

CONFIRMATION PREP CANDIDATE WORKBOOK

DIOCESE OF PETERBOROUGH



NAME: _____



WELCOME

We are thrilled that you are taking such a big step to be confirmed in the Diocese of Peterborough. This book contains information and worksheets for the various diocesan requirements and projects for your preparation journey. God bless your preparation!

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SPONSORS

Every candidate must choose an adult Catholic to stand as their sponsor during Confirmation. Please prayerfully consider the role, noting that a Sponsor for Confirmation is a role model of living the Faith for the candidate. The sponsor has her/himself received all three Sacraments of Initiation (Baptism, Eucharist, and Confirmation) and is living in harmony with the Roman Catholic faith. The sponsor supports the candidate being confirmed in her/his commitment to embrace the Christian life.

SPONSOR REQUIREMENTS

- Is at least 16 years of age
- Is a practicing Catholic
- Has received the Sacraments of Baptism, First Communion, and Confirmation
- Leads a life in harmony with the Roman Catholic faith and believes all tenants of the faith
- Is not a parent, step-parent, or legal guardian of the candidate

A potential sponsor is required to provide a copy of their annotated Baptism certificate, including their Confirmation date; this is sometimes called a sacrament record, and may be obtained from the church the sponsor was baptized at, even if in a foreign country. Copies of both the Baptism and Confirmation certificates are also suitable. A potential sponsor is also required to complete and submit a personal attestation form to the parish of the candidate, solemnly professing their eligibility to be a sponsor and their intent to take the role seriously.





SAINT PROJECT

For this project, you'll research and select a Saint whose faith witness inspires you to live a life of greater faithfulness. As a Catholic Church, we have a long history of people who've gone before us as champions of faith. Particularly as you prepare to become an adult in the faith through Confirmation, choosing a saint to follow the example of can be a great guide to us who are trying to live holy lives like they did... and we have countless saints who are cheering us on in heaven.

INFORMATION TO INCLUDE

- Birthplace
- Birthdate (or time that they lived)
- What they are the patron saint of and why
- Important information about the Saint and their life and path to holiness
- What is the Saint known for (life works, miracles, books, events, etc.)
- What virtues do you admire that this Saint practiced?
- What about this Saint inspires you as you prepare to receive the Sacrament of Confirmation?
- What about this Saint inspires you to be a better Catholic? How is this Saint a model for Christians today?
- Why did you choose this Saint?
- Is there a prayer or novena for the intercession of this Saint? Provide this as part of your project and resolve to pray it daily.

HOW TO PICK A SAINT

Choosing a Saint should be a prayerful process. Ask God to inspire you in your research and reflections as you find your Saint for this project.

- Find Saints who share your first, middle, or even your last name. Read the stories of these Saints and see if their lives attract you in some way.
- Think about your interests and look up a patron for this. For example, if you are interested in music, you might choose a patron saint of musicians.
- Talk to your parents and sponsor about their patron saints.

- Find a saint whose feast day is on your birthday whose story you find interesting.
- More than anything, choose a Saint you admire who will be your role model and spiritual companion. Choose one with attributes you admire (for example, courage in the face of difficulties, dedication to a rich prayer life, generosity in serving the poor, etc.).

To begin is for everyone.

To persevere is for saints.

Saint Josemaria Escriva



Your Confirmation Name

This is the name your sponsor will give to the Bishop when you receive Confirmation. Candidates may select the name of their Saint as their Confirmation name, or they may choose their Baptismal name (which is recommended, though not required). Your Baptismal name is the name which your parents gave the priest when you were baptized, the name which you're called by normally. Of course, choosing a new name at Confirmation doesn't change your legal name or undo your Baptism, but it is a public statement that you will strive to follow that Saint's example in leading a holy life.

Project Requirements

- 3 pages of double-spaced text only
Calibri, 11pt font
- Report in cover or folder
- Standard size poster board (22x28 inches)
- Candidate's full name and the name of the saint on report and poster



If possible, choose a Saint who has not been selected by others in the Confirmation program. We want to encourage candidates to learn about their chosen Saint and express their understanding in their own words. This project is meant to be personal and unique. With that in mind, please do not copy and paste from the Internet or use the assistance of AI, as your report and poster will be cross-referenced for plagiarism.

SERVICE PROJECT

An awareness of the importance of serving others is critical in preparing for Confirmation. Throughout Scripture, we are called to love God and to show this through love toward our neighbor. Far beyond another box to tick on your way to being confirmed, service is something we do to put our faith in action, because we recognize the presence of Jesus in all persons.

The Service Project should total at least 8 hours throughout the course of the year. We recommend that 4 hours of service be completed before the new year, and the remaining 4 hours before the 10th session. 4 hours must be served in your parish, and the other 4 hours in your school or community. We encourage students who already hold a volunteer position in the church to try something new.

Whoever wishes to be first among you must be a slave of all. For the Son of Man came not to be served but to serve, and to give His life as a ransom for many.

Jesus, Mark 10.44-45





WHAT DO I DO FOR MY SERVICE PROJECT?

Some questions to ask yourself if you get stuck for ideas:

- What are people's needs or problems and what can I do to help?
- Who needs time, effort, work or service from me?
- What gifts or talents has God given me that can be used to serve others?

At Church, you could consider becoming an altar server, helping out with cleaning the church, greeting/reading/ushering at Mass, trying A/V ministry, and assisting with children's ministries and parish events.

At School, you could help out with the breakfast program, volunteer to assist a younger class, your teacher, or a special group, and organize a food drive or fundraiser.

In the Community, you could volunteer at a food bank, homeless shelter, nursing home, cemetery, animal shelter, or activity centre.



THE MASS

For Catholics, the source and summit of our sacramental life is the Eucharist. All graces and every good thing about the Catholic life comes from our celebration of the Mass. That's a big deal!

The Eucharist is a memorial of Jesus' crucifixion. When He walked the earth, Jesus sacrificed his life on the Cross in place of us so that we might get to heaven one day. Every time we celebrate the Mass, simple bread becomes Jesus, making him real and accessible for us, so the graces of forgiveness found on the Cross are always available to us today.

Catholics have the obligation to attend Mass on Sundays and Holy Days (Christmas and January 1st). To be able to receive Communion, one must be a believing Catholic in a state of grace (that is, you have gone to Confession and have no mortal sin on your soul). You must also fast from all food and drink (except for water and required medication) for one hour before receiving Holy Communion.

The Mass is the most beautiful thing in the Church.

Saint Alphonsus Liguori

PARTS OF THE MASS

The Introductory Rite

Entrance Song: A song to praise God, sung as a community as the priest and altar servers enter.

Greeting: All make the sign of the cross as a reminder of our Baptism and belief in the Trinity. The priest say a few words of welcome and sets the tone for the Mass.

Penitential Rite: The priest invites the people to recall their sins and repent of them. We say "Lord, have mercy" and "Christ, have mercy" three times.

Gloria: A joyful prayer, either sung or said, that praises the Trinity.

Opening Prayer: The priest says the opening prayer, specific to the day's readings.

Liturgy of the Word

Readings: There are four readings from the Bible. The first is taken from the Old Testament; the second is usually sung and is from the book of Psalms; the third is from the New Testament; and the fourth is the Gospel, taken from Matthew, Mark, Luke or John.

Homily: The priest speaks about how to apply what we have heard in the readings to our own daily lives.

The Creed: The community professes their belief in the mystery of our Trinitarian God.

Universal Prayers: Prayers of intercession asking for God's help.

Man does not live on bread alone, but on every word that comes from the mouth of God.

Jesus, Matthew 4.4



Liturgy of the Eucharist

Preparation of the Gifts: The altar is set and the gifts of bread and wine are brought forward.

Eucharistic Prayer: The high point of the Mass. It begins with the Preface, a prayer of thanksgiving. We then sing the "Holy, Holy, Holy". The priest then consecrates the simple gifts of bread and wine into the Body and Blood of Christ, really and truly present. After the consecration, the priest invites the people to proclaim the mystery of faith, which is usually sung. The Eucharistic Prayer continues with a memorial prayer, a prayer for the church, and a prayer for all who have died.

Amen: A sung response to the end of the Eucharistic Prayer.

Our Father: All stand and join together in praying the Lord's Prayer.

Sign of Peace: All present extend a sign of peace to each other. Often the words "Peace be with you" and a handshake are used.

Breaking of the Bread: The Body and Blood are prepared for reception by the congregation. Everyone sings "Lamb of God".

Holy Communion: Those who are in union with the Catholic Church come to receive Jesus in the form of Bread. They may receive by hand or by tongue, standing or kneeling, as personal piety dictates.



Concluding Rite

The Mass concludes with a blessing and a reminder to do good works, praising and blessing the Lord. A concluding song is sung as the priest and altar servers process out.

1: INTRODUCTORY RITE

Date:

Time:

Location:

Priest:

Pay special attention to the Opening Hymn and Prayer. Is there any part of it that you find interesting, any words or phrases that jump out at you? What about them do you find interesting?

2: READINGS

Date:

Time:

Location:

Priest:

Of the four readings (First Reading, Psalm, Second Reading, and Gospel), which one stood out to you the most? What did you find interesting about it? Was it an interesting story? Did it have a good life teaching or catchy wording? Go back to the reading, either online or using a Bible from home, to help you think about it more.

3: GOSPEL & HOMILY

Date:

Time:

Location:

Priest:

Describe in your own words, what you think the main message of the Gospel reading was. List one way that this can apply to your life, a way that this is relevant to you right now. The homily is a good springboard for this, so pay close attention during that.

4: CREED & UNIVERSAL PRAYERS

Date:

Time:

Location:

Priest:

Pay close attention to the words of the Creed as you say them. Which words or phrases interest you more than the others?

In the Universal Prayers, together we pray for our church, ourselves, and the world. What or who are you praying for today? Write a petition for it here.

5: PREPARATION OF GIFTS

Date:

Time:

Location:

Priest:

What one thing stood out to you the most during the Preparation of the Gifts (ie the song, the bringing up of the gifts, the motions of preparing the altar, the prayers used, etc)?

What gifts were brought to the altar today? What are they used for or what do they mean?

6: EUCHARISTIC PRAYER

Date:

Time:

Location:

Priest:

When the priest lifts up the host and the chalice, a supernatural phenomenon known as **transubstantiation** takes place. Find the book *Catechism of the Catholic Church*, either in print or online at the Vatican website and find out what that term means. Write the definition here.

The word "eucharist" means "give thanks". What five things are you thankful for today?

7: SUNG MASS PARTS

Date:

Time:

Location:

Priest:

During the Eucharistic Prayer, we usually sing three different prayers together, the "Holy, Holy, Holy", the Mystery of Faith, and the Great Amen. Listen to the words of these prayers. What stands out to you the most and why?

Why do you think we sing at Mass, especially these four prayers, instead of just reciting them?

8: OUR FATHER & SIGN OF PEACE

Date:

Time:

Location:

Priest:

Read through the words of the Our Father. Which phrases stand out the most to you and why?

Why do you think we exchange the Sign of Peace with each other?

9: COMMUNION

Date:

Time:

Location:

Priest:

The reception of the Eucharist is the moment when Jesus, King of the Universe, comes to visit you, in a very real and physical way. Fill the space below with a personal prayer to God after you've received Communion.

10: CONCLUDING RITE

Date:

Time:

Location:

Priest:

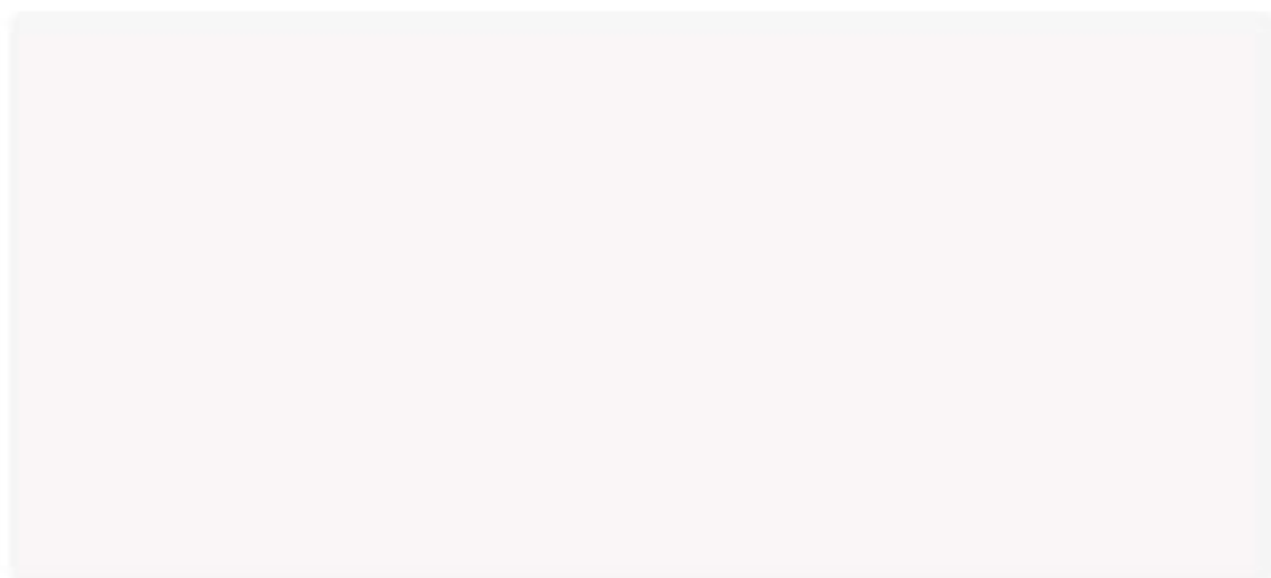
The priest or deacon calls for the congregation to go forth proclaiming good works. Circle the 'send-off' that the priest used at this Mass.

- Go forth, the Mass is ended.
- Go and announce the Gospel of the Lord.
- Go in peace, glorifying the Lord by your life.
- Go in peace.

At this point, you've attended ten Masses in prayerful reflection. Having seen and contemplated all parts of the Mass, which do you think is your favourite or strikes you the most and why? What have you learned that makes this the most powerful for you?

10: CONCLUDING RITE CONT'D

The Eucharist is considered the "source and summit" of our lives as Catholics. How might it be a source in your life? How is it a summit in your life?



Reflecting on the Mass, note all the people who took part in the celebration: greeters, readers, psalmist, choir, organist or musicians, priest, deacon, ushers, participants. Is there one of these roles that you could see yourself doing to participate even more fully?

