



St. Michael Catholic Church  
574 Eighth Street / P.O. Box 199  
Calhan, CO 80808  
(719) 347-2920 (Office)  
<https://saintmichaelcalhan.diocs.org>  
(Revised: 10/12/2024)

# 2024-2025 YOUTH CONFIRMATION CANDIDATE GUIDEBOOK





## *St. Michael Catholic Church*

574 Eighth Street  
Calhan, CO 80808  
(Mail: P.O. Box 199  
Calhan, CO 80808)  
Office: (719) 347-2290  
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Dear Candidates and Parents of Candidates for Confirmation,

Welcome to the parish's 2024-2025 Confirmation Preparation Program.

The faith formation and sacramental preparation programs you are beginning this year have been designed to guide you to becoming an adult Catholic. The necessity for the success of these programs is that God be first in your life and will take precedence over any other activities. Putting God as the least important person in our lives—below sports, pleasures, and friends—compromises our faith experience.

It is my prayerful expectation that you will give 100% of your efforts to becoming a faith filled Catholic adult. There are many distractions in life that will constantly try to pull us away from a rich faith experience. It is my hope that this sacramental preparation period will help to give you a good basis for meeting those distractions and not letting them overcome you. Every class is important and will help you have a fuller understanding of who we are as a Catholic faith community.

Parents: We need your support! As the primary educators of children and youth, the parent/guardian has the first and most important influence on their faith development. As parents of a Confirmation candidate your help is essential so that your child develops fully in these faith formation and sacramental preparation programs. The success of this program is a vital part of them becoming a life-long Catholic!

We need you to pray for our confirmation candidates, this confirmation program, and please accept the responsibility for the requirements outlined in this parish's Confirmation Candidate Handbook. Please understand that if these requirements are not met, I suggest that you and the candidate strongly consider not making a half-hearted commitment to be a part of this year's Confirmation program, but wait until next year, when you and they are ready and better able to make that commitment.

Sincerely,  
Yours in Christ,

Fr. Bob Newbury  
Parochial Administrator

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## CANDIDATE INFORMATION FOR CONFIRMATION

### **PREPARATION:**

During the first informational or sacramental preparation instructional class, all candidates will receive a copy of this Confirmation Guidebook, which will aid them in their Confirmation sacramental preparation process. This booklet contains the necessary information, prerequisites for reception of the sacrament, and the forms that will need to be submitted to the class catechists(s) or the Pastor upon completion.

*Additional information that MUST be received by the catechists(s)/parish office:*

1. *Candidate's baptismal certificate.*
2. *The sponsor's request to be designated a Confirmation Sponsor (Attachment 4), and*
3. *\*A letter or form from the sponsor's parish attesting to their eligibility to perform this ministry by March 1, 2025. (A sample form is provided in Attachment 4 for use.)  
(\***if not a registered member of the St. Michael Parish**).*

**\*\* NOTE:** *If you misplace this booklet, a copy of the Confirmation Guidebook can also be downloaded from the parish's website at <https://saintmichaelcalhan.diocs.org> . \*\**

The following **requirements** are to be satisfactorily completed by their due dates.

(\* Denotes due date)

1. Candidate Information Form/Baptism Certificate (Attachment 1) \* **January 1, 2025**
2. Parent/Candidate Confirmation Promise (Attachment 2) \* **January 1, 2025**
3. Sponsor Information Sheet (Attachment 4) \* **February 1, 2025**
4. Service Report (a project to be completed this year) (Attachment 7) \* **April 1, 2025**
5. Community Service Verification Form (Attachment 8) \* **April 1, 2025**
6. Saint's Name Submission Form (Attachment 9) \* **April 1, 2025**
7. Saint Project  
(\***Due at time of interview with the Pastor**)  
(Attachment 9 also)
8. Statement of Desire to be Confirmed in the Roman Catholic Church  
(\***Due at time of interview with the Pastor**)  
(Attachment 10)
9. Celebration of the Sacrament of Reconciliation \* **NLT week of Confirmation**
10. Confirmation Mass Practice Session **(To be announced later)**

Note: The completion of volunteer Community Service hours are required before reception of the Sacrament of Confirmation. ***Required information MUST be turned in by the requested due dates please. If a student has an incomplete file, the Confirmation process and conferral of the sacrament could be delayed until a later date or the next year.***

### ***CATECHESIS FOR CONFIRMATION / CHRISMATION:***

As outlined in the National Directory for Catechesis (©2020), published by the U.S. Conference of Catholic Bishops (USCCB), parish-level catechesis for the conferral of the Sacrament of Confirmation is to present material that:

- Teaches that Confirmation increases and deepens the grace of baptism, imprinting an indelible character on the soul.
- Teaches that Confirmation strengthens the baptismal conferral of the Holy Spirit on those confirmed to incorporate them more fully in Christ, strengthen their bond with the Church, associate them more closely with the Church's mission, increase in them the gifts of the Holy Spirit, and help them bear witness to the Christian faith in words and deeds.
- Teaches about the role of the Holy Spirit, his gifts, and his fruits.
- Is developmentally appropriate and includes retreat experiences.
- Includes instruction on the Rite of Confirmation and its basic symbols: the imposition of hands, the anointing with Sacred Chrism, and the words of the sacramental formula.
- Ensures that parents and sponsors are actively involved in the catechetical preparation of the children for Confirmation.
- Teaches that the bishop is the ordinary minister of the Sacrament of Confirmation.
- Teaches the importance of the Liturgy of the Word (from the Lectionary) and the Liturgy of the Eucharist.
- Teaches the Rite of Christian Initiation for Adult (RCIA), if/as appropriate.

Additionally, Catechesis for Confirmation candidates must be taken from ***approved*** sacramental preparation and catechetical literature, and should:

- Lead candidates into a more profound understanding and appreciation of the Eucharist and enable and encourage them to participate actively.
- Assist the candidates in becoming aware of the presence of Christ in the assembly, in the presider, the Word, and in the Eucharistic elements.
- Acquaint candidates with the symbols of the sacrament and guide them to reflect on their meanings.
- Immerse candidates in periods of reflection, prayer, apostolic works of service—both within and outside of the parish and retreat setting.
- Provide opportunities to celebrate the Sacrament of Penance, especially just prior to the reception of Confirmation.\*  
(\* Penance must be celebrated NLT one week before Confirmation is received. Refer to enclosed materials and class handouts to assist with the Sacrament of Reconciliation.)
- Lead candidates to give witness and defend the faith, especially when this would be difficult.

## **AM I READY?**

If you have not taken the time to truly ask yourself why you wish to complete the Confirmation preparation process, please take a few QUIET moments and use these guidelines to help.

1. Have I ever thought about why I desire to receive this sacrament? Why am I?
2. Is this my parent's or parents' wish or my own?
3. In this period of preparation can I prioritize my life and activities' schedule to do what God is calling me to do?
4. Am I doing this just because my friends are?
5. Have I been actively involved in my Catholic faith long enough? Do I feel that I have a good foundation to be initiated as an adult?
6. Am I ready for a life-long journey of faith? Or do I look at this as the end of having to participate in further Religious Education (R.E.) classes?
7. Am I willing to take on the responsibilities of being acknowledged as a confirmed Catholic? Am I willing to be open to what God has in store for my life?
8. The Confirmation preparation process concludes with a written, comprehension exam. **The required passing score is 70%.** Failure to achieve a passing score may require remedial preparation class/es, if/as required, and determined by the Pastor and Instructor.

It is important to understand that even after receiving the Sacrament of Confirmation, you will not have all the answers, nor will you have learned all about the Catholic faith. We are called to be open and to learn throughout our life, as we participate in a life-long spiritual journey—of experiencing God in our daily lives. In our human lives, we all slip and fall. However, as chosen, children of God, we are asked to simply pick ourselves up, reconcile ourselves with God and one another, and strive to do better as we continue a Christian life—always doing our best to exemplify Christian values and morals in our daily life: to be the face, hands, and voice of Jesus Christ himself to those in the world around us.

*“Confirmation perfects baptismal grace; it is the sacrament which gives the Holy Spirit in order to root us more deeply in the divine filiations, incorporate us more firmly into Christ, strengthen our bond with the Church, associate us more closely with her mission, and help us bear witness to the Christian faith in words accompanied by deeds.”*

(Catechism of the Catholic Church (CCC), 1316)

*“Confirmation, like Baptism, imprints a spiritual mark or indelible character on the Christian's soul; for this reason, one can receive this sacrament only once in one's life.”*

(CCC, 1317)

## **DATES FOR CLASSES AND CONFIRMATION EVENTS:**

Please refer to the parish's sacramental preparation schedule (published separately) for the Sacrament of Confirmation preparation instructional classes, retreat, and other confirmation-related activities and events.

There is an overall **limit of three (3) absences** for just-cause from scheduled youth faith formation and sacramental preparation classes and related events during the parish's scheduled 2024-2025 Religious Education (R.E.) calendar year.

### **WHY MUST I CHOOSE A CONFIRMATION SPONSOR?**

In the earliest days of the Church, specific people chosen from the community supported those seeking communion with the Church. At baptism, those significant people were your parents and godparents, who promised that you would be raised in your faith. Your parents accepted the responsibility of raising and training you in the practices of the faith. Now at Confirmation, your sponsor will be the person who will support you throughout your preparation for the sacrament and stand with and present you to the Bishop of the Diocese of Colorado Springs for Confirmation. Selected sponsors must meet and comply with established criteria (identified in Attachment 3) and be approved by the Pastor.

### **CHOOSING A CONFIRMATION SPONSOR:**

When you are choosing your sponsor it is a good idea to choose someone who is a model, practicing Catholic and who has been and will continue to be a supportive role model in your life in matters of the Catholic faith. It is important to be able to openly confide and communicate with your sponsor on a frequent basis. Traditionally, the church has encouraged Confirmation candidates to choose, if possible, one of your baptismal godparents to demonstrate the spiritual and sacramental link between their Baptism and Confirmation. Please also refer to Attachment 3 for established guidelines and suggestions on choosing a suitable Confirmation Sponsor.

### **REQUIREMENTS FOR CONFIRMATION SPONSOR:**

Please refer to Attachment 3 for the Church's requirements, which identify whether a baptized Catholic is suitable to perform the ministry of Confirmation Sponsor.

### **ROLE OF CONFIRMATION SPONSOR:**

- Pray for and with their confirmation candidate.
- Share their faith and experiences of Confirmation with their candidate.
- Help their Confirmation candidate when choosing a saint's name.
- Attend Mass and preparation classes (when possible) with their Confirmation candidate.
- Attest to the readiness of the Confirmation candidate to receive the sacrament.
- Present the confirmation candidate during the Rite of Confirmation to the bishop.
- Continue to be present in the Confirmation candidate's life; well after the sacrament is received.

Sponsors are always welcome and highly encouraged to attend classes with their candidate, especially if they live in the area. Please feel free to contact the parish office, if you have any questions regarding the duties of a sponsor or about the Confirmation candidate's preparation for the sacrament. Also please access our parish's website (the Faith Formation tab) to review information about the requirements for the Confirmation candidate and help them through the preparation to receive this important remaining Sacrament of Initiation into the Roman Catholic Church. ( <https://saintmichaelcalhan.diocs.org> )

### **CLASS REQUIREMENTS:**

The St. Michael Catholic Church works diligently to ensure that the universal Catholic Church and our diocesan norms are followed. Exceptions can be made on recommendations by the Pastor to the Bishop, with whom the decision ultimately rests. Confirmation candidates must have completed a previous year of parish-level religious education. If you completed your prior year of faith formation education (before beginning the sacramental preparation process for Confirmation) with or at another parish, we require a letter from the previous Pastor confirming your participation with their religious education program during the previous R.E. year for our files.

### **CLASS / EVENT ATTENDANCE:**

Parents/guardians, sponsors, and candidates are expected to attend Mass regularly (Sundays and Days of Obligation). We expect candidates to attend all sacramental preparation classes and confirmation-peculiar functions (e.g., retreats, service projects, liturgy practices, etc.). Candidates are required to attend a scheduled confirmation retreat. The retreat's date/time is noted in the parish's Faith Formation Handbook and schedule or may be published separately. Only **three (3) absences** are permitted for just cause (sickness, family emergencies, etc.) from sacramental preparation classes and related scheduled events.

**SACRAMENTAL LIFE/PARTICIPATION:** Additionally, we strongly encourage all confirmation candidates to also be active in the parish's ministry life. Why? Because the candidate is required to participate in the Church's communal, sacramental, and ministry life (e.g., weekly Mass, frequent celebrations of the Sacrament of Reconciliation (as needed), etc.), while also completing the necessary instructional requirements for the reception of the Sacrament of Confirmation. Active participation in both aspects is both expected and required.

### **CLASS PARTICIPATION:**

Please be on time when arriving to class and be fully prepared to actively participate. **Candidates will be given dates of completion for certain community service projects and forms. Please turn in all materials on the dates assigned.** Remember to **be respectful of catechists, guests, and other students.** NO IDLE OR DISRUPTIVE TALKING IN CLASS PLEASE! Give the catechists' your full attention; they make MANY sacrifices of their personal time and resources to prepare the materials to present to you. Lastly, ***ABSOLUTELY NO CELL PHONES ARE PERMITTED IN THE CLASSROOMS OR ON RETREATS*** please.



## **CLASS MATERIALS:**

Each candidate will be given a Confirmation preparation textbook along with any other necessary materials. The candidate is responsible for bringing the proper materials to class (e.g., textbook, Catholic bible, etc). The candidate may be charged for misplaced or lost books.

## **CONFIRMATION RETREAT/EVENTS:**

Full participation in the parish's Confirmation sacramental preparation catechetical classes, retreat, and any other related events are mandatory for all Confirmation Candidates from the St. Michael Catholic Church. The sacramental preparation registration fee covers everything needed, except for candidates' personal items. If cost becomes an obstacle or barrier to attending the retreat or other confirmation-related activities, please direct inquires about available financial assistance to your catechists(s) or the Pastor. Information (including diocesan permission/release forms) will be sent home to parents/guardians regarding the retreat or event and must be returned to the parish office before the scheduled retreat or event date.

## **COMMUNITY SERVICE HOURS/PROJECT:**

**Following in the footsteps of Christ, we are each called to love God and neighbor and to serve one another by acts of charity.** Therefore, before the Sacrament of Confirmation will be conferred upon candidates from the St. Michael Catholic Church, a minimum of 15 hours of Community Service must be completed and the necessary forms submitted to your catechist(s) and Pastor. Please refer to Attachments 7 and 8 for more information and details.

In living a righteous and Christian life of service to others, one key is finding something that we love to do and share our time and talents with others. Candidates are asked to think about the following possibilities:

- What are your likes and dislikes, your talents and things you struggle with?
- What ways you can use your talents to help others in your community?
- Do you know others that could help you to serve your community?

Your Community Service Project should be fun, not just a mandated task or chore. If you need help finding something, don't hesitate to ask your sponsor or your catechist(s) for ideas. I assure you the opportunities are bountiful in our community, so be creative and make some phone calls to the food pantries, clothing donation stores, nursing homes, homebound senior citizens, or the coordinator of a parish English as a Second Language (ESL) Program. I am sure the doors of opportunity and the need for your talents, skills, and abilities will be open for you to explore!

**A minimum of 15 Community Service Hours MUST be completed PRIOR to April 1, 2025.**

There are, however, some established norms, expectations and restrictions regarding a Confirmation candidate's completion of these 15 hours of Community Service. They:

- Are not to be his/her normal act of stewardship of his/her time and talents back to God by their participation in a Church ministry (i.e., being an altar server; usher; reader; etc.);
- Cannot be projects supervised by and/or signed off as completed by a parent or relative;
- Are not to include more than 4 hours completed at the same location, event or activity (such as: supporting the parish's mission functions (i.e., fish fries, annual clean-up day, Knights of Columbus breakfast burrito preparation and/or sale, First Friday Parish Bingo/Raffle events, etc.) to help establish their understanding of the importance of being an active parish church parishioner;
- Are not to include events or activities in which he/she is getting "double credit" (i.e., time required of them already at scheduled Boy or Girl Scouts events they are participating, etc.); and
- Are opportunities for him/her to:
  - Experience *living and loving as Christ* in service of others (in other words: living out our faith and putting our faith-into-action); and
  - Be at service of others in the community outside the Church (such as: gardening, mowing, shoveling snow, cleaning

#### **INTERVIEW WITH PASTOR:**

Each candidate is required to have a short interview with our Pastor prior to receiving the Sacrament of Confirmation to confirm their readiness for the conferral of the sacrament to them.

Interviews are normally held in April; usually a few weeks to a month before the bishop's scheduled date for the Confirmation Mass. Please call (719) 347-2290 to schedule your interview. If you have reservations or concerns about your readiness to receive Confirmation, please do not hesitate to speak with your sponsor or call anytime and speak with the Pastor.

#### **SAINT PROJECT:**

In the history and tradition of the Roman Catholic Church, a baptism and Confirmation candidate is given the opportunity to choose the name of a revered saint as their confirmation name.

*"Scripturally, a name is not only what the person is called, but also who the person is [or becomes]. In Semitic thought, the name conveyed the truth of the person. God was YHWH ("I AM"; "I AM HERE"); Jesus was Yeshua ("One who saves").*

*A Confirmation name ([traditionally] chosen by oneself) reflects the individual's choice of a saintly patron [which sometimes may also have been one's baptismal saint's name].*

***‘What name do you give your child?’***

[This question is asked of parents/guardians at the very beginning of the Rite of Baptism for Children.] *The 16<sup>th</sup> century Catechism of the Council of Trent directed that the baptismal name should be taken from some person whose imminent sanctity had been recognized [e.g., a saint]. Actually, naming [oneself] after saints was a common practice centuries before [in the 13<sup>th</sup> century].*

*Renaming or changing one’s name in sacred scriptures and Christian history, signaled the change of one’s vocation and even identity. A name change is a scriptural expression for a new life” “You shall be called by a new name ...” (Isaiah 62:2; Isaiah 65:15; Revelation 2:17, 3:12, 19:12). (The Catholic Source Book, pp. 280ff)*

We encourage you to first research your baptismal name (if it was other than your birth name). This can be an excellent way to maintain and further demonstrate the connection between these two, holy sacraments. You may also research additional saints, to determine which name you would like to be confirmed with. A brief sample listing of the more popular saints for confirmation candidates is included in Attachment 9 of this booklet. Please take your time to discern this name; this is a very personal decision. This would be a great activity and discussion to share with your sponsor. The completed Saint Project is due when you interview with the Pastor. Please refer to Attachment 9 of this booklet for the Saint’s Name Selection Form.

The St. Michael Parish-level Confirmation Preparation program includes several areas or levels of determining the candidate’s catechetical readiness to receive the sacrament. The Confirmation Candidate’s overall catechetical preparedness is based on the following multi-layered and cumulative grading standard:

Attendance	15%
Class Participation and Demonstrated Investment	25%
Submission of Required Paperwork ( <u>on time</u> )	10%
Classroom Quizzes	30%
Articulated Readiness to Receive the Sacrament (by interview with mutual discussion)	20%
	_____
	100%

The established minimum benchmark of demonstrated catechetical readiness is: **70%** .

Of note: A “one-size-fits-all” classroom instruction model does not apply in the typical, catechetical and sacramental preparation environment. Because participating candidates’ in a learning environment may each possess a varying or different, desired learning style and method from person-to-person (i.e., some are better readers (logic or reason); some are better at hands-on demonstrations (physical); some prefer to learn in groups (social or interpersonal); some prefer to learn alone and use self-study (solitary or intrapersonal), etc.) an alternative and collaborative assignment of additional reading and writing (to demonstrate and articulate post-activity adequate understanding) between the catechist(s), student and parent(s) may be utilized from time-to-time to raise a candidate’s overall level of demonstrated preparedness.

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**ATTACHMENT #1**  
**CONFIRMATION CANDIDATE**  
**GENERAL INFORMATION APPLICATION**

Due by January 1, 2025

(Information should be in the same form as it appears on your Baptismal Certificate.)

Candidate has received:     \_\_\_ Baptism                     \_\_\_ Eucharist             \_\_\_ Reconciliation

Candidate's Name: \_\_\_\_\_  
First                     Middle                     Last

Date of Birth   \_\_\_/\_\_\_/\_\_\_             Age: \_\_\_\_\_             Grade Level: \_\_\_\_\_

Father's Name: \_\_\_\_\_  
First                     Middle                     Last

Mother's Name: \_\_\_\_\_ ( \_\_\_\_\_ )  
First                     Middle                     Last                     Maiden

Home Address: \_\_\_\_\_

Street Information/Mailing Address  
 \_\_\_\_\_  
City                                     State                                     Zip

Contact Information: Home #: \_\_\_\_\_ Cell #: \_\_\_\_\_

**\*\* Copy of Baptism Certificate needs to be attached \*\***

(Not needed if you were baptized at the St. Michael Catholic Church.)

Name of Church (of Baptismal Record): \_\_\_\_\_

Complete Mailing Address: \_\_\_\_\_  
Number and Street/Avenue  
 \_\_\_\_\_  
City                                     State                                     Zip

Date of Baptism: \_\_\_\_\_

**ATTACHMENT #2**  
**Confirmation Candidate – Parent/Guardian Promise (Covenant)**  
Due by **January 1, 2025**



**St. Michael Catholic Church**  
**RITE OF ENROLLMENT**  
**CONFIRMATION CANDIDATE'S PROMISE**



I understand that my preparation for the Sacrament of Confirmation is a responsibility that I choose to accept.

I hereby agree to:

- Take an active part in the faith of life of my parish by attending Mass each weekend and Holy Day and frequently receive the sacraments of Reconciliation and Holy Eucharist.
- Try to come to know Jesus better through daily prayer and frequent reading of scripture.
- Attend religion classes faithfully, frequently, and fully participate in activities and spiritual opportunities provided by my parish community.
- Give my best efforts to all the activities which are part of our parish's program preparing me for the Sacrament of Confirmation.
- Seriously reflect on my decision to receive the Sacrament of Confirmation.

I place myself in the loving hands of God, asking blessings and His assistance, in the name of the Father, and of the Son, and of the Holy Spirit, that I may keep the promises that I have made by this covenant with God and my parish community.

\_\_\_\_\_

Candidate's SignatureDate

As parent(s)/guardian(s) of \_\_\_\_\_  
I/we accept the responsibility to assist our child in their preparation for the Sacrament of Confirmation. I/we shall support our child with our prayers and encouragement.

\_\_\_\_\_

Parent/Guardian's SignatureDate

\_\_\_\_\_

Parent/Guardian's SignatureDate



### **ATTACHMENT #3 CONFIRMATION SPONSOR INFORMATION AND QUALIFICATIONS**

The Role of a Sponsor can be traced to the early Church. Though the function of a Sponsor has changed over the years, it has always related to Christian Initiation and the Sacraments of Baptism and Confirmation.

At the time of the Second Vatican Council, the rite of the Sacrament of Confirmation was revised and the intimate connection with the other sacraments (e.g., Baptism, Reconciliation, and Eucharist) of initiation was set forth.

As the Sacrament of Confirmation has often delayed until the teen years, the Church recognized that this is an *excellent* opportunity for an adult sponsor to have more of a positive effect on the life of the teen candidate. To emphasize the connection between Baptism and Confirmation, it is appropriate for the Confirmation Sponsor to be one of the teen's baptismal godparents. This recommendation is not always doable, especially with the rotation of many military service members and their families. If not, teens are asked, with their parents' help to choose another sponsor for Confirmation.

Sponsors must follow the qualifications and requirements listed below:

1. **Qualifications for a Confirmation Sponsor:**

The qualifications for a sponsor, according to Canon Law, are the same as for a baptismal sponsor. A sponsor must:

- be chosen by the person who will be confirmed;
- be at least 16 years old;
- be a Catholic, who has already received all the Sacraments of Initiation (e.g., baptism; has been confirmed; and who has received the Sacrament of Eucharist);
- lead a faith-filled life, participates in the sacramental life of the Church (e.g., weekly Mass attendance; frequent reception of the Sacrament of Reconciliation, etc.) and be a Catholic in good standing; and
- not be the mother or father of the one to be confirmed.

If you have been chosen by a teenager or parent to be a Confirmation sponsor, you should feel both humbled and proud. To your candidate you are a significant Catholic adult. They feel comfortable with you, and it is promising to share their faith life with you whenever possible. You should be willing to do the same. Also, as a Confirmation Sponsor you should:



- be a Christian witness in both words and deeds;
- offer support to your candidate as they move through the often-perilous teen years, including experiencing doubts about their own faith;
- challenge your candidate’s words and actions when they contradict Christian values;
- be formally introduced to the candidate’s parents; and
- be willing to participate with the candidate at liturgy and in Christian service.

2. **The actual things you must do as a Confirmation sponsor are as follows:**

- **One-on-One Meetings:** You and the candidate arrange for a time and place where you can meet at least once a month for approximately an hour. This time and place should be one in which you both feel comfortable and relaxed and where you will not be distracted or disturbed. It is important to establish the right mix of informality and seriousness for these meetings. These meetings are used to discuss faith issues being addressed in the candidate’s formal classroom preparation for the sacrament. Some of these topics are: God, Scripture, the Church, morality, social justice, liturgy and sacraments, vocation and the elements of the Rite of Confirmation.
  - Share a brief prayer with your teen. This prayer can be spontaneous, or you can use more pertinent, traditional prayers.
  - If/when possible, attend a Sunday Mass with the candidate. Consider going out for a simple meal or beverage at a local coffee shop after the Mass or finding a quiet spot on the parish grounds to conduct your meeting.
  - Participate together in an activity to benefit others. Your candidate’s Confirmation process may involve working on several service projects, please plan to join in, when possible.
  - Does something fun together. Combine your meeting with a trip to the movies; a walk in a park or along a lake; an afternoon at a ballgame; a bike ride; or any other activity you and your candidate decide would be enjoyable.
- **Group Meetings:** These may be occasions when you will be asked to participate with your candidate in regularly scheduled parts of the Confirmation preparation process. For these “group meetings”, other candidates and their sponsors may take part with you. For example:
  - **Meetings:** A parish catechist leads a meeting that includes icebreaking activities, presentations on a faith topic, discussion, media and prayer. Your role would be to attend and participate along with your candidate if you are invited to attend these weekly meetings.

- Liturgies: An essential element of the teen's preparation for the Sacrament of Confirmation is regular and consistent participation in Sunday Eucharist. Sometimes, the candidates attend scheduled, special liturgies. You will be asked to participate with your teen at these liturgies.
- Retreats: Participation in a retreat is a mandatory part of the Confirmation preparation process at the St. Michael Catholic Church. On the retreat, the candidate's entire experience of preparing for Confirmation is concentrated. You may consider signing up to attend the Confirmation retreat as a chaperone, group leader, or presenter in an area of faith. If so, contact the parish's Confirmation Coordinator and they will provide you with the necessary material(s), as appropriate.
- Service Projects: Becoming integrated into the Church as a fully initiated Catholic means participating in activities and projects that are of service to others. You should want to be involved with the service-oriented activities with your candidate.

#### **USE OF A PROXY DURING THE CONFIRMATION MASS:**

If the sponsor cannot attend the Confirmation Mass in person due to a legitimate and verifiable conflict (e.g., hospitalization, travel delay, etc.), a proxy, explicitly designated by the Sponsor and Confirmation candidate, who meets all the qualifications of a Sponsor, may stand-in for the Sponsor during the liturgy. If the Sponsor is unable to participate in the Confirmation Mass and desires to utilize a proxy, he or she must notify the Pastor in writing, a minimum of one week in advance for his approval. **A parent may not be a sponsor or a proxy.**

If you have any questions please contact the Parish Priest or the Confirmation Coordinator, at (719) 347-2290.

**ATTACHMENT #4**  
**FORM FOR CATHOLIC CONFIRMATION SPONSOR**

Due by February 1, 2025

*You have been asked to be a sponsor for a Confirmation Candidate at your St. Michael Catholic Church. We ask you (the Sponsor) to reflect on the Sponsor responsibilities and for you to complete this commitment form. Please return it promptly to our parish office.*

I, \_\_\_\_\_ have been asked to serve as a sponsor  
First      Middle      Last

for the Confirmation of \_\_\_\_\_ / \_\_\_\_\_.  
Name of Child                          Name of Parents

I am a registered and participating member of the St. Michael Catholic Church  
Name of the Catholic Church

in the city/state of: Calhan, CO 80808.  
City and State of Church

By my ***initials*** below, I affirm (to give testimony as true and factual information) before God and His Church), that:

- \_\_\_\_\_      I am at least 16 years old and am not the mother or father of the Confirmation candidate.
- \_\_\_\_\_      I have received all the Catholic Church’s Sacraments of Initiation: Baptism, Confirmation and Eucharist.
- \_\_\_\_\_      If married, I received the Sacrament of Matrimony within the Catholic Church. \*
- \_\_\_\_\_      If single, I must strive to live a chaste life and therefore I am not living (i.e., cohabitating) with a person outside of the valid Sacrament of Matrimony. \*
- \_\_\_\_\_      I regularly participate (weekly) in Sunday Mass and give witness to my faith in Christ Jesus by frequently receiving the Sacrament of Eucharist and participating in the Sacrament of Reconciliation. If/when possible, I agree to attend Sunday Masses with my candidate.
- \_\_\_\_\_      I am registered in a Catholic parish and do contribute/participate in my parish community through stewardship of my time, talents, and/or treasure.

\_\_\_\_\_ I actively strive to live out my commitment to Christ and to the parish life of the Church by my interest, support and loving response to those I meet in daily life.

\_\_\_\_\_ I will give my support to the person I am sponsoring and to his/her parents by my prayers and by the example of my Catholic faith as practiced in my daily life.

\_\_\_\_\_ I will have one-on-one meetings and/or discussions with the Confirmation Candidate, at least once a month, to discuss faith-related issues and/or questions arising from this candidate's formal studies and preparation for this sacrament.

\_\_\_\_\_ I understand that various Confirmation preparation activities occur (e.g., spiritual retreats; special group meetings; teen liturgies; etc.) involving this candidate. Additionally, I understand I may be invited to any of the activities and will attend/participate, when/if possible (e.g., this enables you as the sponsor to "walk" with the candidate during their time of sacramental preparation).

\* (the following is from the Roman Catholic Church's governing Code of Canon Law:

874 § 1 to be admitted to the role of sponsor, a person must: ...

(4) not be bound by any canonical penalty legitimately imposed or declared:

*[This means that if [you] the intended sponsor is married, this marriage must be a recognized and valid Sacrament of Matrimony within the Catholic Church. Catholics who are either civilly married; married by common law; or living together are not in a valid Church matrimony, and thus, by law, have a canonical penalty imposed upon them. The penalty is that such person(s) (by such decision(s) and action(s)) has willfully chosen to break his/her communion with the Church and thus, may not participate in the full sacramental life of the Church. Specifically, because they are not in communion with God and His Church, they may not receive Holy Communion [Eucharist], nor may they assume the role and responsibilities as a Baptism Godparent or as a Confirmation Sponsor. Therefore, if you were married outside of the Catholic Church, you do not meet the Church's prescribed eligibility requirements to be admitted to the role of Confirmation Sponsor.]*

\_\_\_\_\_  
(Signature of Sponsor)

\_\_\_\_\_  
(Date)

**ST. MICHAEL CATHOLIC CHURCH**

574 Eighth Street (P.O. Box 199) Calhan, CO 80808 - Office: (719) 347-2290

**Confirmation - Sponsor Certificate of Eligibility**

**(REQUIRED FOR THOSE SPONSORS NOT CURRENTLY A REGISTERED MEMBER OF THIS PARISH)**

The Catholic Church requires that all those who assume the role, responsibilities and obligations of Godparent or Sponsor for the Sacraments of Baptism and Confirmation, practice their faith and exemplify it in their conduct as members of the Roman Catholic Church. Consequently, verifying the eligibility of Baptism Godparent(s) and/or Confirmation Sponsor(s) is very serious (including those individuals who reside and practice their faith outside of this parish church).

*(Sponsor: please read and complete this form carefully, check applicable boxes below, sign and then present this form to your Pastor to complete the bottom portion, then return this form to us.)*

- I am a baptized, Roman Catholic, who is a registered, active and participating member of:  
\_\_\_\_\_.
- I have been asked to be a Baptism Sponsor (Godparent) or a Sponsor of a candidate for the Sacrament of Confirmation and I am not the father or mother of the individual, who is to receive the sacrament (Canon 874 §1, 1 and 5 and Canons 892, 893).
- I have received the three Sacraments of Initiation (i.e., Baptism, Confirmation and Holy Eucharist) (Canon 874 §1, 3 and Canon 893 §1).
- I have attained the minimum age of 16 years of age (Canon 874 §1, 2 and Canon 893 §1).
- I worship regularly at Mass (on Sundays and Holy Days of Obligation), give witness to my faith by frequently receiving the Sacraments of Eucharist and Reconciliation, and participate in the life of my parish church.
- \*I am not a party in an invalid marriage (outside the Catholic Church) or cohabitating (living together outside the Sacrament of Matrimony). **(\* Automatically Ineligible)**
- I actively strive to live out my commitment to Jesus Christ and His Church, by stewarding my time, talents and treasure by my loving response(s) to my neighbor.
- I realize that I will assume a great responsibility before God and His Church in becoming a Sponsor. I promise to provide support and guidance to the person I am sponsoring with my prayers and by providing a good, Catholic example in my daily life for them.

SPONSOR FOR: \_\_\_\_\_  
(Print Name of Person to be Confirmed)

**I hereby declare, by my signature, I am attesting to the truth of all my response(s) above.**

Sponsor's Printed Name: \_\_\_\_\_

Sponsor's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**I certify that the person identified above is: (1) A registered and participating member of this parish; (2) A practicing, baptized Catholic in good standing; (3) Has received all Sacraments of Initiation, and (4) Eligible to serve as a Sacrament of Confirmation Sponsor.**

Signature of Sponsor's Pastor: \_\_\_\_\_

Name/City of Parish: \_\_\_\_\_

Date: \_\_\_\_\_ (Parish Seal)

**ATTACHMENT #5**  
**RITE OF RECONCILIATION**  
**EXAMINATION OF CONSCIENCE**

*As you reflect upon this self-examination, ask the Lord to grant you virtues, contrary to your vices (sins). For example, if you struggle with purity, ask for courage, strength, patience, discipline, and charity! The graces of the sacraments of confession and the Holy Eucharist can transform your life!*

**THE FIRST COMMANDMENT:** I am the LORD your God, You shall have no other gods before me.

*Do you worship the "false gods" of status, consumerism, materialism, or peer approval? Do you ignore or avoid old friends to be part of the "popular or in-crowd"? Do you make unreasonable demands on your parents for clothes or money, or feel no responsibility to save for your own college education? Do you give support to your peers when they tell racial or ethnic jokes? Do you feel indifferent toward the poor, imprisoned, or people with disabilities and think of them as "losers" by social standards? Do you find it hard to see the value in those who are different from you?*

**THE SECOND COMMANDMENT:** You shall not take the name of the Lord in vain.

*Do you use language that you would never speak in front of your grandmother? Is this choice prompted by the violence of your vocabulary, its low opinion of others, or its insulting character? Why do you choose such language, which is contrary to being Christ-like?*

**THE THIRD COMMANDMENT:** Remember the Sabbath day and keep it holy.

*Do you skip Mass because few of your friends go to church or because you feel that the gift of God's presence should be more entertaining to/for you? Why do you think Jesus gave us the Eucharist?*

**THE FOURTH COMMANDMENT:** Honor your father and your mother.

*Do you thank your parents for what they do for you? Do you offer to help around the house, or do you see it as "not my job"? If your parents are divorced, separated or widowed, do you try to understand their pain or loneliness? Why do you try to impress others and yet have little sense of the needs of those in your own family?*

**THE FIFTH COMMANDMENT:** You shall not kill.

*Do you value your life and that of others? Do you drink and drive or travel with those who do? Do you fool around with drugs and pretend that doing so does not affect your grades, your self-*

*respect, your body's health, or your relationships? Have you ever hit your girlfriend or boyfriend? Why do you feel the need to control or humiliate someone you claim to care about?*

**THE SIXTH COMMANDMENT:** You shall not commit adultery.

*Do you use other people for your own selfish pleasure? Do you lie to get sex or force others to act against their values? Do you see sex to be popular or to rebel against your parents? What do you think the casual use of your body or that of another says about your self-worth or self-esteem?*

**THE SEVENTH COMMANDMENT:** You shall not steal.

*Do you cheat on tests or homework assignments? Do you ever shoplift or take things belonging to other people? How do you feel about yourself after you do these things?*

**THE EIGHTH COMMANDMENT:** You shall not bear false witness.

*Do you gossip or pass on rumors that hurt another's reputation? Can you be trusted to keep something in confidence after you promise? Do you lie to protect your own ego, even if someone will be hurt? Why are you upset if you are the victim of such actions?*

**THE NINTH COMMANDMENT:** You shall not covet for another's spouse.

*Remember that most everyone that you know is meant to marry someone other than you. If you lust after a person, he/she is likely the future spouse of someone else. Do you treat others in a way that you would wish for your future spouse, son or daughter to be treated?*

**THE TENTH COMMANDMENT:** You shall not covet for another's goods.

*Are you envious of others? Do you resent their popularity or success? Do you feel you have to put others down to feel better about yourself? Do you resent your parents when they tell you that they cannot afford to buy the things that you feel you need to keep up with your friends?*

***Personal reflection:***

*When you read these questions, do you feel unmoved or does such a question touch on your spiritual condition? Do you want to excuse yourself from responsibility for your answers? Do you find yourself thinking of ways to change your attitudes or behaviors, so that your answers reflect your deepest beliefs? If you find yourself resolving to be more loving, you are basically healthy. If you become aware of ways that you treat others as possessions or have deliberately damaged the reputation of others, this is a moment of grace for admitting poor moral "health" and praying for the strength to seek help.*

**ATTACHMENT #6**  
**RITE OF RECONCILIATION**  
**EXAMINATION OF OUR LIFE**

The following list of capital sins (with the fears that cause them and the symptoms they manifest) may help us examine our lives in a way that is more meaningful. For most of us who do not have death-bringing choices to confess, the recognition of one or two of these root areas of concern will be the best way to admit our sinfulness and help us discover the areas of our lives that need the most attention and most in need of the healing touch of God's grace.

Because God's call from fear to love is always a painful journey involving the cross and death, most of us want to choose an easier way to new life. Most of us want Easter without Good Friday. All sin is an attempt to avoid the cost. All sin is a substitution for real growth and real joy. Our tradition says the following are some of our most common substitutions.

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1. **PRIDE:**

**When we:**

- \* fear that we do not measure up.
- \* fear that we are not as good as others.
- \* fear that we will be found out.
- \* fear the brokenness that is in us and have never learned to forgive it.
- \* fear the weakness that is in us.
- \* choose false pride and arrogance; we substitute false pride for the quiet love and respect for self.

**Symptoms of false pride are:**

- \* we demand too much of self and others.
- \* we give in to the "tyranny of the should's"; always saying what we or others "should" or "should not" have done.
- \* we judge ourselves and others too quickly and too harshly.
- \* we are vain about appearance or a particular gift.
- \* we must be first
- \* we must be center.
- \* we believe our way is the only way.
- \* we brag too much.
- \* we exaggerate too much.
- \* we dominate and need to control.

*Lord, for sins of pride, we ask forgiveness.*

2. **GREED/COVETOUSNESS:**

**When we:**

- \* fear that people will not love us for who we are.
- \* fear that we will be judged.
- \* fear that God will not provide; we give in to greed and covetousness; we cover over insecurities in our own eyes and in the feelings of others with material possessions.

**Symptoms of greed are:**

- \* we become too attached to possessions.
- \* we allow our possession to own us, not us possessing it.
- \* we work too hard.
- \* we keep too fast a pace.
- \* we do not keep holy the Lord's Day and do not make room for God in our life.
- \* we hoard money.
- \* we do not share enough with the poor.
- \* we might give in to stealing or dishonesty.
- \* we have no time for God or prayer.
- \* we have "strange gods before us" as the first commandment warns us of.
- \* we do not have time for parents or family.

*Lord, for sins of greed, we ask forgiveness.*



3. **LUST:**

**When we:**

- \* fear being intimate in the true sense.
- \* fear to trust another.
- \* fear to entrust ourselves to another; we substitute lust—we give in to lust.

**Symptoms of lust are:**

- \* we turn people into objects.
- \* we use and/or mistreat people.
- \* we lie to ourselves about relationships.
- \* we focus on pleasure rather than joy.
- \* we substitute physical intimacy for loving intimacy.
- \* we turn to adultery or fornication.
- \* we turn to pornography.
- \* we give in to sensuality.
- \* we allow sexuality to turn us inward rather than to a relationship.
- \* we never learn to trust.

*Lord, for sins of lust, we ask forgiveness.*

4. **ANGER:**

**When we:**

- \* fear being hurt.
- \* fear being controlled.
- \* fear not being liked.
- \* fear being judged.

**Symptoms of anger are:**

- \* we are impatient with self.
- \* we are impatient with others.
- \* we are unforgiving of self and others.
- \* we are unable to pray.
- \* we lack gentleness.
- \* we feel that we have been cheated.
- \* we have an impetuous spirit.
- \* we curse or use bad language.
- \* we use God's name improperly and without respect.
- \* we are impetuous on the highways.
- \* we can become old and cynical.

*Lord, for sins of anger, we ask forgiveness.*

5. **GLUTTONY:**

**When we:**

- \* fear to face ourselves.
- \* fear to face our problems.
- \* fear dealing with others.
- \* fear being overwhelmed; we turn to gluttony / drunkenness.

**Symptoms of gluttony are:**

- \* we eat too much.
- \* we eat too often.
- \* we eat to solve problems.
- \* turn to drugs.
- \* we admit "adultery with the bottle"; gaining strength, courage, and meaning in life in food, drink, or drugs rather than in relationships.

*Lord, for sins of gluttony, we ask forgiveness.*

6. **ENVY/JEALOUSY:**

**When we:**

- \* fear not looking good.
- \* fear being judge.
- \* fear we are missing out (on something).
- \* fear life is passing us by; we turn to envy or jealousy.

**Symptoms of envy/jealousy are:**

- \* we are impatient with self.
- \* we criticize too much.
- \* we entertain sinful desires.
- \* we feel cheated.
- \* we "covet" our neighbors' success(es).
- \* we put others down.
- \* we gossip too much.
- \* we give in to slander.

*Lord, for sins of envy, we ask forgiveness.*

7. **SLOTH/LAZINESS:**

**When we:**

- \* fear the cost of trying.
- \* fear hard work.
- \* fear the cost of relationships.
- \* fear failure.
- \* fear being hurt; we turn to sloth.

**Symptoms of sloth are:**

- \* we withdraw from life.
- \* we set no ideals.
- \* we quit before we finish.
  - \* we set no goals.
- \* we never reach out.
- \* we do not use talents for God or others.

*Lord, for sins of sloth, we ask forgiveness.*

**Prayer of Rededication and Commitment to Growth:**

Heavenly Father, Creator and Friend, I trust in your understanding, your acceptance, and your love. Thank you for the gift of forgiveness. Teach me to be as forgiving of myself, as you are of me. Teach me to be as gentle with myself, as you are with me. I commit myself to trying to improve my life for you and for others. Help me to be open to your grace. I ask this through Jesus Christ, your Son and our Lord. (Amen.)

**ATTACHMENT #7**  
**COMMUNITY SERVICE VOLUNTEER HOUR LOG**

Candidate's Name: \_\_\_\_\_

Date	Hours	Non-Profit Agency Name	Agency Telephone #	Supervisor's Name <i>(please print)</i>	Supervisor's Signature

**ATTACHMENT #8**  
**COMMUNITY SERVICE HOURS REFLECTION**  
**(FOR EACH SERVICE PROJECT COMPLETED)**  
Due by **April 1, 2025**

Candidate's Name:

---

Date(s) of service:

---

Place of service:

---

What did I do?

---

---

What impact did I make and/or make on those I served?

---

---

What did I learn from my service to others?

---

---

Could I have done better?

---

Was my focus on those I was serving?

---

Would this be a service I would like to continue to do?

---

**ATTACHMENT #9**  
**COMMUNITY SERVICE VERIFICATION FORM**  
**(FOR EACH SERVICE PROJECT COMPLETED)**  
Due by **April 1, 2025**

Candidate's Name: \_\_\_\_\_

Service to be performed: \_\_\_\_\_

Organization: \_\_\_\_\_

Contact person: \_\_\_\_\_ Title: \_\_\_\_\_

Contact Phone #: \_\_\_\_\_

Dates of Service: \_\_\_\_\_  
\_\_\_\_\_

Number of service hours completed: \_\_\_\_\_

Signature of Supervisor: \_\_\_\_\_

Supervisor's Comments:  
\_\_\_\_\_  
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**ATTACHMENT #10**  
**SAINT'S NAME SELECTION FORM**

*Due by: (at time of interview with the Pastor)*

Saint's Name: \_\_\_\_\_

Patron Saint of: \_\_\_\_\_

History of Saint:  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Source of information: \_\_\_\_\_

Why I chose this Saint:  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

How can I emulate this Saint in my life?  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Here is a sample list of the popularly chosen saints for  
Confirmation Candidates as example(s) for your consideration:**

St. Michael	St. Benedict	St. Mary, Mother of God
St. Joan of Arc	St. Juan Diego	St. James, the Greater
St. Jude	St. Christopher	St. John of Damascus
St. Matthew	St. Mary Magdalene	St. Luke
St. Jerome	St. Anthony the Abbot	St. Elizabeth Ann Seton
St. Nicholas	St. Maximilian Koble	St. Dominic
St. Thomas Becket	St. Padre Pio	St. Monica
St. Joseph	St. Roque de Santa Cruz	St. Rose of Lima
St. Philomena	St. Anthony of Padua	St. Teresa of Avila
St. Therese of Lisieux	St. Bernadette	St. Francis of Assisi
St. Lucy	St. Padre Pio	St. Martin of Tours
St. Clare	St. Rita	St. John, the Apostle & Evangelist
St. Victoria	St. Augustine of Hippo	St. Thomas Aquinas
St. Angela Merici	St. Bernard of Clairvaux	St. Thomas More
St. Leo, the Great	St. Ambrose	St. Peter
St. John Paul II	St. John XII	St. Mother Teresa of Calcutta

There are just some examples.

You are encouraged to please check the other names of other saints on the Internet or in Catholic historical and faith formation books about the Church's saints.

However, please make sure they are truly saints by cross checking with other available resources.

For example, a few years ago a Confirmation candidate wanted to use *Judas Iscariot* (the man who betrayed Jesus), because she thought he was a Saint.

The lesson to be learned: ***Please do your research!***

**ATTACHMENT #11**  
**CONFIRMATION CANDIDATE'S**  
**STATEMENT OF DESIRE TO BE CONFIRMED**

Due by: *(at time of interview with the Pastor)*

*Please bring this form with you to your interview with the Pastor for his signature.*

I, \_\_\_\_\_, have completed the sacramental preparation program for the Sacrament of Confirmation.

I desire:

- to live out the call to Christian holiness and commitment in my daily life,
- to participate responsibly in the Catholic faith, and
- to receive the gifts of the Holy Spirit, which will help me mature in this faith.

I, therefore, state my readiness and desire to be confirmed by the Bishop of Colorado Springs on:

\_\_\_\_\_

\_\_\_\_\_  
Signature of Candidate

\_\_\_\_\_  
Sponsor's Signature

\_\_\_\_\_

\_\_\_\_\_  
Parents' Signatures

\_\_\_\_\_  
Pastor's Signature

(Parish Seal)

\_\_\_\_\_  
Date



## ***LIST OF REFERENCES***

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