

# Sacred Heart Cathedral High School Ministry: Confirmation Program

Welcome, to the Sacred Heart Cathedral Confirmation Program. We are glad that your family will be joining us in this exciting journey of faith. With your commitment and faithful support, the journey in high school ministry will be rewarding in many ways. We hope that we are able to provide your family a welcoming experience to the Catholic faith and the sacrament of Confirmation. Your family is an integral part of the preparation for the sacrament of Confirmation. In the pages ahead you will find some important information about the program. Please take time to read, review, and note all the activities that are part of the program. If you feel that this program is not right for your family at any time please let us know. May the journey always be filled with the Holy Spirit.

– Kim and Matt Wheeler

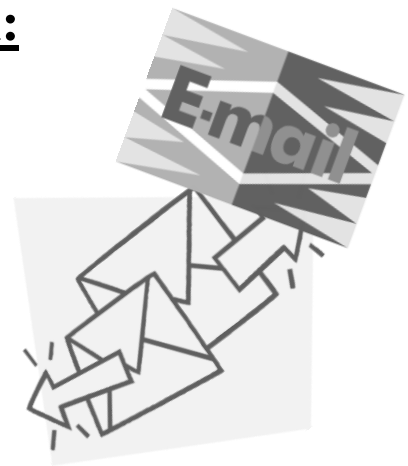
## **Contact Information:**

**Matt and Kim Wheeler**

**Email:** [hsministry@sacredheartcathedral.org](mailto:hsministry@sacredheartcathedral.org)

**Mailing Address:**

Sacred Heart Cathedral  
Attn: Matt and Kim Wheeler  
219 W. Edenton Street  
Raleigh, NC 27603



**Confirmation Requirements, Calendar, Youth Group Information:** Visit the Sacred Heart Cathedral website at: [www.sacredheartcathedral.org](http://www.sacredheartcathedral.org) (Faith Formation Section).

**Special Note:**

Phone and e-mail messages will be given attention within 48 hours. We will not be in the parish office for any specific office hours. You may reach us in person on Sunday evenings during class and youth group times in the school hall.

**Phone Calls:**

We will return calls during evening hours before 9pm or on the weekend unless other arrangements are made.

# Sacred Heart Cathedral High School Ministry: Confirmation Program

---

## Catholic Faith Beliefs

Information from Diocese of Raleigh website under What We Believe:

[www.dioceseofraleigh.org](http://www.dioceseofraleigh.org)

### **The Catholic Church in the Diocese of Raleigh is:**

- A community of faith, which needs to be nourished by the Word of God;
- A community of grace, in which the Eucharistic sacrifice is celebrated, the sacraments are administered and prayer is offered unceasingly to God;
- A community of charity, both spiritual and material, which flows forth from the Eucharist;
- A community of missionary service, in which all are called to spread their gifts and the inexhaustible riches of Christ.

### **Our Mission**

#### **As members of the Church, we believe:**

- That God the Father loves us unconditionally and wills that all persons be saved;
- That through His death and resurrection, Jesus Christ His Son has redeemed us and through Baptism makes us mystically into His own Body;
- That by water and the Holy Spirit we are united and established as the People of God, a "chosen race, a royal priesthood, a holy nation, a people set apart";
- That the Apostles are the foundation of the Church of Christ. They guarantee fidelity to Christ, teach with authority, guide the community and safeguard its unity;
- That the Church preserves and hands on, whole and entire, the deposit of faith received through the Apostles from Christ Himself;
- That through the visible Church, Christ is present in the midst of His people, continuing His mission and pouring out His Spirit on the faithful;
- that the essential marks of the Church reveal it as a Trinitarian mystery of communion, a Church of life, of charity, of forgiveness, of truth and service;
- that love and the Spirit join us to the Church Universal, our Holy Father, the Bishops and all persons who seek to do God's will;
- That the Church's mission is to proclaim and spread the Kingdom of God in word and service so that all may believe in Christ and come to eternal life;
- That membership in the Body of Christ calls us to be a prophetic, priestly, serving people.

#### **We believe that we become:**

- ***A prophetic people***, by proclaiming the Good News of Jesus Christ with hope and joy to persons of all ages, ethnic, racial and social backgrounds and faith experiences;
- ***A priestly people***, who build up the Body of Christ by celebrating the Eucharist, creating a community of solidarity and support where all are welcome and no one is unwanted;
- ***A serving people***, by seeking to bring peace, healing and justice to our communities where we minister with love, generosity and compassion to all, especially the less fortunate.

# Sacred Heart Cathedral High School Ministry: Confirmation Program

---

## Catholic Teachings

Information from Diocese of Raleigh website under What We Believe:

[www.dioceseofraleigh.org](http://www.dioceseofraleigh.org)

### Overview

Faith is a personal act - the free response of the human person to the initiative of God who reveals Himself. But faith is not an isolated act. The believer has received faith from others and should hand it on to others. Each believer is a link in a great chain of believers.

We do not believe in formulas but in those realities they express. At the same time, we approach these realities with the help of formulations of the faith which permit us to express the faith, hand it on to others, to celebrate it in community, to assimilate it and live it more and more.

**The Nicene Creed is the faith of the Church confessed by bishops in council and in the liturgical assembly of believers.**

### The Nicene Creed

We believe in one God, the Father, the Almighty, maker of heaven and earth, of all that is seen and unseen.

We believe in one Lord, Jesus Christ, the only Son of God, eternally begotten of the Father, God from God, Light from Light, true God from true God, begotten, not made, one in Being with the Father. Through him all things were made. For us men and for our salvation he came down from heaven: by the power of the Holy Spirit he was born of the Virgin Mary, and became man.

For our sake he was crucified under Pontius Pilate; he suffered, died, and was buried. On the third day he rose again in fulfillment of 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.

We believe in the Holy Spirit, the Lord, the giver of life, who proceeds from the Father and the Son. With the Father and the Son he is worshiped and glorified. He has spoken through the Prophets.

We believe in one, holy, catholic, and apostolic Church. We acknowledge one baptism for the forgiveness of sins. We look for the resurrection of the dead and the life of the world to come. Amen.

### Catechism of the Catholic Church

The teachings of the Catholic faith are contained in the Catechism of the Catholic Church, which is available online from the U.S. Conference of Catholic Bishops.

# Sacred Heart Cathedral High School Ministry: Confirmation Program

---

## Roles

### Parent:

*As stated in the Catechism of the Catholic Church the role of the parent is to provide a “domestic church”. To support your role, the Sacred Heart Cathedral faith formation seeks to educate your child in the teachings of the Catholic Church and Christ.*

#### **The Christian family**

**2204** "The Christian family constitutes a specific revelation and realization of ecclesial communion, and for this reason it can and should be called a *domestic church*."<sup>9</sup> It is a community of faith, hope, and charity; it assumes singular importance in the Church, as is evident in the New Testament.<sup>10</sup>

**2205** The Christian family is a communion of persons, a sign and image of the communion of the Father and the Son in the Holy Spirit. In the procreation and education of children it reflects the Father's work of creation. It is called to partake of the prayer and sacrifice of Christ. Daily prayer and the reading of the Word of God strengthen it in charity. The Christian family has an evangelizing and missionary task.

**2206** The relationships within the family bring an affinity of feelings, affections and interests, arising above all from the members' respect for one another. The family is a *privileged community* called to achieve a "sharing of thought and common deliberation by the spouses as well as their eager cooperation as parents in the children's upbringing."<sup>11</sup>

### Student:

*The student's role is to actively participate in faith formation. This means to come to class knowing that you will be invited to ask questions, learn the faith, listen and reflect, and make your own faith decisions. The time and effort you put into being honest and open about your faith journey will allow you to experience Christ in your life. We ask for respect, integrity, and honesty towards all involved in helping you on this faith journey. At any point in time when you question the Catholic faith we encourage you to come and seek the answers.*

### Faith Formation Catechist:

*Our role will be to implement the Sacred Heart Cathedral Confirmation Program as directed in the curriculum and by the coordinators. In addition we will be present for classroom instruction, answer student's questions, participate in Confirmation retreats, and continue to study the Catholic faith. We will hold ourselves responsible for modeling and living the Catholic faith and its teachings. It is our goal to prepare all students in the program for living their Catholic faith.*

### Coordinators: Kim and Matt Wheeler

*Our role will be to implement the Sacred Heart Cathedral Confirmation Program. As coordinators we will work with all families to ensure that registration, class curriculum, retreats, youth activities, and family events are clearly communicated and a response is given in a timely fashion. In addition we will hold ourselves responsible to modeling and living the Catholic faith and its teachings.*

# Sacred Heart Cathedral High School Ministry: Confirmation Program

---

## Year One Requirements

1. **CLASS/ATTENDANCE:**

Students must attend Faith Formation Class each Sunday on the calendar. Students are allowed 3 absences, but required to discuss any makeup work they need to complete with their teacher/program coordinator as appropriate to their absence.

**Parents:** Are responsible for covering missed material at home with the student as they are the first educator's of the Catholic faith.

**Students:** Coordinators and Teachers will be looking at attendance periodically to make necessary phone calls home to discuss attendance issues.

2. **RETREAT:**

Students are encouraged to attend the Sacred Heart Cathedral Parish Retreat; the retreat will be minimal cost to parents and students. The retreat will be an all-day Saturday event in the Fall. Parents will be asked to help support the retreat in some capacity.

3. **SERVICE WORK:**

Students will have to document their service work in a formal manner.

*See Attached Corporal and Spiritual Works of Mercy Service Commitment Sheets*

4. **PARENT VOLUNTEER REQUIREMENT:**

Parents will be required to sign-up and attend one Confirmation class throughout the year to allow for adult presence to be seen and recognized as a support for the students and catechists of the program. In addition, families will be required to sign-up to help with at least 1 event throughout the year. Events include parish retreat, youth group meals, service projects, mission trip, fundraising, office help, convention, etc. The goal of this requirement is to show our teens that parents want to actively engage in the process of their child's faith formation and will give of their time and talents to make that happen.

5. **LIVING THE FAITH:**

Students will be expected to live the Catholic faith by attending mass regularly, praying regularly, attending youth events to explore their faith, asking questions of their teachers and parents, evangelizing to others, and preparing their personal lives for becoming an adult in the Catholic faith.

**Students may be required to repeat their first year confirmation preparation classes should there be reason to suspect the student is not prepared for their second year of preparation. Such reasons may include, but are not limited to excessive absences from class or youth group, a lack of fundamental Catholic knowledge, and/or lack of interest in completing service work toward their sacramental preparation for Confirmation.**

# Sacred Heart Cathedral High School Ministry: Confirmation Program

---

## Year Two Requirements

1. **CLASS/ATTENDANCE:**

Students must attend Faith Formation Class each Sunday on the calendar. Students are allowed 3 absences, but required to discuss any makeup work they need to complete with their teacher/program coordinator as appropriate to their absence.

**Parents:** Are responsible for covering missed material at home with the student as they are the first educator's of the Catholic faith. **Students:** Coordinators and Teachers will be looking at attendance periodically to make necessary phone calls home to discuss attendance issues.

2. **ELIGIBILITY TO BE CONFIRMED: BAPTISMAL CERTIFICATE:**

In order to receive the Sacrament of Confirmation, all students will need to provide a copy of their baptismal certificate to the Confirmation coordinator. If families do not have a personal copy to copy, you can contact the parish in which the student was baptized and request one.

3. **SPONSOR and SPONSOR/CANDIDATE PACKET:**

Students must choose a sponsor who can witness to them the teachings and life of the Catholic Church. The Code of Canon Law is quite specific about who may be selected as a sponsor. Sponsors must be at least 16, have received the sacraments of Baptism, Confirmation and Eucharist, not be the father or mother of the one to be confirmed, and be in good standing with the Catholic Church. Each sponsor is required to obtain a letter confirming their membership in their local parish thus demonstrating their ability to serve as a sponsor. This is accomplished by contacting the parish in which they are a registered member. This letter of recommendation must be sent to Sacred Heart Cathedral Parish/Attn: High School Confirmation Program before the candidate is eligible to be confirmed. **Candidate and Sponsor will meet a minimum of 1 time formally in person or over the phone to discuss the Sacrament of Confirmation and complete a packet together. Packets are due by April 1<sup>st</sup>. Continual interaction is encouraged and supported.**

4. **RETREAT:**

Students are required to attend the Sacred Heart Cathedral Parish Retreat. This is a **mandatory** retreat for all Year 2 candidates that will be minimal cost to parents and students. The retreat will be an all-day Saturday event in the Fall with the possibility of an overnight stay. Parents will be asked to help support the retreat in some capacity. ***\*Candidates not able to attend the parish held retreat MUST locate another Confirmation Retreat to attend in order to receive the sacrament.***

5. **SERVICE WORK:**

Students will be required to submit a proposal and carry out a Parish service project. Meaning students must invest time into the Sacred Heart Cathedral Parish and support a need. Service projects can be done individually or in groups of up to three people. Projects must be approved by November 15<sup>th</sup> and finished by April 1<sup>st</sup>. Students not completing a service project by April 1<sup>st</sup> will not be confirmed. Students will be required to speak of their work during their interview with the pastor or rector of the Cathedral. Submission of required paperwork is the responsibility of the student and must be done on time.

# Sacred Heart Cathedral High School Ministry: Confirmation Program

---

6. **READING/REFLECTION:**

Students will be asked to reflect about various aspects of the Catholic faith in written form throughout the year.

7. **RECONCILIATION:**

Part of sacramental preparation will be for the student to participate in the sacrament of Reconciliation before receiving Confirmation. Sacred Heart Cathedral offers the sacrament on Saturday afternoons. Appointments can be made with a priest for other times or you may attend a parish reconciliation service.

8. **SAINT NAME:**

Students are required to choose a saint name for their Confirmation. The saint may be their baptismal name that was given to them. Students must submit a one-page, double-paged, 12point font reflection on why they have chosen the particular saint for their Confirmation name.

6. **PARENT VOLUNTEER REQUIREMENT:**

Parents will be required to sign-up and attend one Confirmation class throughout the year to allow for adult presence to be seen and recognized as a support for the students and catechists of the program. In addition, families will be required to sign-up to help with at least 1 event throughout the year. Events include parish retreat, youth group meals, service projects, mission trip, fundraising, office help, convention, etc. The goal of this requirement is to show our teens that parents want to actively engage in the process of their child's faith formation and will give of their time and talents to make that happen.

9. **INTERVIEW:**

Students are required to have an interview with the Rector prior to making their Confirmation. As preparation for this interview, the student should attend class regularly, complete all assignments, live their faith, pray, and reflect on what the Catholic faith means to them. It is the intention of the Rector to make sure the students are adequately prepared for the Sacrament and know what it means to live the Sacrament daily.

10. **LIVING THE FAITH:**

Students will be expected to live the Catholic faith by attending mass regularly, praying regularly, attending youth events to explore their faith, asking questions of their teachers and parents, evangelizing to others, and preparing their personal lives for becoming an adult in the Catholic faith.

11. **Bishop's 20 Questions and Mysteries of the Rosary:**

Students will be required to know the answers to the 20 Questions posed by the Bishop. Study the questions for additional knowledge of the faith. Additionally, students should pray the mysteries of the rosary and ponder the mysteries application to their faith journey.

**Students who do not feel they can meet these requirements should address their concerns with the coordinators of the Confirmation program. It is the responsibility of the student to complete all requirements to adequately prepare for their Confirmation.**

## Confirmation Questions and Answers

**For answers and videos of the Bishop's 20 Questions visit:**

**[http://www.dioceseofraleigh.org/news/confirmation\\_qa.aspx](http://www.dioceseofraleigh.org/news/confirmation_qa.aspx)**

1. ***Define the mystery of the Trinity. (CCC 253-255)***
  - One God is an eternal community of three Divine “Persons” (Father, Son and Holy Spirit), separate yet fundamentally equal, all of whom have existed and always will exist, who live in a constant exchange of love.
2. ***What are the foundations for Catholic Church teachings? (CCC 95)***
  - Scripture, Tradition (precepts of the faith continuously transmitted from the Apostolic Church to present day), and the Magisterium (teaching authority of the Church) are so closely united with each other that one of them cannot stand without the others. Working together, each in its own way, under the action of the one Holy Spirit, they all contribute effectively to the salvation of souls. (CCC Compendium #17)
3. ***What are the four Marks of the Church? Briefly explain. (CCC 813-870)***
  - One, Holy, Catholic, and Apostolic
  - The Church is *one* because of Her source, foundation, and bonds of unity in Christ. The Church is *holy* because She is united with Christ, Who through the Church sanctifies all people making possible holiness in life. The Church is *catholic* in that the Church is universal, that is, She is present to all people in all times and places. The Church is *apostolic* because She can trace Her teaching and authority back to the Apostles and thus to Christ.
4. ***What is a Sacrament? (CCC 1113-1131)***
  - The Sacraments, instituted by Christ and entrusted to the Church, are efficacious signs of grace perceptible to the senses. Through them divine life is bestowed upon us. (CCC Compendium #224)
  - A Sacrament is an outward (visible) sign instituted by Christ to give grace.
5. ***What are the seven Sacraments? Name the Sacraments of Initiation. (CCC 1210-1211)***
  - Baptism, Confirmation, Holy Eucharist, Penance, Anointing of the Sick, Holy Orders, and Matrimony are the seven Sacraments.
  - Baptism, Confirmation and Holy Eucharist are the Sacraments of Initiation.
6. ***How is Christian initiation brought about through the Sacraments? (CC 1212)***
  - Christian Initiation is accomplished by means of the Sacraments which establish the foundations of Christian life. The faithful born anew by Baptism are strengthened by Confirmation and are then nourished by the Eucharist. (CCC Compendium #251)
7. ***When did Jesus' disciples first experience the gift of the Holy Spirit? How does Sacred Scripture describe the event?***
  - The Holy Spirit came upon the disciples on the feast of Pentecost, fifty days after Easter.
  - When the time for Pentecost was fulfilled, they were all in one place together. And suddenly there came from the sky a noise like a strong driving wind, and it filled the entire house in which they were. Then there appeared to them tongues as of fire, which parted and came to rest on each one of them. And they were all filled with the holy Spirit and began to speak in different tongues, as the Spirit enabled them to proclaim. (Acts 2: 1-4)

# Sacred Heart Cathedral High School Ministry: Confirmation Program

---

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

- First the Bishop extends his hands over the whole group of persons to be confirmed and calls upon the Holy Spirit. Next the Bishop lays his hand upon the head of each Candidate, anoints the forehead with the sacred chrism, and says:

“(Name)...be sealed with the gift of the Holy Spirit.

The candidate responds “Amen”

Finally the Bishop says, “Peace be with you.”

Candidate responds, “And also with you.”

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

- Oil mixed with balsam and consecrated by the Bishop used for anointing in the Rite of Confirmation.
- In treating the rite of Confirmation, it is fitting to consider the sign of *anointing* and what it signifies and imprints: a spiritual *seal*.
- Anointing, in Biblical and other ancient symbolism, is rich in meaning: oil is a sign of abundance and joy; it cleanses and limbers; oil is a sign of healing, since it is soothing to bruises and wounds; and it makes radiant with beauty, health, and strength.

***Why does the Bishop anoint in the form of the cross? (CCC 1303)***

- The Bishop anoints the forehead in the form of a cross to remind us that we belong to Christ and that we must defend our faith and never be ashamed of the Cross.

10. ***Name the seven gifts of the Holy Spirit? Describe briefly.***

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

11. ***What is the Paschal Mystery? (CCC 571, 1362-1372)***

- Jesus’ “Passover” from death to Life. By rising from the dead He conquered sin and showed us the promise of eternal Life. His resurrection showed conclusively His authority over death and His divinity.

# Sacred Heart Cathedral High School Ministry: Confirmation Program

---

- Christ's work of redemption accomplished principally by his Passion, death, Resurrection, and glorious Ascension, whereby "dying he destroyed our death, rising he restored our life". The paschal mystery is celebrated and made present in the liturgy of the Church, and its saving effects are communicated through the sacraments, especially the Eucharist, which renews the paschal sacrifice of Christ as the Sacrifice offered by the Church.

12. ***How is Christ present in the Eucharist? (CCC1373-1375, 1413)***

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

13. ***What is conscience? How do we develop a well-informed conscience? (CCC 1776-1780, 1783-1788, 1795-1797, 1799-1800)***

- Conscience is our God-given capacity to understand the law of God written on the heart of every human being. In building our relationship with God, we form our conscience in harmony with the teachings of Christ through the Church and through fervent prayer.
- An upright and true moral conscience is formed by education and by assimilating the Word of God and the teaching of the Church. It is supported by the gifts of the Holy Spirit and helped by the advice of wise people. Prayer and an examination of conscience can also greatly assist one's moral formation. (CCC Compendium #374)

14. ***What are the Ten Commandments?***

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

15. ***What is the Sermon on the Mount? Where is it found in Sacred Scripture? What are the Beatitudes? (CCC 1716-1719)***

- The Sermon on the Mount is the first public "homily" or sermon given by Jesus Christ. It begins with the Beatitudes but contains many other exhortations on the life lived according to the will of God.
- The Gospel of Matthew chapters 5-7
- The teachings of Jesus in the Sermon on the Mount on the way to true happiness. These teachings reflect the promises made to the chosen people since Abraham; they portray the countenance of Christ and describe his charity. Moreover, by shedding light on the actions and attitudes of the Christian life, they describe the vocation of all the faithful.

1. Blessed are the poor in spirit, for theirs is the kingdom of heaven.

# Sacred Heart Cathedral High School Ministry: Confirmation Program

---

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

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

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

17. ***What are the three central teachings of our Church about the Blessed Virgin Mary?(CCC 490-493, 966)***

- **Immaculate Conception**: Mary was immaculately conceived. During the normal course of human procreation between Mary's earthly parents, God the Father kept Mary free from original sin. He accomplished this in anticipation of the merits of Christ on the Cross. It does not mean, therefore, her sinless life, perpetual virginity or the miraculous conception of Our Divine Lord by the power of the Holy Spirit. The Immaculate Conception is a dogma of the Roman Catholic Church.
- **Perpetual Virginity**: Mary was a perpetual virgin. To further illustrate that is God's work that saved us, the fact that Mary remained a virgin after the birth of Jesus was defended by such fathers of the early Church as St. Ambrose, Pope Leo I, and St. Augustine. It was defined by the Church at the second Council of Constantinople in A.D. 553.
- **Assumption**: Mary was assumed body and soul into Heaven. Finally the Immaculate Virgin, preserved free from all stain of original sin, when the course of her earthly life was finished, was taken up body and soul into heavenly glory, and exalted by the Lord as Queen over all things, so that she might be the more fully conformed to her Son, the Lord of lords and conqueror of sin and death."<sup>506</sup> The Assumption of the Blessed Virgin is a singular participation in her Son's Resurrection and an anticipation of the resurrection of other Christians:
- Pope Pius XII solemnly defined this doctrine of faith on November 1, 1950. Mary currently enjoys what we all hope to share with Her..

18. ***Name the Joyful, Sorrowful, Glorious and Luminous Mysteries of the Rosary. Briefly explain them.***

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

19. ***What are the seven corporal works of mercy?***

1. Feed the hungry
2. Give drink to the thirsty

# Sacred Heart Cathedral High School Ministry: Confirmation Program

---

3. Clothe the naked
4. Shelter the homeless
5. Visit the imprisoned
6. Visit the sick
7. Bury the dead

20. *Define Virtues and list the four Cardinal Virtues and three Theological Virtues?*

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

## Choosing A Sponsor

All YEAR 2 Confirmation candidates are required to have a sponsor – someone who will guide you and share the story of the Catholic faith with you. You will want to ask someone who is active in the church, can share why faith is important to them and can help you in your preparation. A good sponsor will make this process a little easier and even more fun. Usually, the best person to be your sponsor is one of your baptismal godparents. Having one of your godparents helps us to see how Baptism and Confirmation are connected. However, some of you may no longer be close to your godparents...they maybe live too far away...or they may no longer practice their faith. In cases such as these you will need to choose a new sponsor.

In choosing a sponsor, you are looking for someone you trust, whose faith you admire and who will be there for you. Sponsors must be *confirmed Catholics, at least 16 years old, and practicing members of the Church*, while not being your parents. This means you can choose a relative, friend or someone from the parish as your sponsor. Pray about it, and when you think you have the right person, ask him or her to help you grow in faith by being your sponsor!

*Think about these questions when deciding on a sponsor:*

1. Who in my life practices the Catholic Faith?
2. What type of person would I want to guide me on my faith journey?
3. Are there any adults over 16 in my life that live their Catholic faith in a way that shows Christ to me?
4. Which adults in my life can I depend on in time of need and joy?
5. Can I depend on the adult I have chosen to answer my faith questions?
6. Will the sponsor I have chosen practice the Catholic faith with me?
7. Who can I trust to ask questions of the Catholic faith?

***\*All Sponsors must complete and mail in the Confirmation Sponsor Form once they are chosen by the Confirmation candidate. All sponsors must be chosen by November 30<sup>th</sup>.***

# Sacred Heart Cathedral High School Ministry: Confirmation Program

---

## **Resources**

### **Books:**

1. *Father McBride's Teen Catechism* by Alfred McBride, O.PRAEM
2. *Catholic Household Blessings and Prayers* by United States Conference of Catholic Bishops
3. *United States Catholic Catechism for Adults* by United States Conference of Catholic Bishops
4. *Apologetics and Catholic Doctrine* by Archbishop Michael Sheehan (Baronius Press Classics)
5. New American Bible

### **Websites:**

#### **Diocese of Raleigh**

<http://www.dioceseofraleigh.org/>

#### **Eternal Word Television Network**

<http://www.ewtn.com/>

#### **Catholic Answers**

<http://www.catholic.com/>

#### **Vatican**

<http://www.vatican.va/>

#### **Catholic Relief Services**

<http://crs.org/>

#### **United States Conference of Catholic Bishops**

<http://www.usccb.org/>

#### **New American Bible**

<http://www.usccb.org/nab/bible/index.shtml>

# Sacred Heart Cathedral High School Ministry: Confirmation Program

## Confirmation Requirement Checklist

Below is a checklist for the items needed for your Confirmation Portfolio. Please date, sign, and check off items as you place them in your Confirmation Portfolio. Portfolios are located in the four drawer cabinet in the back hall by name. Make sure to have all the proper paperwork in your folder. As a Confirmation candidate it is your responsibility to have your portfolio in order by April 1<sup>st</sup> of Year 2.

**Confirmation Candidate Name:** \_\_\_\_\_

### Confirmation Year 1

- Baptismal Certificate Turned In Yes or No (Coordinator to verify)
- Sacred Heart Cathedral Confirmation Retreat
  - Attended: YES or NO
  - Sign \_\_\_\_\_
- 3 Corporal or Spiritual Works of Mercy Service Forms:
  - Date: \_\_\_\_\_ Signed: \_\_\_\_\_
  - Date: \_\_\_\_\_ Signed: \_\_\_\_\_
  - Date: \_\_\_\_\_ Signed: \_\_\_\_\_
- Paperwork is completed and in folder for all 3 Works of Mercy
- Attendance: (Coordinator to verify) \_\_\_\_\_
- Parent Volunteer:  
\_\_\_\_\_ (Class Attended) and \_\_\_\_\_ (Event Supported)

### Confirmation Year 2

- Sacred Heart Cathedral Confirmation Retreat
  - Attended: YES or NO
  - Sign \_\_\_\_\_
- Sponsor Form and Letter of Verification from Church NOVEMBER : YES or NO
- Sponsor/Candidate Confirmation Packet Completed Signed: \_\_\_\_\_ Date: \_\_\_\_\_
- Reconciliation Completed:  
Date: \_\_\_\_\_  
Sign: \_\_\_\_\_
- Saint Name Reflection (paper is in portfolio) (One page, double-spaced, 12point font)  
Date: \_\_\_\_\_  
Sign: \_\_\_\_\_
- Service Project (paper is in portfolio) (Proposal and Written Reflection)  
Date: \_\_\_\_\_  
Sign: \_\_\_\_\_
- Attendance: (Coordinator to verify) \_\_\_\_\_
- Parent Volunteer:  
\_\_\_\_\_ (Class Attended) and \_\_\_\_\_ (Event Supported)

I, \_\_\_\_\_ (Candidate), and I, \_\_\_\_\_ (Parent) have read through the Confirmation packet and understand fully the responsibilities of participating in Sacred Heart Cathedral's Confirmation program. We know that it is our responsibility to complete all requirements on time and turn in paperwork to verify the completion of certain tasks. Failure to complete any of the tasks will result in the Sacrament of Confirmation being postponed for our family. It is our understanding that by April 1<sup>st</sup> of Year 2 we will have completed all the requirements for the program.

Sign (Candidate): \_\_\_\_\_ Date: \_\_\_\_\_

Sign (Parent): \_\_\_\_\_ Date: \_\_\_\_\_