

The Church of St. Helena

Confirmation Handbook



*950 Grove Ave.
Edison, NJ 08820
Religious Education 732-549-4660*



INTRODUCTION

Dear Parents:

Through Baptism the Holy Spirit came to dwell within us as we became a child of God and a member of His Church. In the Eucharist we are celebrating fully the life of Faith confirmed in us at Baptism. Along with Baptism and Holy Eucharist, the Sacrament of Confirmation is part of the Rite of Christian Initiation in the Church. Confirmation strengthens a person's life in Christ and helps us to grow in His love and His faith. The Holy Spirit is with us so we may continue to live out this covenant of love with God. Confirmation seals what was begun in Baptism. The Baptismal promises made so long ago are renewed. It is in understanding the three Sacraments of Initiation that we come to the realization of what it means to belong to the family of God.

With this in mind, we ask that you assist your child in the preparation of the Sacrament of Confirmation. As parents you have a most solemn obligation to educate your children. You are the first and foremost educators of your child/children in the ways of Faith. As Catholic educators we depend on parents to create a family atmosphere filled with love and reverence for God and mankind. One of the most important learning experiences for your child is through your example – providing them an environment in which they can grow in Faith.

Along with the knowledge of the Sacrament of Confirmation, your child must be aware of their responsibilities to their parish community in living and serving. Confirmation involves.....

Learning Christian Values

Loving God through prayer and Sacraments

Living the Gospel of the Lord

YOUR ROLE AS PARENTS

Parents have a responsibility to create a Christian environment in the home. You should:

- Set a good example and encourage your child to live a life of active Christian service.
- Serve your family out of love.
- Build an atmosphere of trust and understanding.
- Worship together at Sunday Mass and Holy Days.
- Participate in parish programs.
- Be sure that your child is formed in the fundamentals of the Faith.
- Always tell your child you love them.

PROGRAM REQUIREMENTS

1. **Course Work:** All students receiving the Sacrament of Confirmation are required to complete all course work. If a student is not committed to complete this work, the Sacrament will be deferred. We ask that you make your student's religious education a priority.
2. **Meetings/Videos:** During the year there may be virtual meetings or videos to be watched. You will be notified via email regarding these Meetings/videos.
3. **Required Doctrine:** Students will study from Loyola's Confirmation text that will enrich their knowledge as well as develop their sense of morality and foster their spirituality. The goal of this program is to teach the students to live their Faith through an awareness of the special strengths they receive from the Holy Spirit in Confirmation. The students should grow in knowledge and understanding of the main truths of their Faith. They will be guided to appreciate the Christian witness of others in the Church, especially the Parish community and to give witness themselves by living faith and loving service.

In addition to the textbook information, students are required to know and recite the following:

- **The Sign of the Cross**
- **The Lord's Prayer**
- **The Hail Mary**

- The Glory Be
- The Sacraments
- The Act of Contrition
- The Ten Commandments
- Beatitudes
- The Order of Mass
- How to Pray the Rosary
- Mysteries of the Rosary
- Stations of the Cross
- The Apostle's Creed
- Corporal Works of Mercy
- Spiritual Works of Mercy
- Fruits of the Holy Spirit
- Gifts of the Holy Spirit
- The Pope's Name
- The Bishop's Name
- The Pastor's Name

4. **Confirmation Name:** Students should be choosing a Confirmation name. The Confirmation name should be the name of a recognized, canonized saint and does not need to be gender specific. The students Saint Projects are due on **April 27, 2022**.

5. **Reviews:** Each student is required to hand in and pass 8 written review tests at the end of each Chapter. This may be done via email or dropped off to the school or rectory during business hours by April 27, 2022. Failure to complete will result in a deferral of the Sacrament.

6. **Additional Paperwork:**

1. Sponsor Letter
2. Sponsor's Statement of Eligibility Request Form
3. Confirmation Candidate and Sponsor Pledge

All forms should be returned by April 27, 2022. The Religious Education office will not accept any forms sent in individually.

SPONSORS

Individual sponsors must be selected. A sponsor must know the candidate and be able to help him/her on his/her spiritual journey and share his/her faith. Ideally, it should be someone who has already been involved in the spiritual formation of the candidate, such as: godparents, catechists, or some other member of the local parish. **PARENTS MAY NOT BE SPONSORS.** The selection of a sponsor should be indicated at the beginning of the candidate's immediate preparation. The sponsor chosen by the candidate should be spiritually qualified for the office and meet the following criteria:

1. Must belong to the Catholic Church and be fully initiated (have received Baptism, Confirmation and the Eucharist).
2. Should be sufficiently mature (at least 16 years old) in his/her faith commitment, and be actively expressing it within the Church.
3. **Must obtain a statement of eligibility from their pastor.**
4. May be the Baptismal godparent. This expresses more clearly the relationship between the Baptism and Confirmation, and also makes the function of the sponsor more effective.
5. If married, Sponsor should be in a valid Catholic marriage.
6. Must be reasonably informed on current church teachings.

It is the function of the Sponsor to:

1. Assist in the preparation for Confirmation by helping the candidate integrate the teachings of Jesus into their daily living.
2. Encourage the candidate to grow in a faith relationship.
3. Accompany the candidate and present them to the Minister of Confirmation.
4. Help the confirmed person fulfill their Baptismal promises faithfully.

RETREAT

A Confirmation Retreat leads the candidates to a deeper appreciation of what it means to experience the Church as a community of people living, worshiping, witnessing and serving together. The purpose of the retreat is to help the candidates recognize their need for the Spirit in order to live the Christian life and to witness Christ. It enriches the student's understanding of community, making them aware that they are to work with the members of the Church to build up the Body of Christ. It encourages the students to share their faith with other Confirmation candidates. All Confirmation Candidates are **required to attend the retreat**. An email will be sent out with details on the retreat.

CONFIRMATION DAY

Confirmation for The Church of St. Helena is usually held in the Fall. The date of Confirmation is not available until the end of August. We will advise parents as soon as we receive a date from the Diocesan Office.

1. **Young Women**— Young women are required to wear a dress or skirt that is appropriate for Church. Dresses may be sleeveless, cap sleeve, short or long sleeved. Strapless dresses and those dresses with very thin straps are not acceptable. Very short miniskirts are not appropriate. Please use good taste in your choice of dress. Dress shoes or sandals are to be worn. No flip-flops or sneakers.
2. **Young Men**— Dress slacks, dress shirt and tie are required. Leather shoes, no sneakers.

Arrival:

- Early arrival is recommended for best seating (families).
- Time for candidates and sponsors will be announced.

Pictures:

NO PHOTOS OR VIDEO TAPING IN CHURCH.

The Minister of Confirmation will be available after the ceremony for pictures.