

Sponsor

Supplemental Handbook



ST. THOMAS MORE PARISH CONFIRMATION PROGRAM

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Sponsor Supplemental Handbook

Congratulations! You have been chosen by a young person for a special role. A wonderful adventure in the spiritual life awaits the two of you. As a Confirmation sponsor, you have accepted a responsibility that is an honor in our Church. Your role is to spiritually walk with the candidate during the preparation for the sacrament. You will be assisting the young person in being a true witness and disciple of Jesus, and representing the community when you present your candidate to the bishop. Your special role does not end at the Confirmation liturgy; you will help the young person fulfill his or her baptismal promises after Confirmation with the help of the Holy Spirit.

The following information is provided as reference material for your own educational and spiritual growth. Some of the information that is necessary to complete a session is also found in the Sponsor-Candidate Workbook. Most of the information, however, is not necessary to complete any of the sessions, but will help explain some of the basic concepts of the church's teachings in regards to Confirmation. Please feel free to share any of the information with your candidate as you feel appropriate.

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Welcome to the role of sponsor. This is a great honor because the young person chose you as someone who represents faith, integrity, and maturity. The role of sponsor is a mentoring one. You have the unique opportunity to be a part of the faith life of a young person.

History of the Sponsor

In ancient times, when the majority of new members of the Church were adult converts from Judaism or one of the many pagan religions of the time, the sponsor played a very important role in bringing the candidate into the faith. The candidates were called "catechumens" because while the early Church was persecuted they would meet in secret in the catacombs under the city. We still refer to adults who come into the faith as such. The sponsor saw that the catechumen was properly instructed in the matters of the Christian faith. They were often the ones who would do the teaching. Likewise, the sponsor attended to the catechumen's spiritual growth serving in the capacity of the spiritual director. The sponsor helped the person to develop a prayer life and worked with them to correct their moral faults. Equally important, the sponsor would introduce the candidate to the other members of the community, its fellowship, and its ministry. In this way the sponsor's role after the initiation ceremony continues so that the candidate would feel not only at home but also fully and firmly established within the community.

As the understanding of Confirmation changed, the sponsor's role became largely formal and symbolic. The sponsor, usually a relative or close friend, had no real role outside of the ceremony itself. The importance of sharing faith with the candidate was lost.

In keeping with the renewed theology that emphasizes the initiation into the community, there is a need to reestablish the more practical and important role of the sponsor. The sponsor is chosen because they are an exemplary, active member of the local faith community. As such he or she oversees the candidates' catechetical preparation and spiritual development. Likewise the sponsor guides the candidate in assuming an active role in the life and fellowship of the faith community. Thus the role of sponsor is important before and after confirmation.

How Does Sponsoring Work?

Sponsor's Role

The role of the sponsor can be both a challenge and a reward for anyone taking it on. It has become more than a ceremonial role in recent years with emphasis on returning the original meaning to the role. The sponsor serves as a mentor to the young person, acting like a guiding light. The sponsor also journeys along with the youth. A sponsor will often grow as much or more in their faith.



In today's world there are fewer intergenerational encounters, the church is one of the few places where this essential part of life still happens. You, as sponsor, will be able to bridge that gap in a very unique way. There has been much emphasis lately on the need for mentoring of youth. The church has long recognized this. A mentor can reach a person on a personal level -

more than a teacher, coach or other formal leader. Our relationship with God is always a personal and communion one. The interpersonal relationship of mentor brings fuller meaning to the community at large.

We may agree that as adults in today's world we are used to being defined by what we do. In fact, this is a common first question we ask one another on first meeting. It is a comfortable way to initiate the small talk that at some point might evolve into deeper conversation. Yes, as a Confirmation sponsor, you will have particular things "to do." These may include attending rehearsal, buying a gift, walking with the candidate to the bishop, going to dinner after the liturgy. But you are about to embark on a journey with a young person. *What you do* is not the primary concern.

This is a journey concerned less with what you will do as a sponsor and more with who you are as a person of the Gospel. This journey will take you and a young person to new and exciting places in the life of faith. Faith penetrates the heart of the matter - how has faith penetrated who you are? Can a young person read the Good News in the actions of your life?

Twenty Tips for Sponsors

1. Participate with the young person in activities, i.e., take him or her to a movie and talk about it over a snack afterwards, or invite him or her on an outing such as biking, rollerblading, ice skating or hiking. Try activities that involve the young person in creative expression.
2. Establish a regular time to be with the young person as listener, sharer and co-traveler on the faith journey. Communicate that the friendship between the two of you makes a difference in your life.
3. Encourage the young person to keep a personal journal. Share reflections of your own from daily life. Talk about current events and trends.
4. Be willing to enter into discussion with the young person about the differing values around us and affirm the healthy, life-giving choices of the young person. Model healthy, life-giving choices and relationships in your own life. Share stories of others, both current and of history, who have struggled with issues of personal integrity.
5. Recommend, and even buy for the young person, spiritual reading, "reflections for every day", that link faith to life.
6. Expose the young person to professional acquaintances in particular fields and vocations as he or she explores possible vocational choices.
7. Share with the young person the significant moments in your faith life. Ask open-ended questions (why, how, where, when) that encourage the young person to explore how his or her faith is experienced in life.
8. Participate with the young person in community service activities and together keep a photo journal of your involvement.
9. Advocate for inclusion of the young person and his or her peers in leadership capacities at the parish, and to become an integral part of the planning process for programs that involve them.
10. Explore with the young person a variety of ways to pray. Send the young person scripture notes every week. Meet with the young person and talk

about what kind of homily the young person would write for the upcoming Sunday.

11. Find five other adults who are going to pray for this young person.
12. Create a prayer board for the young person's bedroom where he or she can put up the names of people who are in need of prayer.
13. Send a special card to the young person on the anniversary of his or her baptism.
14. Reach out to the young person with a "good luck on the exam" telephone call or a congratulatory note about a job well done. Try doing "random acts of kindness" for your young person.
15. Support mom and dad with a listening, empathic ear.
16. Learn friends' names and inquire about them regularly. Invite the young person's friend(s) to join the two of you on an occasion or two. Host a popcorn/movie night and watch a "religious movie" with the young person and his or her friends, e.g., *Jesus of Nazareth*, *Romero*. Prepare a special dinner before Confirmation for the young person and his or her friends. Find ways to include peers in making the Confirmation celebration more meaningful, e.g., have a group of friends make a scrapbook for the young person. Talk with him or her about the value of friends, and the struggles of relationships.
17. Take the young person to the ritual experiences at Church or in the community, e.g. the community's Stations of the Cross.
18. Share how your faith and experiences of Church have made a difference in your life - including the doubts and struggles you may experience.
19. Pray for the young person, and let him or her know it.
20. Ask the young person to pray for you.



How Do I Share Faith?

Central to being a Confirmation sponsor is sharing with the young people the worthy adventure of living a gospel-centered life. You may not feel equipped for this task, but don't worry, neither did the first disciples of Jesus! In fact, sharing our faith with each other is not a task, it is a way of life. We carry a particular identity with us, and into all of our environments because we are Catholic. One writer has said that the *walls* of her home growing up were Catholic, filled as they were with symbols of belief.

Ask the young person why he or she chose you as a sponsor. You may discover that this particular adolescent has already been reading the Good News through you!

As a sponsor, you are "being church" with a young person. What does this mean? The mission of church is three-fold. We *proclaim* the Good News, namely the saving action of Jesus, we offer ourselves as a group of people transformed by the Spirit into a *community of faith, hope and love*, and we bring *God's justice and love* to others through service. In its ministry with young people, of which you are a part, the church works to foster the total personal and spiritual growth of young people and to draw them to responsible participation in the life, mission and work of the faith community. In addition, we empower young people to become disciples of Jesus Christ who witness to their faith by living and working for justice, peace, and human dignity. (*Vision of Youth Ministry 3,7*)

Here are some simple strategies for "being church" with your young person.

Have Faith Conversations: Witness to God's Presence in Your Life

Young people, particularly older adolescents, are exploring their beliefs and values. They are searching for a worthy adventure upon which to embark; an adventure that gospel living surely is. Here are some simple strategies that will help you initiate faith conversations:

- ◆ **Share stories with each other.** Stories have a tremendous impact. If all you do as a sponsor is share how *God* has been moving in and through your life, you have given your young person a gift of tremendous value. Share with each other the significant religious celebrations of your lives - compare "notes" about First Communion, etc. Help the young person identify what is uniquely Catholic about his or her life. Share as well significant life experiences in the context of faith.

- ◆ **Affirm the actions of the young person which witness to the Good News.** Make direct correlation for the young person between what you see him or her doing and how it is a value and action of Jesus. Break open the Scriptures for the week and share how Jesus' teachings apply today.

- ◆ **Help the young person explore how the events of his or her life are glimpses of the "vision of the glory of God."** Be comfortable with the young person's questions and challenges. In order for belief to be meaningful, for *God* to be meaningful, young people need the space to explore their questions and doubts. They need adults who will stand by them, be faithful to their searching, and not abandon them in their disbelief.

Explore Prayer and Celebration

Our tradition as Catholics is rich with ritual and celebration of *God's* presence and action in humankind. Prayer is relationship with *God*. Young people are exploring the meaning of Catholic ritual, and discovering their own unique spirituality and personal relationship with *God*. Walk with them on this adventure!

- ◆ **Plant a seed somewhere special with the young person.** Talk about how the seed is now underground in the damp and dark preparing to burst forth new life. Relate each step in the plant's development to the growth of each of us spiritually.

- ◆ **Challenge yourself and the young person to move beyond mediocrity in your spiritual lives.** Have prayer discussions. Share your own struggles with a prayer life and explore praying together. Help the young person establish a regular pattern of prayer. Together commit to a joint effort such as placing a prayer/scripture reflection on your bathroom mirrors and praying it each morning individually.
- ◆ **Invite the young person to join you at the parish Lenten mission.** Take him or her for ice cream afterwards and talk about what you heard.
- ◆ **Laminate the renewal of baptismal vows as a prayer card or book mark.**
- ◆ **Focus prayer with the young person on significant events in his or her life.** (e.g., driver's license, death of a friend, finishing the semester).
- ◆ **Visit the local museum to see the variety of artistic expression of faith and prayer.**
- ◆ **Give the young person a symbol** (poster, icon, picture of Jesus, candles, quotes from role model or saints) that he or she can place in a prayer corner at home.
- ◆ **Encourage the young person to write prayers in the form of poems or journal entries.** Give him or her a decorative blank book for this purpose.
- ◆ **Read Scripture aloud.**
- ◆ **Have the young person share contemporary music which is meaningful to him or her.** Talk about why.

Explore Justice and Service Opportunities

Young people have a tremendous capacity for selflessness. In giving themselves through service and concern for others, they discover more about who they are and about the unique gifts that God has given them. Tap into the idealism of your young person by initiating participation in service opportunities or by expressing interest in what the young person is already involved. Explore together the needs of the world (individual, parish, community and world) and how the gifts of individuals are meant to meet those needs.

- ◆ **Decide together on one meaningful service project in which you will both be involved.** Find something that calls forth the unique gifts of the young person. Talk afterwards about how the involvement was a reflection of Jesus' mission of service.
- ◆ **Discuss options for further direct service or exploring social justice issues.**
- ◆ **Assist the young person to find information and resources in expressed areas of interest.** Visit local service organizations and Catholic social ministry programs together.
- ◆ **Search scripture with the youth and discover Jesus' teaching on the social issues of his time.** Talk about how they relate to the social issues of our time.

Building the Relationship One-on-One

It is an honor to have been asked to be a sponsor for Confirmation. Now you are wondering not only "What are we going to talk about?", but more fundamentally, "How do I talk to a young person?" Communication skills are foundational to any relationship. What follows are some simple guidelines and practical ideas, which if followed, will greatly assist you to develop effective communication and have meaningful and fun conversations.

♦ **Be committed to communicate with the young person.**

Your presence and your faith story are gifts you give. The young person offers you a gift as well, through his or her self-disclosure.



Establish a regular pattern of contact. This could be a once-a-week phone call or a trip to the coffee shop. (Check out Fr. Quinn's new CYE Base Camp Coffee House on Wisconsin Avenue) First and foremost, the young person needs to know that you care and that you want to be a part of his or her life. He or she also needs to know that you take your role as sponsor seriously. This means that you are willing to be present, that sometimes you will go out of your way to be where the young person is. You are willing to share your stories of life and faith, and to listen to him or her and help reveal God active in the day to day realities of being a teenager.

♦ **Communication is a revelatory process.**

As you and the candidate prepare for Confirmation and look forward to continuing the faith journey together afterwards, you will be sharing about yourselves. Your sharing communicates trust in the young person and a willingness to share your personal vulnerability.

In your regular contact with the candidate, *share your feelings.*

This can be as simple as telling him or her how you feel, and relating the various experiences of the day or week and how they have impacted you. Since these are your feelings, use "I" statements rather than "you" statements. A simple and very effective formula is "I feel (felt).....when.....because....."

Express gratitude to the young person for listening to your story. Let him or her know that it makes a difference to you that you were able to share. "Thanks for listening. It's great to be able to talk with you about my day."

Be present in an active way to the young person's story.

This implies that you accept him or her "as is," you listen attentively, and you do not pass judgment on what is shared. This means that you "seek first to understand, then to be understood." Active, revelatory communication also implies that you offer suggestions but not advice. Remember, the young person is sharing who they are with you. You also thank the young person for sharing with you. It is an honor to enter into life's story with a youth. Here are some helpful hints on how to listen attentively:

- **Share empathic and reassuring reactions.** Another phrase for this is "reflecting feelings." To do this, pretend that you are a mirror and you are reflecting back what the young person has said so that you demonstrate understanding and acceptance. For example, "The frustration you feel from missing the deadline for that job application must be pretty intense."
- **Remove any blocks that are communication hazards.** Trying to have a conversation in front of the busiest escalator at the mall may not be the best idea. Environment can help facilitate communication or it can distract. Removing any visible barriers between you and the young person will aid in facilitating conversation as well.
- **Listen attentively by *clarifying the meaning of things that are shared*.** These are called "reflecting skills." In addition to "reflecting feelings" mentioned above, you can "paraphrase," that is, give a concise response that stated what you heard in your own words. Another skill is to "reflect meanings" by using the phrase, "You feel...because..." and to be open to clarification of your interpretation. "Summary reflections" are also very helpful. Here you give a summary of what you have heard. This

is not a summary of the young person's thoughts; hopefully your reflecting gives the young person the opportunity to pull together a summary of his or her own.

◆ **Use effective skills for good communication.**

These skills include attending skills, following skills, and the reflecting skills mentioned above. Total presence with your young person shows that you care about him or her. Attending and following skills involve total presence.

Maintain a posture of involvement. This posture includes a relaxed alertness which expresses the balance between "I feel at home with you and accept you" and "I sense the importance of what you are communicating to me and I'm intent on understanding you." Inclining your body towards the young person indicates full attention, and maintaining an open position (arms and legs uncrossed) communicates receptivity. Placing yourself at eye level with the young person and facing him or her directly will alleviate the risk of seeming disinterested.

Use appropriate body motion. How your body responds as you communicate with the young person speaks volumes. Your body can demonstrate empathy just by the way you position yourself as the young person talks. Avoid gestures and distracting movements that draw attention away from the conversation.

Use eye contact. Our eyes are powerful communication tools. Use yours with the young person to communicate trust, eagerness to listen, and caring about him or her.



Create conversation starters with Door Openers. One type of door opener describes the young person's body language. "You look like you're not feeling quite up to par." Another is offering an invitation to talk; "When do you want to talk about it?" Silence can also be a door opener. This gives the other person room, time and space to decide whether to talk, how to begin to talk, or even to decide what to say. The attending skills mentioned above are door openers as well.

Interject *minimal encouragers* throughout the conversation. Some examples are: Tell me more, yes, I see, Right, Go on, For instance? Oh? Really? Then? You bet.



Ask *open-ended* questions. Open-ended questions begin with "what," "where," "how," and "why" and stimulate conversation.

Being Catholic Today

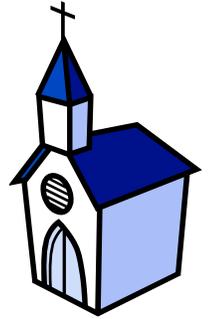
Michael Pennock



- ◆ A Catholic is a Christian who belongs to a faith community which shares Jesus' vision and responds to his presence in our midst. A Catholic respects each member of this community and uses his or her unique talents to contribute to it in a positive way.
- ◆ A Catholic believes in God, our loving Father. This loving Father has made us brothers and sisters to everyone who has ever lived. Moreover, he has sent us his Son, Jesus Christ, who loved us enough to die for us and give us eternal life.
- ◆ A Catholic believes in the Holy Spirit and the Spirit's powerful presence in the church and in the world. A Catholic accepts and uses the many gifts the Spirit gives us. It is the Holy Spirit who makes it possible for a Catholic to accept Jesus into his or her life.
- ◆ A Catholic attempts to live Jesus' teaching in his or her life: loving God above all things; loving neighbor as oneself; forgiving enemies, extending special care to the poor, lonely, and the outcast.
- ◆ A Catholic works for peace and justice, thus helping the Lord promote the spread of his reign on earth as it is in heaven.
- ◆ A Catholic commemorates the suffering, death, and resurrection of Jesus Christ by living a sacramental life. This includes, for example, recognizing a need for the forgiveness through the celebration of the sacrament of reconciliation. Moreover, a Catholic values the Eucharist as a special sign of God's nourishing love, a way to meet the living Lord Jesus. A Catholic participates fully in the Eucharistic celebration every week.

- ◆ A Catholic makes time to develop a prayer life because prayer leads to an intimate friendship with the Lord.
- ◆ A Catholic values and reads the Bible, the word of God.
- ◆ A Catholic recognizes the role of proper authority in the church, for example, by seeking guidance for moral decisions from the church's official teachers, the pope and the bishops in communion with him.
- ◆ A Catholic serves others by imitating Jesus who washed the feet of his disciples and commanded us to do the same.
- ◆ A Catholic proclaims the Lord's gospel, thus publicly acknowledging Jesus Christ and his church. A Catholic is willing to stand up to ridicule and suffering in the service of the gospel truth.
- ◆ A Catholic is devoted to Mary - the Mother of God and the Mother of the Church - and admires the saints as models of how to live the Christian life.
- ◆ A Catholic is fiercely committed to the protection of life, especially in our present age. In a special way, a Catholic defends innocent human life by fighting abortion. Likewise he or she combats euthanasia, assisted suicide, and other contemporary assaults on human life like prejudice, economic policies that exploit the poor, crime and it causes, and the like.
- ◆ A Catholic is all of the above and much, much more.
- ◆ But above all else, Catholics belong to Jesus Christ, his church, and to the world to which they come to proclaim in word and deed the good news of our gracious, loving Savior.

These sixteen belief statements are reprinted with minor adaptations from
The Seekers Catechism - The Basics of Catholicism by Michael Pennock.
(Notre Dame, IN: Ave Maria Press, 1994)



Basic Beliefs of the Catholic Church

Together, read through each of the ten sets of statements, one statement at a time. Then ask your candidate to explain, using his or her own words, what each statement seems to mean. Discuss the statement if your candidate has any trouble accepting the truth. Finally, ask the candidate to talk about the importance of the particular truth in terms of living a full, responsible Christian life.

1. Revelation

God reveals Himself to humanity through all creation, through the events of human history, especially the history of Israel, and through the Incarnation of His Word and son, Jesus Christ. God's revelation is recorded in the Bible.

2. The Church

The Church is made up of those who profess belief in Jesus as Lord and God, and who are baptized into his life. This faith community has three tasks: to worship God together in the celebration of the Mass and sacraments (liturgy); to proclaim what Jesus has done for humanity (share the Good News of our salvation through Jesus); and to work to overcome injustice and care for the sick and needy (service). Jesus remains present on earth through the life of this faith community.

3. Sacraments

The Catholic Church recalls, reenacts and celebrates certain actions of Jesus when he walked on earth. The Church does this by means of certain signs, objects, gestures, and words. Through the rituals or ceremonies which include these signs. Through the rituals Jesus touches our lives in the same way he touched the lives of people during his earthly life. There are seven such signs, or sacraments:

Baptism - Through Baptism we participate in Jesus' death and resurrection by dying to sin and rising to new life in Jesus.

Confirmation - At Confirmation, the Holy Spirit empowers, strengthens, encourages, guides, and challenges us to live the life of Jesus to the fullest extent possible.

Eucharist - The Eucharist celebrates a memorial sacrificial meal which recreates and makes present the Last Supper, death, and resurrection of Jesus. The bread and wine actually become Christ's body and blood. Through this sacrament, we offer to the Father in the power of the Holy Spirit the one sacrifice of Christ, and we share in his sacramental body and blood at Communion.

Reconciliation (Penance) - Through Reconciliation we experience the forgiving and healing powers of God in the name of Jesus and the Church. We discuss our daily struggles with the priest, and he absolves us of our sins. Our relationship with God is renewed.

Marriage - In the Sacrament of Marriage, a man and woman commit themselves to each other in the name and presence of God. They become united to each other in Jesus for the rest of their earthly lives.

Holy Orders - Holy Orders introduces people into the ordained priesthood of Jesus as deacons, priests, or bishops. They become empowered to lead the Church in Jesus' name and to celebrate the sacraments.

Anointing of the Sick - Through his followers, Jesus cares for the sick members of the community. He strengthens them spiritually and, in some cases, physically.

4. Grace

Grace means gift. It means God, the Trinity, present to save us - present through all creation, events of human history, the history of Israel, and above all, present in Jesus Christ. Through these gifts, God offers us friendship, and divine life. We, however, need to be open to God in order to fully experience these gifts. We become open through faith, through informed participation in the celebrations of the sacraments, and especially

through listening to God's word. Grace also means the effect of God's friendship upon us - the power it gives us to live a life of love.

5. Creed

When we profess the Creed at Mass we proclaim the principal beliefs that the Church holds.

6. Immortality and Resurrection

Catholics believe that every person has an immortal soul and that even the bodily dimension of existence will be restored and transformed into perfection after death. In other words, we believe we will live forever in friendship with God and others.

7. Christian Morality

Jesus revealed to us what it means to be fully human by showing us how fully human persons act. It can be summarized in this way:

- ◆ Honor God
- ◆ Respect God's creation
- ◆ Respect your own dignity
- ◆ Respect the dignity and rights of all others

Just what such honor and respect involve is described in the Ten Commandments and summarized again by Jesus in his command that we love God and love our neighbor as ourselves.

8. Church Authority and Dogmas

Bishops are official leaders of the Church as members of the College of Bishops, which continues, in union with the pope, the leadership role played by the apostles in union with Peter. As teachers, bishops have two special tasks: to ensure that the revelation God has given us is not corrupted or distorted as it is handed down to each new generation; to help the faith community continue to grow in the correct understanding of what God has revealed. Hence, bishops are considered official teachers. Their official teachings, which all faithful believes and accepts as true, are called the dogmas of the church.

9. Salvation and the Church

Salvation is offered to all people by God. The Church is the official, authentic, and formal means through which the salvation of the world through Jesus Christ is offered to humanity. However, people are ultimately

judged by God according to whether they have followed their informed consciences. Those who know Jesus as Savior are not free to reject him. Those who do not know him as Savior must strive to know truth, value, and ultimately, God in keeping with the knowledge, freedom, and forms of grace and revelation available to them.

10. Sin

Sin is the rejection of grace and God's word. Mortal sin is knowingly, deliberately, and with full freedom, acting on an important matter contrary to what is known to be true and good; it involves moving one's life in the direction of selfishness, away from love and, ultimately, God. The Church informs the consciences of Catholics and people of good will with moral norms rooted in the teaching of Jesus. Venial sin is sin of a lesser degree; it does not involve a radical directing of one's life away from love and, ultimately, God.

Review of the Mass

Together review the outline of the Mass below. Discuss each element, using the following questions as a guide.

- ◆ Do you feel you understand the nature & purpose of this aspect of the Mass?
Do you have any problems with it?
- ◆ What might help make it more meaningful to you? What could you do to better enter into the spirit of this part of the liturgy?

Structure of the Mass

I. Introductory Rites

Purpose:

1. To gather to become a worshipping community
2. To ask God's forgiveness
3. To prepare both to listen to God's Word and to celebrate Eucharist

Parts: 1. *Gathering song*

2. *Greeting*

3. *Rite of Holy Water Blessing or Penitential Rite*

4. *The Kyrie - Lord, Have Mercy*

5. *Opening prayer*

II. Liturgy of the Word

Purpose: To hear and reflect on God's Word

Parts: 1. *Proclaiming the Scriptures (ex: Old Testament, Epistle, Gospel)*

2. *Reflection and psalm response to First Reading*

3. *Alleluia (before Gospel)*

4. *Homily (explanation of and reflection on God's Word, after Gospel)*

5. *Profession of Faith*

6. *General Intercessions*

III. Liturgy of the Eucharist

Preparation of the Gifts

Purpose: 1. To prepare the bread and cup for the sacrifice

2. To provide a time of interior readiness for Liturgy of Eucharist

Parts: 1. *Preparation of the Gifts (Bringing gifts to the altar, placing them on the table, blessing prayer)*

2. *Invitation to Prayer*

3. *Prayer over the Gifts*

Eucharistic Prayer

Purpose: 1. To join with Christ in praise & thanks for the works of God.

2. To join with Christ in offering his sacrifice of love.

Parts:

1. Introductory dialogue
2. Preface
3. The *Sanctus* - "Holy, Holy, Holy Lord"
4. Eucharistic Prayer (including typically)
 - a. Praise to the Father
 - b. Invocation of the Holy Spirit (before or after the consecration or recalling of the Lord's Supper)
 - c. The Lord's Supper (consecration)
 - d. Memorial Prayer
 - e. Eucharistic acclamation
 - f. In communion with the saints; prayers for the Church and for the dead (before or after recalling the Lord's Supper)
 - g. Concluding Doxology
 - h. Great Amen

Communion Rite

Purpose:

1. To prepare to receive Christ's sacramental body and blood
2. To receive Christ's sacramental body and blood
3. To commune with Christ and with one another in Christ

Parts:

1. Lord's Prayer
2. Sign of Peace
3. Breaking of the Bread (including the *Agnus Dei* - "Lamb of God")
4. Communion
5. Prayer after Communion

IV. Concluding Rite

Purpose:

1. To conclude the Mass
2. To prepare to go forth in service and to be Eucharist

Parts:

1. Blessing (Solemn Blessing or Prayer over the People)
2. Dismissal
3. Often there is a concluding hymn

What Is Confirmation?

The Sacrament of Confirmation...

- ✠ welcomes us and deepens our belonging to the faith community
- ✠ deepens our relationship to God, as Creator, Redeemer and Spirit
- ✠ strengthens us as disciples

A sacrament is part of the way that God loves us and calls us.

A Sacrament is God's love expressed as a free, undeserved gift.

- ✠ The Gift within Confirmation is that of strengthening us for discipleship and deepening our belonging to the faith community through the Trinity.

God uses visible signs to communicate invisible love.

To communicate God's love, God uses our senses: eyes, ears, touch, smell, and taste, and elements of our world.

- ✠ In Confirmation, the signs we will celebrate include being anointed with oil and the laying on of hands as we remember the water of Baptism and the nourishment of Eucharist.

God calls and invites; we respond. An attitude of openness communicates a "yes" to God's invitation to a deeper relationship. This "yes" does not mean we know that we will always be faithful or that we are worthy of the gift.

"Yes" means we are open to be strengthened by God who calls and loves us.

- ✠ In Confirmation, we have the opportunity to say "yes" through the various responses in the prayer.

The community witnesses to and celebrates the sacraments. A sacrament is a powerful sign that God is alive and present in the world. As Church, we are called to be sacrament that is to be God's hand and healing touch in the world. At the same time, we celebrate the sacraments as our most important prayer. This community that celebrates sacraments is global, reaching to other faith communities throughout the world and joined in a common bond. The community is also local as a diocese or archdiocese, as a parish and as a community of faith in families.

- ✠ In Confirmation, the community witnesses our celebration and provides a sponsor who represents the love of the community for us.

Online Resources

www.vatican.va- Vatican Website

www.usccb.org- United States Conference of Catholic Bishops

www.gbdioc.org- Green Bay Diocese

www.stmcath.org- St. Thomas More Parish

www.catholic.com- Catholic Answers

www.catholic.org- Catholic Online

www.americancatholic.org- Saint of the day, daily Catholic questions

www.relevantradio.com- local Catholic Radio Station

www.catholic.org/saints- an excellent website when choosing a

Confirmation name

Prayers to the Holy Spirit

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 will renew the face of the Earth.

Lord, by the light of the Holy Spirit
You have taught the hearts of your faithful.
In the same Spirit
Help us to relish what is right
And always rejoice in your consolation.
We ask this through Christ our Lord.
Amen.



Breathe in me, O Holy Spirit,
That all my thoughts may be holy.
Act in me, O Holy Spirit,
That my work, too, may be holy.
Draw my heart, O Holy Spirit,
That I love but what is holy.
Strengthen me, O Holy Spirit,
To defend all that is holy.
Guard me, then, O Holy spirit,
That I always may be holy.

Amen. - St. Augustine