

St. Joseph Catholic Church  
**Confirmation Requirements**  
Religious Education Classes

<b>REQUIRMENT</b>		<b>DUE DATE</b>
1	Copy of Baptismal certificate	September 30, 2016
2	Confirmation Robe Order Form	November 14 and 15, 2016
3	Saint Name Report	December 12 and 13, 2016
4	Sponsor Certification form	January 9 and 10, 2017
5	Mandatory Retreat	January 19, 2017
6	Confirmation Class Test	January 30 and 31, 2017
7	"Works of Mercy" log sheet	January 30 and 31, 2017
8	Bishop's Letter of Request	February 6 and 7, 2017

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## Confirmation Sponsor

**Choosing Your Sponsor**—It is a very ancient custom of the Church that candidates for Confirmation select a sponsor who will help them persevere in the faith. They represent the Christian community, and are to see that the newly confirmed act as true witnesses of Christ living out the obligations of the Sacrament.

**When choosing a sponsor for yourself please ask:**

- Why am I choosing this person?
- Does he/she share and live his/her Catholic faith?
- Is he/she mature, confirmed, and practicing his/her faith?
- Does this person exhibit his/her commitment to Christ and the Church?
- Does the person have knowledge of his/her faith?

You should not make this decision simply based on friendship or to repay a favor. Your sponsor shows you how to live the Catholic faith by their example. Please pray to the Holy Spirit for guidance.

If your sponsor cannot be present for the Confirmation ceremony, you will have to choose a proxy. The qualifications for a proxy are the same as those required for a sponsor. The proxy must also obtain certification from the parish in which he or she is registered.

**The requirements of the church for serving as sponsor are:**

1. The person designated is at least 16 years of age.
2. The person designated is confirmed.
3. The person designated partakes in the Eucharist, lives in accord with Church teaching including Her moral expectations, and actively practices their Faith.
4. The person designated is Catholic.
5. The person designated **CANNOT** be your mother or father.
6. It is desirable that the person who undertook the role of Godparent at Baptism should also be designated sponsor at Confirmation.
7. The person designated must obtain certification to be your sponsor. See the information below.

**Confirmation Sponsor Certification:** Your sponsor must go to their parish and present the form titled, "Confirmation Sponsor Certification", to your parish priest. He will sign the document and affix that parish's seal testifying that he/she meets all the requirements of a sponsor.

**CONFIRMATION SPONSOR CERTIFICATION**

Please print clearly.

**NAME OF CONFIRMATION CANDIDATE:** \_\_\_\_\_

**SPONSOR REQUIREMENTS:**

- 1) The sponsor must be 16 years of age or older.
- 2) He/she has received the sacraments of Baptism, Confirmation, and Eucharist.
- 3) He/she is a practicing Catholic who can receive Eucharist (Communion) at Mass.
- 4) If married, he/she is married in the Catholic Church, or if single, he/she is not cohabiting.
- 5) He/she is **not** the parent of the Confirmation candidate.

**NAME OF SPONSOR (as should appear on Confirmation certificate/registry):**

\_\_\_\_\_

I meet all the requirements listed above and will have this form signed by my own parish priest.

Sponsor Signature \_\_\_\_\_ Date \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Sponsor's Parish \_\_\_\_\_ City/State \_\_\_\_\_

My relationship to the candidate \_\_\_\_\_

**THE FOLLOWING IS TO BE COMPLETED BY SPONSOR'S PARISH PRIEST:**

The sponsor above is a member of our parish, and to the best of my knowledge, is a practicing Catholic in good standing and qualified to act as a Sponsor for the Sacrament of Confirmation.

Signature of Priest \_\_\_\_\_ Date \_\_\_\_\_

Return to: St Joseph Church—Religious Education  
750 Peachtree St  
Herndon VA 20170-3798  
Phone: 703-880-4305  
Fax: 703-880-4320

**Church Seal**

## CONFIRMATION SAINT NAME REPORT

Almost everyone has two names: A first name and a last name. Your first name tells others who you are. Your last name tells others what family you belong to.

Names are a sign of identity. Maybe you were named after a saint, a family member, or both. If so, you may draw inspiration from the way they lived their lives, especially in the service of God and the Church. Your name probably means something too. For instance, my name, Matthew, means “gift of God,” and this identity motivates me to try to be a gift, and be generous with what God has given me.

One of the benefits of the Sacrament of Confirmation is choosing, or reaffirming, your Christian identity by choosing a new confirmation name or sticking with your baptismal name. Because the Sacrament of Confirmation is an opportunity to enter into a deeper relationship with God and with the Church, the Church asks you to either reaffirm your Catholic-Christian identity by being confirmed with your baptismal name, or by choosing a new name, one of a saint or blessed in the Church, from whom you will draw inspiration. The Church’s preference is that you are confirmed with your baptismal name, if it meets the aforementioned condition, but all candidates for the Sacrament of Confirmation, are invited to choose a new name for their Confirmation if they desire to. Your confirmation name is used in the ceremony.

Candidates are required to complete the “Confirmation Saint Name Report” sheet and return it to their catechist (teacher) or the Office of Religious Education.

Some websites that might help for your research:

[www.catholicsaints.com](http://www.catholicsaints.com); [www.catholiconline.com](http://www.catholiconline.com); or [www.ewtn.com](http://www.ewtn.com)



*St. Joseph Catholic Church  
Office of Religious Education  
750 Peachtree St  
Herndon VA 20170-3798  
703-880-4305 Fax: 703-880-4320  
religioused@sjcherndon.org*



**CONFIRMATION SAINT NAME REPORT**

**CANDIDATE'S NAME:** \_\_\_\_\_

**Name** of chosen saint: \_\_\_\_\_

Saint's **date of birth:** \_\_\_\_\_ Saint's **date of death:** \_\_\_\_\_

**Country** where saint was born or lived: \_\_\_\_\_

**Brief summary** of saint's life and accomplishments: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**When** was this saint canonized? (recognized as a saint by the Church) \_\_\_\_\_

**Why** did you choose this saint? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Neatly hand-write, filling in each blank! NO "one sentence" answers.  
You may use another sheet to answer**

## WORKS OF MERCY

The Works of Mercy component of our Confirmation Program is designed to help you learn what unselfish service really means. You are expected to complete at least fifteen (15) hours of service as part of your Confirmation Program. *You are urged to perform far more than the mere 15 hours minimum and to continue to help others in these ways after your Confirmation.*

You may complete this service individually or as part of a group. These service projects are to be your free expression of sincere Christian help for others.

These projects are to be designated for Confirmation service hours only.

1. Help as a teacher's aide in the Religious Education (CCD) program.
2. Set up for parish events.
3. Help serve at First Communion, Confirmation and other parish receptions or dinners.
4. Help serve coffee and doughnuts on the first Sunday of the month after all Masses or help set up chairs for coffee and doughnuts.
5. Help at St. Joseph's BBQ in September.
6. Assist senior citizens with their chores.
7. Rake leaves, shovel snow, and help the elderly and poor.
8. Visit the elderly in nursing homes (Cameron Glen).
9. Help shut-ins, that is, the elderly or those who are infirm and unable to leave their homes.
10. Help a needy family.
11. Collect canned goods for LINK.
12. Help deliver Meals on Wheels.
13. Help prepare Thanksgiving and Christmas baskets.
14. Prepare meal(s) for Christ House.
15. Work at a food pantry or soup kitchen.
16. Help separate clothes at the Clothes Closet.
17. Collect and distribute clothing and personal items for the homeless.
18. Collect and distribute baby clothes for a pregnancy crisis center.
19. Special projects for others over and above regular jobs or chores.
20. Read to the blind, and/or contribute your services to the local library.
21. Aide your own school or neighborhood day care centers.
22. Tutor one of your peers or a younger student.
23. Initiate clean-up campaigns and collect bottles and cans for recycling.
24. Help with an existing recycling project.







## **LETTER OF REQUEST**

As a Confirmation Candidate, you will write a letter to Bishop Loverde, the bishop of the Diocese of Arlington, requesting permission to receive the Sacrament of Confirmation. In the letter, you must indicate your readiness and desire to receive Confirmation. Please mention something about yourself, the school you attend, and something about your family. In your own words, explain how you have become more knowledgeable about the truths of the Catholic faith through your religious instruction classes, and are prepared to profess this faith, as well as, assume responsibility to spread and defend it. You are also welcome to share something about your Confirmation saint's name, such as, what impressed you about your saint. You may also want to include something about your service projects.

Candidates are required to complete the "Bishop's Letter of Request" sheet and return it to their catechist (teacher) or the Office of Religious Education.

Please make sure that your writing is clean, legible and readable. Use proper grammatical skills (capitalization, punctuation, and spelling.)

**BISHOP'S LETTER OF REQUEST**

Your Excellency Most Reverend Paul S. Loverde, D.D.,

It is my desire to receive an increase of the Gifts of the Holy Spirit through the Sacrament of Confirmation. I have been preparing for these Gifts during the past Religious Education year.

I would like to receive the Sacrament of Confirmation **because** \_\_\_\_\_

\_\_\_\_\_

During my life I would like **to achieve** \_\_\_\_\_

\_\_\_\_\_

The Gift of Confirmation will help me **achieve this by** \_\_\_\_\_

\_\_\_\_\_

I chose my Confirmation Sponsor **because** \_\_\_\_\_

\_\_\_\_\_

My Sponsor influences **my spiritual life by** \_\_\_\_\_

\_\_\_\_\_

Bishop Loverde, I feel I am prepared to commit myself to Christ and His Church, and bear witness to the truths of my faith. Therefore, I respectfully petition you to permit me to receive the Sacrament of Confirmation at the parish of St. Joseph.

**Sincerely,**

\_\_\_\_\_ **Printed Name** \_\_\_\_\_

## CONFIRMATION ROBES & DRESS CODE

St. Joseph's candidates for Confirmation will wear the designated official red robe. The entire class, boys and girls, will wear a red robe with the symbol of a descending dove imprinted on the yoke. Each student will be able to keep the robe after Confirmation.

Young men will wear dress slacks, dress shoes (no sneakers), dress shirt and tie. No earrings. Jackets are not required. Young ladies will wear a dress or skirt and blouse with dress shoes. Makeup should be minimal and jewelry should reflect the solemnity of the occasion. No catechumen is to wear flowers on the robe or the wrist. A Confirmation pin will be provided for each student to place on the red robe.

Please fill out and send in the Confirmation Robe order form below. Checks should be made payable to *St. Joseph's Church*. The price of the robe is \$20.00. If you are not ordering a new robe – please write your child's name and NOT ORDERING on your form. Please mail the form, along with the fee, to: St. Joseph's Church, ATTN: Religious Education, 750 Peachtree Street, Herndon, VA, 20170 or have your child bring it to their class. **Please send in the order form no later than the dates on your Confirmation Checklist.** After the forms have been processed and the robes arrive at St. Joseph's, your child will receive their robe during regular scheduled class time.

**Please Print**

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LAST NAME	FIRST NAME	INITIAL

(Check One)

**MALE**

**FEMALE**

HEIGHT	
FEET	INCHES

WEIGHT

# Catholic Church Etiquette

How we worship, praise, and give thanks to our Triune God at Mass as members of His Community of believers, is reflective of our individual Catholic Christian Faith.

## The A, B, C's of Catholic Church Etiquette

### A – Adoration

Silence, Prayer, Response: Before Mass we are quiet as we listen and speak to God in the silence of our hearts. During Mass we respond to God Who speaks to us in the liturgy of Word and the Eucharist. After Mass we joyfully spread the Good News to family, friends, and the world.

Think of the Church as sacred space and a sacred place. The church is first, and foremost, a place of worship. It is the primary place we come to spend time with and be intimate with GOD.

### B – Behavior

Please be “prayerfully silent.” Refrain from unnecessary talking as it distracts others who are intently praying and reflecting. Refrain from socializing during the Liturgy. Save your greetings and conversations for the fellowship hall. We are in the Liturgy to greet God with our prayers and worship, not to distract others.

While waiting for the Mass and Sacrament of Confirmation to begin, we ask you to respect the “prayerful silent.” To invite you into the experience, we will pray the rosary together led by one of our parishioners.

### C – Clothing

**Please remember when you come to Mass you are entering the House of the Lord** and must be properly clothed regardless of the weather or other events you may plan to attend after the service. The Sacred Liturgy requires everyone attending Church to be attired appropriately for worship and to receive the Eucharist. Parishioners should give great attention to their manner of dress as a demonstration of their respect for God.

**Dress modestly and appropriately before God.** One should always wear clothes that are modest. For example: inappropriate shorts, sweats, halter tops, low cut blouses, tee shirts, and the like are a distraction and diminish the reverential aspect of the Mass.

The key is: Reverence!