



8th Grade Confirmation Preparation

7th Grade Students,

We are excited that you are close to completing your first year of Confirmation preparation! This informational packet is a guide for the next steps in your Confirmation journey:

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If you'd like to reference this information electronically, it will be posted in the Religious Education section of Faith Hope's website and will be linked to the RE weekly newsletter throughout the year. The goal for you, your parents, catechists, and Faith Hope staff is to prepare you to: receive the sacrament, deepen your faith & relationship with God, and encourage your involvement in the church. Please take a few minutes to review the information with your parents, and don't hesitate to reach out with questions...this is YOUR journey.

We're looking forward to supporting you on the path to Confirmation,

Danielle Seth, *Director of Religious Education*



What is Confirmation?

- A **Sacrament of Initiation** that strengthens one's relationship with the Church and commitment to being an active member.
- Through this sacrament, **the Holy Spirit** and the Spirit's gifts help us to live our baptismal promises, grow into the likeness of Christ, and share his mission.
- The third Sacrament of Initiation, for those who were baptized as infants and received First Communion as children, the celebration of Confirmation as a young adult presents a very special opportunity to **affirm the decision made by their parents and godparents** on their behalf. It is a rite of passage into life as a fully initiated and accountable member of the Church.
- The preparation process for Confirmation offers an opportunity to **deepen one's commitment** to a specific way of life – as a **follower of Jesus**.

Preparation Requirements

- Faithful mass attendance.
- Satisfactory class attendance: miss no more than 3 classes.
- Complete Confirmation responsibilities outlined in this packet.
- Attend Confirmation Retreat; if you cannot make it, email Danielle Seth (dseth@faithhope.org for other retreat options).

Parents, How can You Help?

"Faith is caught more than taught." The church teaches that parents are the first and foremost teachers of faith for their children. The process of Confirmation creates opportunities for you to guide your teen through this faith-filled journey. Here's a checklist to consider throughout the Confirmation year:

- Keep lines of communication open – **discuss faith**.
- **Pray** together.
- **Grow faith knowledge** and share it with my family.
- Stay involved with **parish activities**.
- Participate in **service work** with your family and teen's sponsor.



Saints Project

It's time to choose your Confirmation name! As part of your preparation for the sacrament of Confirmation, we ask you to do a report about a saint of your choosing. This saint's name will be the name the Bishop addresses you by during the Confirmation rite. Outside of the classroom, you will read about various saints and why they became a saint. We hope that your research will lead you to discover holy people and have a better understanding of their importance to the Catholic Church. More importantly, in our Catholic faith, we believe that **we are all saints in the making!** Finding a saint who you relate to can help **guide you and comfort you on your own journey of faith.**

Choosing a Name

- Choose a patron saint because of the attractiveness to Christian life. The saint should be a recognized saint of the Catholic Church.
- Your Confirmation name should reflect a desire to model yourself after the saint.
- You may use your baptismal name as a way of expressing the relationship that exists between Baptism and Confirmation.
- Above all, please choose your saint considering how their life inspires you! **Use the worksheet on the next page (4) to help find your Saint!**

What to Report

- Saint's name & feast day
- A picture of the saint
- Facts: birthplace, occupation, family, years they were alive
- Important events that helped shape who they were and why they were canonized
- The reason they are honored
- Why you chose the saint – what aspects of this person's life attracted you? Please write a paragraph about this decision

Format and Due Date (Sunday, Oct 5th)

- Due: Oct 5th, 2025. Email report to Danielle: dseth@faithhope.org.
- Format: Slideshow, minimum 8 slides. Please write in complete sentences.
- Email report to: dseth@faithhope.org and refhc2021@gmail.com.
 - Email subject line: Saint Report [Student's First & Last Name]
- Students will present their Saints project to their class throughout the 8th grade first semester.
- Be prepared to discuss why/how you chose your name during the Confirmation interview.



Saints Brainstorm Worksheet

Answer the questions below before researching Saints. Once you have answered the questions, pull out certain words that you can use when searching for Saints. Example: "The virtue I most admire is courage." When looking for Saints, I might search for Saints who were courageous. **Saint Resources:** [Calendar of Saints](#); [Saints by Country](#); [Saints by Occupation](#); [Patron Saints A-Z](#)

List 3 of your hobbies:

What is one thing that has helped you on your journey of faith? And why?

Who has helped you on your journey or faith? And why?

What virtues do you most admire in a person? Why? (virtue: a particular moral excellence – more info here: [Living the Virtues in Everyday Life | Loyola Press](#); source to look up virtues: [Virtues List - Virtues For Life](#))

What are your greatest passions? What things in life do you find most interesting?

What are your God given talents/gifts?

What do you think you will be when you grow up?

Now, search for a saint with words you used above. Example:

Virtue: _____ Saint: _____

Passion: _____ Saint: _____

Interest: _____ Saint: _____

Potential Job: _____ Saint: _____

Gift/Talent: _____ Saint: _____

Saint who has a feast day that shares your birthday?

Birthday: _____ Saint: _____



Service Work

Practicing Christian Service

Christian love is based on the example of Jesus, who came to serve. Consider your service not as a job to be done, but as a way of Christian life.

Guidelines

We ask that Confirmation candidates participate in service projects during their time of Confirmation preparation to help them better understand why we serve others, help them connect service with their Christian faith, and experience a sense of belonging and commitment to the Church community.

Complete a minimum of 15 hours of service in three areas of Christian service:

- **Liturgical** (5 hrs.) Serving [God and the parish community](#)
Serving God and the Parish community at mass.
- **Community** (5 hrs.) help in [your local community](#)
Community service benefits the people & organizations in the Northshore or greater Chicago area.
- **Outreach** (5hrs.) help [people in need](#)
The Corporal Works of Mercy are our guide for outreach to those in need: feed the hungry and give drink to the thirsty, clothe the naked, shelter the homeless, care for the sick, visit the imprisoned, bury the dead.

**examples on the following page*

Tracking Your Service Work & Service Reflection (Due February 8th)

- For each service type, track your volunteer hours and hand it in to your catechist.
- You will submit a service reflection for each service type: liturgical, community & outreach. The question prompt for your reflection is: *How did you feel about doing service work before you did it, and then after you did it? What was good, what was hard? Did anything surprise you? What did you learn? How did it make you feel? How do you think this service has helped you live out your faith?*
- Submit your service reflections here: [Service Reflection Response](#)
- Be prepared to discuss your service reflections during your Confirmation interview.

Due: February 8, 2026



Service Work Examples

The Religious Education program will provide some service opportunities, but you should plan to find some on your own! Here are examples of how to get involved – and don't be afraid to get creative! Please reach out to Danielle Seth if you have questions (dseth@faithhope.org).

Those in Need <i>Corporal Works of Mercy are our guide to outreach: feed the hungry, clothe the naked, shelter the homeless, care for the sick, visit the imprisoned, bury the dead.</i>	Your Local Community <i>Benefits the people/organizations in the NorthShore & Chicago area. Examples: helping at a community event, school or local business, picking up trash, planting flowers, helping neighbors</i>	Your Parish <i>Serving God and the Parish community at mass & helping with Sacramental prep</i>
Outreach	Community	Liturgical
The Volunteer Center	The Volunteer Center	Altar Server Email Danielle for server training ?s
Feed My Starving Children	Help family, friends, neighbors	Assistant for Family Mass Email sryan@faithhope.org
The Night Ministry	RE Service Day Event Volunteer Sign up via RE newsletter	Children's Liturgy of the Word RE signup will go out
Food Pantries	FHC Block Party Volunteer Sign up goes out in the fall	Greeter/Usher Sign Up linked on RE newsletter
Soup Kitchens	Skokie Lagoons, Shedd Aquarium, Local beach clean up	Help with First Reconciliation RE sign up will go out
Operation Gratitude	Special Gifts Theatre	First Communion Retreat Aides Email dseth@faithhope.org
Northwestern Univ. Settlement House (NUSH)	Beacon Place Tutoring services; will require attendance with an adult	Lector, including RE Mass Email dseth@faithhope.org
Bounce Children's Foundation	Bernie's Book Bank &/or Book Drives	RE Mass Children's Helper Help get kids seated & sit with grades K-3rd during RE mass; help them learn mass responses
Fill a Heart 4 Kids	Citadel of Wilmette Call to schedule time to come in & play games with seniors	RE Mass Refreshment Helper RE sign up will be linked to newsletter

"Go out from ourselves...give of ourselves and serve others". – Pope Francis



Service Work Tracker

Date	Service Type	Work Completed	Length of Time	Parent or Leader Signature



Role of the Sponsor

Choosing a Sponsor...Each candidate is responsible for choosing a sponsor. At Baptism, parents chose two sponsors (godparents) for their child – people who made a commitment to be an example of the faith and help raise them in the Catholic way of life. For Confirmation, the candidate again invites someone to serve as a sponsor to help him or her live out their Baptismal promises.

Sponsor Responsibilities

- **Guiding** the candidate to understand and appreciate the Sacrament of Confirmation and have the right intentions for receiving it.
- **Mentoring** the candidate throughout the preparation process by encouraging him or her to pray and participate in the sacraments, especially the Eucharist, and to become actively involved in the life of their parish community.
- **Engaging** in the candidate's spiritual journey through periodic meetings for the purpose of faith-sharing.
- **Presenting the candidate for Confirmation** and continuing to assist the confirmed person in living a Christian life.

A Sponsor Should...

- Be at least **16 years old**.
- Be a **confirmed Catholic**.
- Be living according to, and an **active member** of, the Catholic faith.
- Be an individual **other than** the candidate's parent. If a sponsor cannot attend the Confirmation liturgy, a proxy may stand in his/her place.
- Attend the **Sponsor Gathering in November 2025**. If a sponsor cannot attend, a proxy may attend in his/her place.
- If local, occasionally attend Mass with the candidate. Sponsors are welcome to join Commitment mass but are not required.
- If local, join the candidate in at least one service activity.
- Be present for the **Confirmation liturgy** (TBD - late Feb/Early March, 2025).

Due: October 20th, 2025



Letter to the Bishop

The letter to the Bishop is due **Sunday, February 1, 2026**. Please bring a signed copy to your catechist or FHC teacher and email a copy to vpartida@faithhope.org.

Guidelines

- Address the letter to [Bishop's name TBD]
- Introduce Yourself.
 - Your name, who you are. Tell something about your family, your background.
- Request the sacrament. Give several reasons why you would like to be confirmed.
- Share who your sponsor is and why you chose him/her as your sponsor.
- Explain how you have prepared for the sacrament.
 - Your prayer life, your celebration of other sacraments, your service for others
- Tell how you will continue to carry out your life of service to God and others through the power of the Spirit. Tell how you plan to make your Confirmation real and alive in the future.
- Please remember to sign (first and last name) your letter.
- Have parents proofread before submitting.

Due: February 1, 2026



Our Catholic Faith: What to Know

The 7 Sacraments

1. Baptism: we are welcomed into the Church
2. Reconciliation: we receive forgiveness of sins
3. Eucharist: Christ shares himself with each of us in meal/sacrifice
4. Confirmation: Strengthens our commitment to Christ and being an active member of the church; celebrates the presence of the Holy Spirit
5. Matrimony: Celebrates the bond of love, making husband and wife
6. Holy Orders: Recognizes certain men for ordained service to the Church
7. Anointing of the Sick: Healing presence of God during times of sickness

Sacraments of Initiation (foundation of Christian life): Baptism, Eucharist, Confirmation

The Ten Commandments

1. I am the Lord your God; You shall have no other gods before me.
2. You shall not take the name of the Lord in vain.
3. Remember to keep holy the Lord's Day.
4. Honor your mother and father.
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.

Most Important Commandment from Jesus

Love God, love your neighbors as yourself.

Name the 4 Gospel authors: Matthew, Mark, Luke and John

Be familiar with the Acts of the Apostles, the 5th book of the New Testament, that tells us about the founding of the Christian Church. **Understand the origin of the Church at the time of Pentecost and how the Holy Spirit received by the disciples at Pentecost is the major figure in the Acts of the Apostles.**

It can be said that the birth of the Church took place 50 days after Easter when the apostles were gathered together and they received the gift of the Holy Spirit. This was the first Confirmation and is called Pentecost. On the day of Pentecost, the Church celebrates the coming of the Holy Spirit to the apostles, like tongues of fire, giving them courage and faith to witness (preach/teach) to/about Jesus.



Our Catholic Faith: What to Know

Revelation— God’s communication about himself and plan for humanity through creation, events, and people. Most of God’s revelations are through Jesus.

Two Main Forms of Revelations

1. Scriptures (73 books): Old Testament (46 books) + New Testament (27 books)
2. Tradition

How humans know God through both Sacred Scripture and Tradition: God reveals himself in many ways. Primary ways are through scripture and tradition. Scripture is God’s words communicated through humans inspired by the Holy Spirit. Tradition is the passing of sacred content from generation to generation under the guidance of the Holy Spirit.

What is the Trinity? Way of describing One God: Father, Son & Holy Spirit. **Describe how the Holy Spirit acts in the life of a believer.** It inspires, guides, enlivens, helps me pray, strengthens, bind me to the Church.

The Gifts of the Holy Spirit

1. **Wisdom:** Ability to value spiritual things. View the world through God’s perspective.
2. **Understanding:** Insight into the truths of faith and being a follower of Jesus.
3. **Right Judgement:** Acknowledges the difference between right and wrong and bestows proper judgement.
4. **Knowledge:** Awareness of God’s plan. Understanding of God’s purpose and how we should respond.
5. **Courage:** Sustains our decision to follow the will of God in any situation.
6. **Reverence:** Helps you love and worship God and sense God’s presence in all created things.
7. **Wonder and Awe:** Makes us aware of the glory and majesty of God. We fear offending God.

Fruits of the Holy Spirit

Charity, joy, peace, patience, kindness, goodness, generosity, gentleness, faithfulness, modesty, self-control, chastity

Elements of the Rite of Confirmation

- Presentation of the Candidates
- Bishop’s Homily
- Renewal of Baptismal Promises
- Laying on of Hands and the Anointing with Chrism
- General Intercessions



Our Catholic Faith: What to Know

The Major Parts of the Mass

The Introductory Rites – entrance, greeting, penitential Act, Glory to God

Liturgy of the Word – First Reading, Responsorial Psalm, Second Reading, Gospel Acclamation, Gospel, Homily, Profession of Faith, Universal Prayer

Liturgy of the Eucharist – Presentation of the Gifts, Prayer over the Offerings, Eucharistic Prayer, The Lord's Prayer, Sign of Peace, Lamb of God, Communion, Prayer after Communion

Concluding Rites – Optional Announcements, Greeting/Blessing, Dismissal

The Lord's Prayer as a Prime Example that Christians Pray the Way Jesus Prayed

The Lord's Prayer is a prayer the Lord Jesus taught His disciples in [Matthew 6:9-13](#) and [Luke 11:2-4](#). [Matthew 6:9-13](#). Many people misunderstand the Lord's Prayer to be a prayer we are supposed to recite word for word. Some people treat the Lord's Prayer as a magic formula, as if the words themselves have some specific power or influence with God.

The Bible teaches the opposite. God is far more interested in our hearts when we pray than He is in our words. "But when you pray, go into your room, close the door and pray to your Father, who is unseen. Then your Father, who sees what is done in secret, will reward you. And when you pray, do not use vain repetitions as the heathen do. For they think that they will be heard for their many words" ([Matthew 6:6-7](#)). In prayer, we are to pour out our hearts to God ([Philippians 4:6-7](#)), not simply recite memorized words to God.

The Devotional Practice of the Rosary The Rosary (Latin: *rosarium*, in the sense of "crown of roses" or "garland of roses"), is a form of prayer used especially in the Catholic Church named for the string of prayer beads used to count the component prayers. Praying the rosary is necessary to deepen our convictions of faith, prompt the conversion of our heart, and strengthen our will to follow Christ.

The Devotional Practice of the Stations of the Cross The Stations of the Cross refers to a series of images depicting Jesus on the day of his crucifixion and also to the prayers Christians say when contemplating those images. Often a series of 14 images will be arranged in numbered order around a church nave or along a path, and the faithful travel from each image in order, stopping at each "station" to say the selected prayers and reflections. This practice is common in Roman Catholic, as well as in a number of Anglican, Lutheran and Methodist churches. When we do pray the Stations of the Cross, we recall Jesus's passion and death. This remind us that we, too, may be called to suffer to be faithful to the call of God.



Our Catholic Faith: Prayers to Know

Our Father

Hail Mary

Creed: Statement of what one believes. Nicene and Apostles' Creed are the Church's most important

Nicene Creed

I believe in one God, the Father almighty; maker of heaven and earth, of all things visible & invisible. I believe in one Lord Jesus Christ, the Only Begotten Son of God, born of the Father before all ages. God from God, Light from Light, true God from true God, begotten not made, consubstantial with the Father; through him all things were made.

For us men and for our salvation he came down from heaven, and by the Holy Spirit was incarnate of the Virgin Mary, and became Man.

For our sake he was crucified under Pontius Pilate, he suffered death and was buried, and rose again on the third day, in accordance with the Scriptures. He ascended into heaven and is seated at the right hand of the Father.

He will come again in glory to judge the living and the dead and his kingdom will have no end.

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

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



Our Catholic Faith: Reference Guide

Four Marks of the Church: One, holy, catholic, apostolic

- One— only one; all members are united
- Holy— blessed with the presence and love of God
- Catholic— comprehensive and universal
- Apostolic— led through the apostles

Pope: the head of the Catholic Church and the Bishop of Rome. The pope is also the head of the sovereign city-state, Vatican City. **Bishops:** A "diocesan bishop" is entrusted with the care of a local Church (diocese). He is responsible for teaching, governing, and sanctifying the faithful of his diocese, sharing these duties with the priests and deacons who serve under him. **Consecrated Men and Women:** dedicate lives to Jesus by living a religious vocation. **Laity:** people in church not ordained.

The special signs of the bishop: Miter, crosier, pectoral cross, ring



Crosier

Pectoral Cross



Episcopal Ring

Miter: a tall headdress worn by bishops and senior abbots as a symbol of office, tapering to a point at front and back with a deep cleft between.

Crosier: The crozier is a pastoral staff that is conferred on bishops (and abbots) at their installation. In the West, the top of the staff is curved to remind the bishop of the shepherd's crook and of his pastoral care of the people entrusted to him. It is a sign of the bishop's need to keep watch over his whole flock, sustaining the weak and faltering, confirming the

wavering faith, and leading back the erring ones into the true fold.

Pectoral cross: The pectoral cross gets its name because it is worn over the breast, or pectus, hanging from a green cord intertwined with gold threads.

Episcopal Ring: The bishop's ring is a symbol of the bishop's fidelity to and nuptial bond with the church, his spouse. It signifies the bishop's symbolic marriage to the church or Christ.



Our Catholic Faith: Reference Guide

Cardinal Virtues – Four primary moral virtues essential for living a Christian life; can be practiced by anyone.

1. **Prudence** – the virtue that allows us to judge correctly what is right vs. wrong
2. **Justice** – the virtue concerned with the will. Justice is the constant and permanent determination to give everyone his or her rightful due.
3. **Fortitude** – courage to act morally and use moral judgment. Fortitude allows us to overcome fear and to remain steady in our will in the face of obstacles, but it is always reasoned and reasonable: Fortitude is the only one of the cardinal virtues that is also a gift of the Holy Spirit, allowing us to rise above our natural fears in defense of the Christian faith.
4. **Temperance** – moderation; temperance is the restraint of our desires or passions. Temperance is the virtue that attempts to keep us from excess, and, as such, requires the balancing of legitimate goods against our inordinate desire for them.

The Corporal Works of Mercy – actions that tend to the physical needs of others

1. Feed the hungry.
2. Give drink to the thirsty.
3. Shelter the homeless.
4. Clothe the naked.
5. Care for the sick.
6. Help the imprisoned.
7. Bury the dead.

The Spiritual Works of Mercy – actions that tend to the emotional and spiritual needs of others

1. To instruct the ignorant;
2. To counsel the doubtful;
3. To admonish sinners;
4. To bear wrongs patiently;
5. To forgive offences willingly;
6. To comfort the afflicted;
7. To pray for the living and the dead.



Our Catholic Faith: Reference Guide

Covenant – A sacred contract, a holy agreement between two or more persons or God and a person.

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

Blessed are those who mourn, for they will be comforted.

Blessed are the meek, for they will inherit the land.

Blessed are those who hunger and thirst for righteousness, for they will be satisfied.

Blessed are the merciful, for they will be shown mercy.

Blessed are the clean of heart, for they will see God.

Blessed are the peacemakers, for they will be called children of God.

Blessed are those who are persecuted for the sake of righteousness, for theirs is the kingdom of heaven.

Matthew 5:3-10

Easter Sunday – The day Jesus rose from the dead.

Faith – Trust in Jesus and belief in all that he and his Church teach.

Gospel – Good news.

Grace – Gift of God's living presence in our lives that enables us to share in God's own divine life and love, originally conferred at Baptism.

Holy Trinity: One God in three divine persons: God the Father, God the Son, and God the Holy Spirit.

Incarnation: Jesus is both fully human and fully God.

Original Sin – Sinful condition that all humans have from birth.

Pascal Mystery – The entire process of God's plan of salvation by which Christ saves us from sin through his mission through his life, death, resurrection and ascension.

Sin – An act that breaks or weakens the bond of love between God and our neighbor.

The Assumption – Mary was assumed into heaven, body and soul (August 15th).

Theological Virtues – Three virtues are gifts of grace from God. Faith, Hope and Charity.

Virgin Mary – The mother of Jesus.

Virtues – Good habits that develop and help Christians live a moral life.



Rehearsal & Liturgy Details

Rehearsal

- TBD after school
- Candidates attend – sponsors and parents do not attend
- Candidates receive Confirmation robes at the end of the rehearsal

Liturgy Logistics (Date TBD)

Check In: Confirmation candidates and Sponsors

Time: Check in at TBD

Place: Gym

Bring: Red robe, provided at the rehearsal; return robes after the Confirmation liturgy

Seating: Candidates and sponsors process in and sit together in reserved pews. Families find seating around the reserved pews (no assigned seating for families).

Length of Liturgy: Approximately 90 minutes

Reception: After mass in the Parish Center

Photo Opps: Photo with Bishop in Parish Center; formal group picture is NOT planned

Attire

Red robes and name tags with saint name are worn during the Confirmation mass; robes are provided at the Confirmation rehearsal. Traditional colors worn under robes are red and white.

- **Young Men:** Dress pants, button up shirt, dress shoes (suit, sports coat, tie are optional)
- **Young Women:** Dress, skirt, blouse, dress pants, blouse, dress shoes; when fixing your hair, it is best that hair is kept back from the nametag placed on the robe and the forehead is uncovered for anointing from the Bishop

See next page for Confirmation Liturgy details



Liturgy of Confirmation

This information will be reviewed with students prior to Confirmation and will be in the liturgy's worship aide. Sponsors will receive a printout reminder before mass, and the worship aide will be available in their reserved pew. The Bishop is friendly and accommodating and will help everyone through the process!

Renewal of Baptismal Promises: Led by the Bishop. The Candidates alone will stand. Responses from Candidates are "I do."

Invocation of the Holy Spirit: The assembly kneels. After asking all to pray for the coming of the Holy Spirit, the Bishop alone extends his hands over all the Candidates.

Imposition of Hands & Anointing with Chrism

The Bishop stands at the foot of the sanctuary and receives each of the Candidates for anointing. This not only emphasizes the active desire of the candidate for the sacrament, but it also makes distinct the role of the sponsor, who stands behind the candidate and accompanies the candidate forward. The Bishop imposes his hand on each Candidate as he anoints them. The Sponsor places his/her right hand on the candidate's right shoulder.

Sponsor: "Bishop, this is [*Confirmation Name*]."

Bishop: "**N.**, be sealed with the gift of the Holy Spirit."

Candidate: "Amen."

Bishop: "Peace be with you."

Candidate: "And with your spirit."