirmation.

No one lives alone, no one sins alone, no one is saved alone. -Pope Benedict XVI

Questions to Consider in Choosing a Sponsor:

- Who are my Baptismal Godparents? Would they be able to effectively fulfill this role?
- Who has a dynamic prayer life?
- Who has been influential in the growth of my faith? Or who could be?
- Who is not afraid to eloquently defend his or her faith?
- Who is active in his or her parish?
- Who does community service?
- Who celebrates Catholic holidays with a true spirit of faith?
- Who has persevered through sufferings, but has done so with faith and staying close to Christ and His Church?
- Who takes their Catholic faith seriously and appreciates it?
- Who do I feel comfortable asking deep questions about faith and life?
- Who can be my spiritual guide and have a relationship with for the rest of my life?
- Who will take his or her role as Sponsor seriously?

Step Two: Qualifications for a Confirmation Sponsor

(To be discussed with the Confirmation Sponsor)

The qualifications for a Confirmation Sponsor are found in the Catholic Church's Code of Canon Law:

- **Canon 892:** Insofar as possible, there is to be a sponsor for the person to be confirmed; the sponsor is to take care that the confirmed person behaves as a true witness of Christ and faithfully fulfills the obligations inherent in this sacrament.
- **Canon 893:** To perform the function of sponsor, a person must fulfill the conditions mentioned in Canon 874. It is desirable to choose as sponsor the one who undertook the same function in Baptism.
- **Canon 874:** To be permitted to take on the function of sponsor a person must:

1/ be designated by the one to be baptized, by the parents or the person who takes their place, or in their absence by the pastor or minister and have the aptitude and intention of fulfilling this function;

2/ have completed the sixteenth year of age, unless the diocesan bishop has established another age, or the pastor or minister has granted an exception for a just cause;

3/ be a Catholic who has been confirmed and has already received the most holy sacrament of the Eucharist and who leads a life of faith in keeping with the function to be taken on;

4/ not be bound by any canonical penalty legitimately imposed or declared;

5/ not be the father or mother of the one to be baptized.

The Following Persons Are Not Eligible Sponsors:

- Parents (although a parent may stand in as a proxy)
- Persons married outside the Church
- Divorced persons who have remarried outside the Church
- Persons co-habiting without benefit of Catholic marriage
- Persons who neglect the religious education of their children
- High School students who do not attend religious education classes or receive religious instruction through private Catholic education or through a homeschooling program
- Persons who themselves have not received the Sacrament of Confirmation
- Persons who have not completed their sixteenth year
- Individuals who neglect to fulfill their *Easter Duty* (Confession and Communion at least once a year during the Easter season)
- Those who give public scandal in any way
- Persons who habitually miss Sunday Mass

Nota Bene: In the event that the Sponsor cannot attend the Confirmation Ceremony in person, a proxy, explicitly designated by the Sponsor who fulfills the above qualifications, and who can provide the Religious Education Office with a **Sponsor Eligibility Form** may act in place of the Sponsor. If the Confirmation Candidate has a proxy, the Religious Education Office **MUST** be notified in advance and be provided with the necessary paperwork.

Step Three: Understanding the Sponsor's Duties & Responsibilities (To be discussed with the Confirmation Sponsor)

The Catechism of the Catholic Church (Par. # 131, on The Role of the Sponsor for Confirmation) offers this advice: The Sponsor for Confirmation is one who, fittingly, is a spiritual help to the Candidate."

There is no regulation specifying that men be sponsors for boys and women be sponsors for girls. Sponsors take on a life-long commitment to help their candidates fulfill the obligation for this Sacrament. As the Sponsor for a Candidate wishing to receive the Sacrament of Confirmation, your duties and responsibilities are paramount. Although your role is not the primary role (that is the duty of the parent), you nonetheless, are an important person in the preparation process and for the encouragement of the candidate to persevere in the Faith throughout his or her life.

Requirements:

- The Confirmation Sponsor must fulfill the qualifications found above in Step Two.
- The Confirmation Sponsor must be a practicing Catholic.
- The Confirmation Sponsor must validly receive Communion at the Confirmation Mass.
- The Confirmation Sponsor must take his or her Duties & Responsibilities seriously.
- The Confirmation Sponsor must provide the Religious Education Office with a signed **Sponsor Eligibility Form** from the Sponsor's parish of membership. This form indicates that the sponsor is a registered, participating Catholic who is eligible to act as a sponsor.

A Note to the Sponsor:

Dear Confirmation Sponsor:

Congratulations! You have been chosen to sponsor a young person who is preparing for the Sacrament of Confirmation. As a sponsor, you should meet with him/her to guide them to a deeper understanding of the joys and obligations of confirmed Catholics. We realize that distance sometimes makes personal meetings impossible, but I hope that you will be able to correspond or talk regularly on the phone or email your student to accomplish this goal. The important thing is that you find opportunities to deepen your relationship with the Candidate who has chosen you.

- Discuss the importance of prayer and how it affects your faith life.
- Ask what is being discussed in Religion class and what the Candidate thinks about the lesson.
- Invite the Candidate to share with you how he/ she has chosen to satisfy the service requirements for Confirmation.
- Enjoy an activity together if possible - go to functions within or outside the parish - meet with others whose lives are examples of true Christian living and join in the service projects with the Candidate if possible.
- The **Sponsor Eligibility Form** from your parish is due in the Religious Education Office by **July 30, 2011**.

May you be rewarded and enriched as you work with the Candidate who has selected you as a sponsor!

Step Four: Complete the Sponsor Eligibility Form

Service Hours Requirement for Confirmation 2025

There will be an official midyear check of the Confirmation service hours logs by Mr. Hayes (St. Ambrose School) and Mr. Brutus (St. Ambrose Religious Ed) the week of March 16, 2025. This will help keep students on track with their service hours.

There are a total of 20 Confirmation service hours that each student is to fulfill over the next year and the breakdown of what is required is below:

5 Hours of Prayer

- *family prayer time (i.e.-Leading family Rosary) ½ hour*
- *organizing a family pilgrimage to a shrine or holy site (St. Elizabeth Ann Seton Shrine, Mount St. Mary's, The Basilica of the Immaculate Conception, The Franciscan Mission...Check out ENCOUNTERS from the Diocese of Arlington for more ideas at <https://www.arlingtondiocese.org/encounters/>)*
- *1st Friday Adoration-Spending time with Jesus in prayer.*
- *Attending Saturday Mass or 7am weekday Mass in addition to Sunday Mass*
- *Spend a day Fasting (i.e., fasting from social media for a day)*

ALL these ways of praying can be offered for special intentions such as:

1. *the souls in purgatory*
2. *the ill and imprisoned*
3. *the conversion of sinners*
4. *Pope Francis, Bishop Burbidge, Fr. Fisher, Fr. Rampino, Fr. Bergida...*
5. *Your parents*
6. *Your family*
7. *A special intention for you or someone e*

10 Hours of Service to St. Ambrose Church/Community

- *Garden and Grounds*
- *Summer Camp volunteer*
- *Altar Servers*
- *Children's Choir*
- *St. Lucy Project*
- *Catholic Charities*
- *Mariah Crisis Pregnancy Center*
- *Missionaries of Charity*
- *Christ House*
- *Martha's Table*
- *(You may volunteer with other charities that accomplish the Works of Mercy but prior approval from the DRE is required! If you do not receive prior approval the hours will not count.)*

WORKS OF MERCY

The Corporal and Spiritual Works of Mercy are charitable acts by which we come to the aid of our neighbor in his spiritual and bodily necessities. – Catechism of the Catholic Church, 2447

CORPORAL WORKS OF MERCY

Feed the Hungry – serve a meal at Christ House; serve a Lenten Soup Supper at St. Ambrose; pack meals for the St. Lucy Project with Catholic Charities

Give Drink to the Thirsty – giving a baby a bottle; serving drinks at the table

Shelter the Homeless – volunteer at a shelter for the homeless; clean up church grounds

Visit the Sick – visit those who are in the hospital, nursing homes or are homebound

Visit the Imprisoned – write letters to those who are in prison; give gifts to children of those who are in prison

Bury the Dead – visit a cemetery and pray for the deceased; care for cemetery grounds by cutting grass, weeding, placing flowers or wreathes on graves, etc.

Give Alms to the Poor – raise money to donate to an organization that serves those who are in need, i.e. a crisis pregnancy center

SPIRITUAL WORKS OF MERCY

Counsel the Doubtful – witnessing to the love of God in your actions so that others may see and know Him

Instruct the Ignorant – teach the faith to others; go on a mission trip

Admonish the Sinner – lead by example in living the faith as a follower of Christ; invite others to “go and sin no more” and experience Jesus’ salvation (John 8:11)

Comfort the Sorrowful – spend time listening to someone who is grieving; cook a meal for someone who is facing hard times; write a letter or send a card to someone who is suffering

Forgive Injuries – go to Confession and encourage others to do so as well; pray the Divine Mercy Chaplet

Bear Wrongs Patiently – pray for those who persecute you, or who persecute others

Pray for the Living and the Dead – attend a Mass offered for a friend or loved one; pray for the souls in purgatory; pray the rosary; spend a Holy Hour before the Blessed Sacrament

IMPORTANT INFORMATION FOR CONFIRMATION 2025

SAINT AMBROSE CATHOLIC CHURCH

Paperwork is Due - Monday, January 27, 2025

- Letter of Intent
- Confirmation Data Form
- Baptismal Certificate
- Sponsor Eligibility Form

Confirmation Saint Essay - Due Monday, April 28, 2025

Students choose a Confirmation Saint as an exemplary model and inspiration for living the Christian life until death. In the spring of 2025 students will be asked by their teacher or catechist to write a five-paragraph essay on their chosen patron Saint. Instructions for the essay will be given in class.

Letter to Fr. Fisher - Due Monday, April 28, 2025

Students are asked to write a letter to Fr. Fisher, Pastor of St. Ambrose Church, requesting the Sacrament of Confirmation. In the spring of 2025, students will receive instructions in class on how they are to compose this letter.

Service Hours- Due Monday, September 8, 2025

Students are required to perform at least 10 hours of service plus 5 hours of prayer between now and September 8, 2025. The service should be oriented towards serving people through the corporeal and spiritual works of Mercy. Opportunities not listed on the 'Opportunities to Serve' sheet must be pre-approved by the Director of Religious Education.

Grade Requirements

Students preparing for Confirmation must maintain an overall grade of 70% or higher in their religion class. Students whose Grade 7 final grade falls below this threshold must meet with the Director of Religious Education and/or Pastor, along with their parents, to determine their preparedness to receive the Sacrament.

Confirmation Retreat

A retreat will be held in the fall of 2025 for all students preparing for Confirmation. Students are expected to attend. The date is yet to be determined.

Confirmation Interviews

All students preparing for Confirmation will interview with a priest of the parish, the Director of Religious Education or the Coordinator of Youth Ministry prior being confirmed. Interviews will be scheduled in the fall of 2025. A SignUpGenius will be emailed to parents so that students can sign up for one 15-minute time slot between 3:30 pm - 6:00 pm.

Students will be expected to know the basic tenants of the Catholic faith, understand the Sacrament of Confirmation, and some essential prayers. They should be prepared to discuss their Confirmation Saint as well as the Works of Mercy they performed. The interview will also provide insight into the seriousness of the student's decision to be confirmed.

(over)

Confirmation Rehearsal

A rehearsal for Confirmation will be held within the week prior to Confirmation. All students to be confirmed and their sponsors are expected to attend. If the sponsor cannot be present at the rehearsal, another responsible adult may attend on their behalf.

Sacrament of Confirmation

Candidates and sponsors will meet in the school gym at 6:00 pm. A reception will follow Confirmation in the St. Ambrose Parish Hall. The date is yet to be determined.

Confirmation candidates will wear Confirmation robes with appropriate attire underneath. Boys should wear dress pants, dress shoes, shirts and ties. Girls should wear modest dresses, or skirts or dress pants with blouses, and dress shoes. Jewelry and make-up should be tasteful and kept to a minimum. Candidates should comb their hair such that it does not fall on their foreheads.

All candidates are to wear their Confirmation robes during the Mass, the reception, and the taking of photographs before and after the Mass.

How to Choose a Confirmation Saint

You're in Confirmation class and your teacher tells you to pick a Confirmation saint. Oh, great. Now what?

So what are saints?

The first thing to understand is *why* you are being asked to choose a saint. The saints aren't just dead people that you see in stained glass windows and on holy cards. The Communion of Saints is:

The communion of "holy people" (sancti) in Christ who "died for all," so that what each one does or suffers in and for Christ bears fruit for all. (Catechism of the Catholic Church, 961)

Basically, all of these saints who came before you are part of your extended family. They are those wonderful relatives who are praying for you and rooting for you to get to Heaven.

Why should I choose a Confirmation Saint?

So just for a minute think about some uncle that you look up to or a cousin that you really wish you could be like and then imagine that this person has been declared a saint and you could ask him to pray for you! Wouldn't that be great? Well, that's exactly what you get when you choose a Confirmation saint- someone to emulate for his holiness and someone to intercede for you in Heaven.

How do I pick one for Confirmation?

First of all, don't treat this as a box to check off and pick St. Francis just because you have a vague idea about his life.

The first thing you should do is pray. Ask the Holy Spirit for guidance in choosing a saint that will be best for you.

The second thing you should do is some research. Browse a library of patron saints online or get a book of saints to read. You can get a comprehensive saint directory or a book on modern saints, or if you are really ambitious you can get the four volume Butler's Lives of the Saints.

While you are reading about the saints ask yourself why you are drawn to some more than others. Is it because they were courageous in speaking about the Faith? Were they drawn to helping the poor? Did they have an occupation that you are interested in or have a family like yours?

As you start to narrow down the saints you are interested in, think again about the reasons to choose one. Is this someone I look up to and want to emulate? Is this someone who I want to spiritually "have my back"?

Once you have decided on your saint, see if there is a good book just about that particular saint so you can get to know them better. Start asking him for guidance and the courage to take your reception of the sacraments of Confirmation seriously.

THE SAINTS AS PATRONS AND INTERCESSORS

CAUSE	SAINT		
A			
Accountants	<u>St. Matthew</u>	Bankers	<u>St. Matthew</u>
Actors	St. Genesius	Baptism	St. John the Baptist
Addicts	<u>St. Maximilian Mary Kolbe</u>	Barbers	<u>Sts. Cosmas and Damian, St. Louis of France, St. Martin de Porres</u>
Advertising	<u>St. Bernardine of Siena</u>	Bee keepers	<u>St. Ambrose</u>
African-Americans	<u>St. Benedict the African, St. Peter Claver, St. Martin de Porres</u>	Beggars	St. Alexis, <u>St. Giles</u>
AIDS patients	<u>St. Peregrine Laziosi</u>	Belgium	<u>St. Joseph</u>
Air travelers	<u>St. Joseph of Cupertino</u>	Blacksmiths	St. Dunstan
Alcoholics	<u>Venerable Matt Talbot, St. Monica</u>	Blind	<u>Raphael (Michael, Gabriel and Raphael), St. Lucy</u>
Altar servers	St. John Berchmans	Bodily ills	<u>Our Lady of Lourdes</u>
Americas	<u>Our Lady of Guadalupe, St. Rose of Lima</u>	Bohemia	<u>St. Wenceslaus</u>
Anesthetists	St. Rene Goupil	Bookkeepers	<u>St. Matthew</u>
Animals	<u>St. Francis of Assisi</u>	Booksellers	<u>St. John of God</u>
Archaeologists	St. Helen	Boy Scouts	<u>St. George</u>
Architects	<u>St. Thomas the Apostle</u>	Boys	<u>St. John Bosco</u>
Argentina	Our Lady of Lujan	Brazil	<u>Feast of the Immaculate Conception</u>
Art	<u>St. Catharine of Bologna</u>	Breast disease, against	<u>St. Agatha</u>
Artists	<u>St. Luke, St. Catharine of Bologna, Blessed Fra Angelico</u>	Brewers	<u>St. Luke, St. Augustine of Hippo, St. Nicholas</u>
Astronauts	<u>St. Joseph of Cupertino</u>	Bricklayers	<u>St. Stephen</u>
Astronomers	<u>St. Dominic</u>	Brides	<u>St. Nicholas</u>
Athletes	<u>St. Sebastian</u>	Broadcasters	<u>Gabriel (Michael, Gabriel and Raphael)</u>
Attorneys	<u>St. Thomas More, St. Raymond of Penyafort</u>	Builders	St. Barbara, <u>St. Vincent Ferrer</u>
Australia	Our Lady Help of Christians	Businessmen	St. Homobonus
Authors	<u>St. Francis de Sales</u>	Businesswomen	St. Margaret Clitherow
B			
Babies	<u>Feast of the Holy Innocents</u>	Butchers	St. Anthony the Abbot, <u>St. Luke</u>
Bakers	<u>St. Elizabeth of Hungary, St. Nicholas</u>	C	
		Cab drivers	St. Fiacre
		Canada	<u>St. Joseph</u>

Cancer patients [St. Peregrine Laziosi](#)
 Carpenters [St. Joseph](#)
 Catechists [St. Charles Borromeo](#), [St. Robert Bellarmine](#),
[St. Viator](#)
 Catechumens [St. Charles Borromeo](#), [St. Robert Bellarmine](#)
 Catholic schools [St. Thomas Aquinas](#)
 Catholic youth [St. Aloysius Gonzaga](#), [St. Maria Goretti](#)
 Charities [St. Vincent de Paul](#)
 Childbirth St. Gerard Majella, St. Raymond Nonnatus
 Children [St. Nicholas](#)
 Chile [Our Lady of Mount Carmel](#), [St. James the Greater](#)
 China [St. Joseph](#)
 Choirboys [St. Dominic Savio](#)
 Church [St. Joseph](#)
 Civil servants [St. Thomas More](#)
 Clergy [St. Gabriel of Our Lady of Sorrows](#)
 Colleges [St. Thomas Aquinas](#)
 Colombia St. Louis Bertrand, [St. Peter Claver](#)
 Comedians St. Vitus
 Communication workers [Gabriel \(Michael, Gabriel and Raphael\)](#)
 Computers [St. Isidore of Seville](#)
 Construction workers [St. Thomas the Apostle](#)
 Cooks [St. Thomas the Apostle](#), [St. Lawrence](#)
 Court clerks [St. Thomas More](#)
D
 Dairy workers [St. Brigid of Kildare](#)
 Dancers St. Vitus
 Deacons [St. Stephen](#)
 Deafness [St. Francis de Sales](#)
 Death [St. Joseph](#), [Michael, Gabriel and Raphael](#)
 Denmark [St. Ansgar](#), St. Canute
 Dentists [St. Apollonia](#)
 Desperate causes [St. Jude \(Simon and Jude\)](#)
 Difficult marriages [St. Rita of Cascia](#)
 Disabled [St. Giles](#)

Disasters St. Genevieve
 Doctors [St. Luke](#)
 Dogs St. Roch
 Dominican Republic [St. Dominic](#)
 Drivers St. Fiacre
 Drug addiction [St. Maximilian Mary Kolbe](#)
E
 Earaches [St. Polycarp](#)
 Earthquakes [St. Francis Borgia](#)
 Ecology [St. Francis of Assisi](#)
 Ecuador Sacred Heart
 Editors [St. John Bosco](#)
 Engineers [St. Patrick](#), St. Ferdinand III
 England [St. Augustine of Canterbury](#), [St. George](#),
[St. Gregory the Great](#)
 Epilepsy St. Dymphna, St. Vitus, St. Willibrord
 Europe [St. Benedict](#), [St. Bridget](#), [St. Catherine of Siena](#)
 Eye disorders [St. Clare](#), [St. Lucy](#)
F
 Falsely accused St. Raymond Nonnatus
 Farmers [St. Isidore the Farmer](#)
 Fathers [St. Joseph](#)
 Firefighters St. Florian, [St. John of God](#)
 Fishermen [St. Andrew](#), [St. Peter \(Peter and Paul\)](#)
 Florists [St. Thérèse of Lisieux](#), [St. Rose of Lima](#),
 St. Dorothy
 Foundry workers [St. Agatha](#)
 France Our Lady of the Assumption, St. Denis,
 St. Joan of Arc
 Funeral directors St. Joan of Arc
G
 Gambling, compulsive [St. Bernardine of Siena](#)
 Gardeners St. Adelard, St. Fiacre
 Germany [St. Boniface](#), [Michael, Gabriel and Raphael](#),
[St. Peter Canisius](#), [St. George](#)

Girls [St. Agnes](#), [St. Maria Goretti](#)
 Grandparents [Sts. Ann and Joachim](#)
 Gravediggers [St. Anthony the Abbot](#)
 Greece [St. Andrew](#), [St. Nicholas](#)
 Greetings [St. Valentine](#)
 Grocers [Michael, Gabriel and Raphael](#)
 Grooms [St. Louis of France](#), [St. Nicholas](#)
 Gypsies [Blessed Ceferino Giménez Malla](#)

H

Hairdressers [St. Martin de Porres](#)
 Happy death [St. Joseph](#)
 Headaches [St. Teresa of Avila](#)
 Heart patients [St. John of God](#)
 Homeless [St. Benedict Joseph Labre](#)
 Horses [St. Martin of Tours](#)
 Hospital administrators [St. Frances Xavier Cabrini](#)
 Hospitals [St. Camillus de Lellis](#), [St. John of God](#)
 Hotel keepers [St. Amand](#)
 Housewives [Sts. Ann and Joachim](#), [St. Martha](#)
 Hungary [St. Gerard](#), [St. Stephen](#)
 Hunters [St. Hubert](#), [St. Eustachius](#)

I

Immigrants [St. Frances Xavier Cabrini](#)
 Impossible causes [St. Frances Xavier Cabrini](#), [St. Rita of Cascia](#)
 India [Our Lady of the Assumption](#)
 Infertility [St. Rita of Cascia](#), [St. Philomena](#)
 Insanity [St. Dymphna](#)
 Internet [St. Isidore of Seville](#)
 Invalids [St. Roch](#)
 Ireland [St. Brigid of Kildare](#), [St. Patrick](#), [St. Columba](#)
 Italy [St. Francis of Assisi](#), [St. Bernardine of Siena](#),
[St. Catherine of Siena](#)

J

Japan [St. Francis Xavier](#), [St. Peter Baptist and Companions](#)

Jewelers [St. Eligius](#)
 Jordan [St. John the Baptist](#)
 Journalists [St. Francis de Sales](#)
 Judges [St. John of Capistrano](#)
 Juvenile delinquents [St. Dominic Savio](#)

K

Kidney disease [St. Benedict](#)
 Knee problems [St. Roch](#)

L

Laborers [St. Isidore the Farmer](#), [St. James the Greater](#)
 Latin America [St. Rose of Lima](#)
 Lawyers [St. Thomas More](#), [St. Raymond of Penyafort](#)
 Learning [St. Ambrose](#)
 Librarians [St. Jerome](#)
 Lithuania [St. Casimir](#)
 Longevity [St. Peter \(Peter and Paul\)](#)
 Loss of parents [St. Elizabeth Ann Seton](#)
 Lost items [St. Anthony of Padua](#)
 Lovers [St. Valentine](#)

M

Maids, domestic workers [St. Zita of Lucca](#)
 Married women [St. Monica](#)
 Medical technicians [St. Albert the Great](#)
 Mentally ill [St. Dymphna](#)
 Merchants [St. Francis of Assisi](#), [St. Nicholas](#)
 Messengers [Gabriel \(Michael, Gabriel and Raphael\)](#)
 Metal workers [St. Eligius](#)
 Mexico [Our Lady of Guadalupe](#)
 Midwives [St. Raymond Nonnatus](#)
 Military members [St. Joan of Arc](#)
 Miscarriage, prevention of [St. Catherine of Sweden](#)
 Missionaries [St. Francis Xavier](#), [St. Thérèse of Lisieux](#)
 Monks [St. John the Baptist](#)
 Mothers [St. Monica](#)
 Motorists [St. Frances of Rome](#)

Musicians	St. Cecilia	Physicians	St. Luke , Sts. Cosmas and Damian
Mystics	St. John of the Cross	Pilots	St. Joseph of Cupertino , St. Thérèse of Lisieux
N		Poets	St. Columba , St. David of Wales
Netherlands	St. Willibrord	Poisoning	St. Benedict
Neurological diseases	St. Dymphna	Poland	St. Casimir , St. Florian , St. Stanislaus
New Zealand	Our Lady Help of Christians	Police officers	Michael , Gabriel and Raphael
Nicaragua	St. James the Greater	Politicians, public servants	St. Thomas More
Nigeria	St. Patrick	Poor	St. Anthony of Padua , St. Lawrence
North Africa	St. Cyprian	Popes	St. Peter (Peter and Paul)
North America	St. Isaac Jogues , John de Brébeuf and Companions	Portugal	St. George
Norway	St. Olaf	Postal workers	Gabriel (Michael, Gabriel and Raphael)
Notaries	St. Luke , St. Mark	Preachers	St. John Chrysostom
Nuns	St. Scholastica , St. Brigid of Kildare	Pregnant women	Sts. Ann and Joachim , St. Gerard Majella , St. Margaret , St. Raymond Nonnatus
Nurses	St. Camillus de Lellis , St. John of God , St. Agatha	Priests	St. John Vianney
O		Printers	St. Augustine , St. John of God
Obstetricians	St. Raymond Nonnatus	Prisoners	St. Dismas , St. Joseph Cafasso
Oceania	St. Peter Chanel	Prussia	St. Joseph Cafasso
Orators	St. John Chrysostom	Public relations	St. Bernardine of Siena
Orphans, abandoned children	St. Jerome Emiliani	R	
P		Race relations	St. Martin de Porres
Painters	St. Luke	Radio	Gabriel (Michael, Gabriel and Raphael)
Paraguay	Our Lady of the Assumption	Radiologists	Michael , Gabriel and Raphael
Paralysis	St. Osmund	Reconciliation	St. Vincent Ferrer
Parenthood	St. Rita of Cascia	Retreats	St. Ignatius of Loyola
Parish priests	St. John Vianney	Rheumatism	St. James the Greater
Pawnbrokers	St. Nicholas	Robbers, danger from	St. Leonard of Noblac
Penitents	St. Mary Magdalene	Rome	St. Peter (Peter and Paul)
Perfumers	St. Mary Magdalene	Russia	St. Andrew , St. Basil the Great , St. Casimir , St. Nicholas , St. Joseph
Peru	St. Joseph , St. Rose of Lima	S	
Pharmacists	Sts. Cosmas and Damian	Sailors	St. Elmo , St. Brendan , St. Francis of Paola
Philippines	St. Rose of Lima	Savings	St. Anthony Claret
Philosophers	St. Catherine of Alexandria , St. Albert the Great	Scholars	St. Brigid of Kildare , St. Bede the Venerable

Schoolchildren	St. Benedict	Television	St. Clare
Schools	St. Thomas Aquinas	Theatrical performers	St. Genesius
Scientists	St. Albert the Great	Theologians	St. Alphonsus Liguori , St. Augustine of Hippo
Scotland	St. Margaret , St. Andrew	Throat ailments	St. Blase
Sculptors	St. Claude	Toothache	St. Apollonia
Secretaries	St. Genesius		St. Anthony of Padua , St. Nicholas , St. Joseph , Raphael (Michael, Gabriel and Raphael)
Seminarians	St. Charles Borromeo	Travelers	St. John the Apostle
Serbia	St. Sava		
Servants	St. Sava , St. Zita of Lucca	Turkey	
		U	
Shepherds	St. Marie Bernadette Soubirous , St. Paschal Baylon	Undertakers	Sts. Joseph of Arimathea and Nicodemus
Sick	St. John of God	United States	Feast of the Immaculate Conception
Skin diseases	St. Anthony the Abbot , St. Anthony the Abbot	Universal Church	St. Joseph
Slavic peoples	Sts. Cyril and Methodius	Universities	Blessed Contardo Ferrini
Sobriety	Venerable Matt Talbot	Uruguay	Sts. Philip and James
Social justice	St. Joseph , St. Martin de Porres		
Social workers	St. Louise de Marillac	V	
Soldiers	St. George , St. Martin of Tours	Venereal disease	St. Fiacre
South Africa	Our Lady of the Assumption	Venezuela	Our Lady of Coromoto
South America	St. Rose of Lima	Veterinarians	St. Eligius
Spain	St. James the Greater	Vietnam	St. Joseph
Speakers	St. John Chrysostom	Vintners	St. Amand
Stomach disorders	Sts. Timothy and Titus	Vocations	St. Alphonsus Liguori
		W	
Students	St. Catherine of Alexandria , St. Thomas Aquinas	Waiters, waitresses	St. Martha
Surgeons	Sts. Cosmas and Damian , St. Luke	Wales	St. David of Wales
Sweden	St. Bridget of Sweden	Weavers	St. Anthony Claret
Switzerland	St. Nicholas von Flue	West Indies	St. Gertrude
T		Widows	St. Frances of Rome , St. Paula
Tailors	St. Homobonus	Wine trade	St. Amand , St. Vincent of Saragossa
Tax collectors	St. Matthew	Women in labor	Sts. Ann and Joachim , St. Elmo
Taxi drivers	St. Fiacre	Workers	St. Joseph
Teachers	St. Gregory the Great , St. John Baptist de la Salle	Writers	St. Francis de Sales
Teenagers	St. Aloysius Gonzaga , St. Maria Goretti	Y	
Telecommunications	Gabriel (Michael, Gabriel and Raphael)	Youth	St. Aloysius Gonzaga , St. Maria Goretti , St. John Bosco



DIOCESE OF ARLINGTON

Questions in Preparation for Confirmation

Most Rev. Michael F. Burbidge

*By the gift of the Holy Spirit poured out in Confirmation
the faithful are more fully conformed to Christ
and they are strengthened with the power to bear witness to Christ.
(Cf. Order of Confirmation, no. 1)*

1. What is a Sacrament?

A Sacrament is an outward sign instituted by Christ to give grace.

2. What is grace?

Grace is a supernatural gift from God to make us holy and to unite us with Him now and forever. Each sacrament gives and strengthens the active presence, life, and love of the Holy Trinity in us. Each sacrament gives its own special graces.

3. When did Jesus institute the Sacrament of Confirmation?

Jesus promised to the Apostles that he would ask the Father to send the Holy Spirit to enlighten, strengthen, and guide them. At Pentecost (fifty days after Easter), the Holy Spirit descended upon the Apostles. Tongues of fire rested upon their heads and the fire of God's love filled their souls.

4. What are the Seven Gifts of the Holy Spirit?

- | | |
|---------------------|--|
| 1. Wisdom | <i>helps us to know God's will for our lives</i> |
| 2. Understanding | <i>enables us to make the faith our own</i> |
| 3. Knowledge | <i>allows us to come to know and be in relationship with God</i> |
| 4. Fortitude | <i>helps us to be courageous in the defense of our faith</i> |
| 5. Counsel | <i>aids us in making right judgments</i> |
| 6. Piety | <i>assists us in being prayerful, reverent, and holy</i> |
| 7. Fear of the Lord | <i>is a holy awe and reverence for God</i> |

5. What did the Apostles do after Pentecost?

Filled with the gifts of the Holy Spirit, the Apostles went forth to fulfill what Jesus commanded them: “Go forth to all nations. Preach the Gospel. Baptize in the name of the Father, and of the Son, and of the Holy Spirit. Teach everything I have commanded you.” To this day, the Church continues to fulfill what Jesus commanded.

6. What is special about the Church? What are the Four Marks of the Church?

The Church is founded by Jesus Christ. It has four marks:

1. The Church is one because of her source, foundation, and bonds of unity in Christ.
2. The Church is holy because she is united with Christ, who through the Church sanctifies all people and makes possible holiness in life.
3. The Church is catholic because the Church is universal across all times and all places.
4. The Church is apostolic because she traces her teaching and authority to the Apostles.

7. How is the Sacrament of Confirmation celebrated?

Confirmation is celebrated by the community gathered around the Bishop, and it is always celebrated within a Liturgy of the Word.

After the Gospel, the candidates are called and the Bishop instructs them in a homily. The Bishop then asks the candidates to renew their baptismal promises.

Next, the Bishop expresses the Church’s prayer that the Father send the Holy Spirit.

Then, the Bishop places his hand on the head on the candidates, and then he anoints the candidates with Holy Chrism by making the sign of the cross. After the anointing, he offers peace to the candidates.

Finally, the community prays for the newly Confirmed.

8. What is Sacred Chrism?

Sacred Chrism is a perfumed oil blessed by the Bishop. Anointing with Sacred Chrism signifies the outpouring of the Holy Spirit and our being made more like Christ in order to continue his work in the world.

Oils were used by the Jewish people to anoint priests, prophets, and kings. These anointings showed that God called them to a special role of leadership and would empower them with the graces needed to fulfill the responsibilities.

In Confirmation, Christians are anointed with Chrism. By receiving the Holy Spirit, we are made more like Christ and are strengthened in doing Christ's work in the world. The Seven Gifts of the Holy Spirit empower us to fulfill these responsibilities.

Chrism reminds us of the sacred character sealed on our soul (as oil on a garment leaves a permanent mark, so Confirmation leaves a permanent mark on the soul). The fragrance of Chrism reminds us, as St. Paul said, to "put on the aroma of Christ."

9. How will I live the Sacrament of Confirmation?

Be able to tell the Bishop how you will live the Sacrament of Confirmation.

For example,

- *attend Mass each Sunday and Holy Day;*
- *pray each day;*
- *read Sacred Scripture;*
- *go to confession regularly;*
- *continue to learn about the faith;*
- *help in the mission of the Church (for example, by participating in the life of my parish);*
- *faithfully fulfill my vocation (for example, be married in the Church and, God willing, raise children in the faith; for example, say "yes" to the call to be a Priest, Sister, or Brother).*

10. Who is your Confirmation Saint?

Be able to tell the Bishop about your Confirmation Saint, what that Saint did to inspire you, and why you chose the saint.