

Church of St. Jude, Joliet

CONFIRMATION HANDBOOK

2022-2023

Come Holy Spirit

Come, Holy Spirit, fill the hearts of your faithful
and kindle in them the fire of your love.
Send forth your Spirit and they shall be created.
And you shall renew the face of the earth.
O God, who by the light of the Holy Spirit, did
instruct the hearts of the faithful, grant that by
the same Holy Spirit we may be truly wise and
ever enjoy his consolations.
Through the same Christ Our Lord. Amen.

Books for Teens

- *Did Adam and Eve Have Belly Buttons?* by Matthew Pinto
- *Did Jesus Have a Last Name?* by Matthew Pinto
- *A Teen's Game plan for Life* by Lou Holtz
- *Prove It (series)* by Amy Welborn—on apologetics/reason behind various Catholic beliefs
- *Bible Basics for Catholics: A New Picture of Salvation History* by John Bergsma
- *Ask the Bible Geek* by Mark Hart
- *Tweet Inspirations* by Mark Hart—Christian tweets
- *Saintly Youth of Modern Times* by Joan Carroll Cruz
- *Saints for Young Readers for Every Day* (there are two volumes)
- Louis de Wohl's novels based on the Lives of the Saints
- *True North: A Roadmap for Discernment* by Joel Stepanek
- *Full of Grace: A Teen Guide to the Rosary*
- *Saints Around the World* - Meg Hunter-Kilmer and Lindsey Sanders
- *In Caelo Et in Terra: 365 Days with the Saints*—Pauline Books and Media

Catholic YouTube Channels and Podcasts

ODB Films— YouTube channel with short films and videos for teens including their podcast “2-Minute Takes” : popular movie reviews from a faith lens.

Ascension Presents—YouTube channel with well-produced videos from a variety of Catholic speakers.

Lifeteen— Youth Ministry YouTube channel with many videos to learn about the saints, Scripture and *lectio divina*, and our Catholic beliefs.

Pray-As-You-Go Podcast—Gives a daily lectio divina meditation on one of the daily readings. Each 12-minute episode is designed to help you to pray wherever you are; on a bus, in a car, walking your dog.

Catholic Stuff You Should Know—Hosted by four priests. They cover a variety of topics and share their experiences as parish priests with a great mix of banter, hilarious commentary and solid factoids about Catholic stuff you should know.

Fr. Mike Schmitz—This dynamic priest has a YouTube channel and podcast where he addresses Catholic teaching and practical tips for living life well.

Abiding Together— Hosted by Sister Miriam, Michelle Benzinger, and Heather Khym, Abiding Together provides a place of connection, rest and encouragement for women who are on the journey of living out their passion and purpose in Jesus Christ.

St. Paul Center for Biblical Theology— Scripture study podcast in the Catholic tradition. Renowned biblical scholar Dr. Scott Hahn offers a weekly reflection on the Sunday Mass readings.

Pints with Aquinas—Matt Fradd addresses questions from St. Thomas Aquinas’ *Summa Theologiae* in an easy to understand way so you don’t have to be a theologian or philosopher to enjoy listening.

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“Don’t let your life be sterile. Be useful. Blaze a trail. Shine forth with the light of your faith... and light up all the ways of the earth with the fire of Christ that you carry in your heart.”

-St. Josemaria Escriva

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Aim: To lead the youth to an encounter with the person of Jesus and to help them be his faithful disciples, better knowing, living, and sharing their faith.

Approach: Through catechesis, prayer, and service, our program seeks to form the minds and hearts of the youth to receive the gift of the Holy Spirit in Confirmation.

Faith Resources

FORMED — Formed.org

An online platform for the greatest Catholic content available today: movies, books, and talks. Visit stjudejoliet.formed.org to create an account and register today for FREE!

Catholic Answers – Catholic.com

Have questions about the Catholic Faith? Search the world's largest database of answers about the Catholic Faith. Learn more about Catholicism through articles, books, videos, etc.

Word on Fire—Wordonfire.org

Videos, articles, podcasts and weekly homilies from Bishop Robert Barron that proclaim Christ in our culture

Masstimes.org

It can be difficult to find a Mass when traveling or when it is not practical to attend at your regular parish. Mass Times makes it much easier to search for a Mass by presenting all the possibilities in a geographical area on one page. Find worship times, church locations, contact information, and maps.

United States Conference of Catholic Bishops — usccb.org

The website of the usccb contains a digital *Catechism of the Catholic Church*, Bible, daily readings and reflections, news, church statements, and many other relevant tools to help you live out your Catholic Faith.

Catholic News Agency — catholicnewsagency.com

Stay connected and read the latest Church news from the Vatican and around the world.

Choosing Your Saint Name

A name identifies us in a unique way, not just our physical selves, but who we are as a person. One of the traditional practices of the Church at the time of Confirmation is the taking of a Confirmation name. The name must be a saint's name or an approved variation of that name. At the moment of Confirmation, the Bishop will call you by this new name, and for the rest of your life, this saint will remain with you as a special patron and friend. In class and through your own research, you will be introduced to the lives of many saints.

You may choose to use your Baptismal name since it expresses the relationship that exists between these two sacraments, especially after you reflect on its meaning and discover some of the people who shared your name in Christian history. You might want to choose the name of a saint who represents the type of Christian you wish to be.

It is important to learn as much as you can about your patron saint. After all, you are asking this saint to be your friend and advocate for the rest of your life. Whether you decide to stay with your Baptismal name or pick a new name, take time to research and explore the root meaning of the name.

Once you have picked your patron saint, begin praying to your saint whose name you take as your Confirmation name. Ask this saint to intercede for you, to help you make the right moral choices, and overall to be a powerful spiritual guide the rest of your life.

**Candidates must have their saint picked out by December 5th, 2022.
(Family Formation Students will turn in a Written Saint Report)**

**We will have a special saint ceremony in class the week of
December 5th for candidates to claim their confirmation saint
followed by Saint Presentations in class —instructions to be given.**

Prayer

Jesus said 'I came so that they might have life, and have it more abundantly' -John 10:10

In prayer, heart speaks to heart and we come into intimate contact with the person of Jesus who loves us and calls us by name. Prayer make us fully alive! **No amount of learning or study can take the place of prayer** where we come to know Jesus not just by books, but by being with him in our hearts.

This year you will learn how to pray *with Jesus and like Jesus*. You will be introduced to the many different types of prayer in our Catholic tradition, including traditional prayers (like the Our Father, the Hail Mary, Apostles Creed, and the Act of Contrition), spontaneous prayer, *lectio divina* (divine reading), Eucharistic Adoration, the Rosary and other devotions, and the highest form of prayer, the Mass.

Prayer Challenge

The candidates are challenged to grow in prayer:

1. Attend a Daily Mass with your parent / sponsor
2. Go to the Sacrament of Reconciliation with your parent / sponsor
3. Go to Eucharistic Adoration with your parent / sponsor
4. Choose and pray a Devotion with your parent / sponsor

Confirmation candidates will pray in these 4 different ways to complete the Prayer Challenge. They will turn in the Prayer Challenge Worksheet to reflect and share about their 4 prayer experiences.

The Prayer Challenge Reflection Sheet is due with your Service Project Reflection Sheet on Monday, April 17th, 2023



FULLY ALIVE PRAYER CHALLENGE

TIPS FOR PRAYING

Tips for Praying Everyday

When:
What time of day will you pray?
How long you pray is not as important just as long as you pray!
"If our life is without prayer, it is like a house without a foundation...if you are too busy to pray, you are too busy." -St. Mother Teresa

Where:
St. Edith Stein once said, "It all depends on having a quiet little corner where you can talk with God on a daily basis as if nothing else existed." Do you have a quiet place to spend time with God? Maybe in your room, basement, or another quiet place in your house? This week, set up a prayer corner where you can place your Bible, your journal, a candle and a holy image (cross, prayer card of Jesus, Mary, or the saints). You can make it simple or get creative! The goal is for you to have special place to pray, where you can to spend time alone with God.

What/How:
Will you pray with God's Word, reading the Scripture? Will you journal? Say a Rosary or a decade of the Rosary? Will you offer a morning or nighttime prayer?

"The glory of God is man fully alive" - St. Irenaeus

How to Complete the Prayer Challenge:

Attend a Daily Mass: We encourage candidates to attend a weekday Mass (Monday-Saturday) with their parents, family, and/ or Confirmation sponsor. This is to be an additional experience, so it must NOT be a school Mass, a Holy Day of Obligation, or a Sunday Mass. Look at *Pure Faith* pages 79-87 for prayers to help you pray.

Go to the Sacrament of Reconciliation: Candidates are challenged to practice going to Confession on their own with their parents or confirmation sponsor. For a refresher on the steps to confession and how to make a good confession, go to *Pure Faith* pages 63-78.

Go to Eucharistic Adoration: Jesus is truly present in the Eucharist! We are blessed to have 24 Hour Eucharistic Adoration Chapel here at St. Jude and in many places throughout our diocese. We can make a visit to Him at any time of the day! Candidates are challenged to visit the Blessed Sacrament for a Holy Hour with their parents and/ or confirmation sponsor. Here are some suggestions of ways to spend an hour with Jesus in Eucharistic Adoration:

- Ask for intercession (pray for others or for yourself)
- Pray spontaneously from your heart
- Bring your Bible and read from the Scriptures (especially the Gospels: Matthew, Mark, Luke, and John)
- Write in a prayer journal
- Read from your *Pure Faith Prayer Book* or some other spiritual book, like a book on the life of your confirmation saint

Choose a Devotion to Pray: The *Catechism of the Catholic Church* asks “how can the Holy Spirit be our life if our heart is far from him?” (2744) We invite confirmation candidates to open their hearts to the Holy Spirit by praying in a new way. Devotions are ways of prayer that help us to encounter Christ and deepen our love and devotion for Him. Choose a devotion from the riches of the Church’s treasury to pray with your parents and/or confirmation sponsor. The list on the following page can help you find a devotion to pray...

Choosing a Confirmation Sponsor

As part of Confirmation preparation, candidates need to choose a sponsor. A Confirmation Sponsor has three primary roles: (1) to assist the candidate in preparing for confirmation, (2) to present the candidate for Confirmation, and (3) along with the parents, to help the confirmed person to live out his or her Christian life faithfully. It is important to choose **someone with a vibrant faith life, someone who attends Mass every Sunday** and who would serve as a **good role model in the Faith**. (An older sibling, godparent, favorite aunt or uncle, or other family friend could be a good choice if they are able to fulfill all three roles listed above.)

A sponsor must have the following qualifications:

1. Must be a Catholic who is at least sixteen years old
2. Have received the sacrament of Confirmation
3. Be a person who leads a life of faith in keeping with the function to be taken on (i.e. to be a spiritual mentor and guide in the Catholic faith)
4. Must not be a parent of the candidate

In short, a sponsor should be a **fully initiated Catholic who is faithful to Christ and his Church**.

Because of the deep connection between the sacraments of Baptism and Confirmation, the Church highly recommends that one of the candidates godparents be considered as a Confirmation Sponsor.

Sponsor Certificate—A certificate from the Catholic Church where the sponsor is a registered must be submitted with the pastor’s signature and church seal to verify that the person regularly attends Mass, is in good standing with the Church, and can validly receive the sacraments.

**The Sponsor Certificate is due January 9th, 2023
to Miss Chiara Sullivan at the Rectory Office**

Confirmation Retreats

A retreat is a “time away”, a time to rest and take a break from the regular routine to pray and reflect on our life and our relationship with God. It is very important for every Christian to take time for retreat. It is especially important for you as you prepare to receive the gift of God in Confirmation. Parents, If for a serious or unavoidable reason, a confirmation candidate must miss a retreat, he/she must make up the retreat at another parish on a different day. Please contact Ms. Chiara Sullivan to coordinate an alternate retreat experience for your child.

7th and 8th Grade NET (National Evangelization Team) Retreat— Friday, October 21st 4-9 pm in St. Jude School Gym in St. Jude School Gym

Retreat theme: “Sealed and Sent,” which focuses on the gift of the sacrament of Confirmation. At Confirmation, Christ seals us with the gifts of the Holy Spirit so that we can be better equipped to spread the Gospel like the Apostles at Pentecost. But it’s not enough to just receive these gifts. We have to accept them and choose to use them

8th Grade Candidate/Sponsor Retreat Day —Sunday, March 26th 12:00 pm – 4:00 pm in Church, Gym, and Parish Hall. Meet in Church for 12 pm Mass .

Intentional conversation time and prayer between confirmation candidates and their sponsor. (This retreat is built in time for confirmation students and their sponsors to be together, however we understand that some sponsors live far away or may not be able to attend this retreat for serious reasons. If this is the case, a parent may take the place of the sponsor for the retreat.)

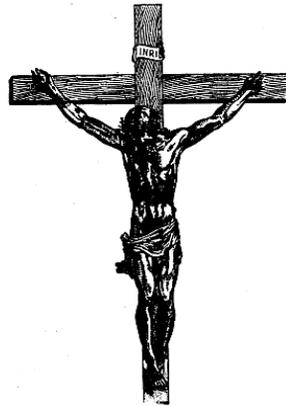
Devotions of Our Catholic Faith

- *Lectio Divina*—The Latin words for “Divine Reading”. It is an ancient way of praying and meditating upon Scripture:
 1. *Read*— Read the passage slowly. What is this story about?
 2. *Reflect*— Read the passage a second time. What word or phrase jumps out to you? What do you feel in your heart (happy, peaceful, uncomfortable) Why?
 3. *Relate*—Speak to God and listen to him.
 4. *Rest*—Just be quiet and be with God. Know how much God loves you and allow him to love you. You are a child in the arms of your loving Father!
- The Rosary— For how to Pray the Rosary go to **Pure Faith pages 28-33**
- Novenas—Novena comes from the Latin word “novem” which means nine. A Novena is an ancient tradition that goes back to the time of the Apostles when by the instruction of Jesus they were told to pray for 9 days leading up to Pentecost when the Holy Spirit descended upon the disciples as “tongues of fire” (Acts 2:1-4). This pattern of 9 days of prayer is the basis the novenas we pray today. There are many novenas to Jesus and the saints. Maybe you can find one for your confirmation saint: <https://www.praymorenovenas.com/>
- St. Jude Novena (Tuesday nights at 7pm in church, starting October 20th)
- Stations of the Cross (Often prayed publicly at church during Lent) **Pure Faith pages 103-104**
- The Divine Mercy Chaplet—**Pure Faith pages 99-102**
- First Friday Devotion (americanneedsfatima.org/Our-Lord-Jesus-Christ/the-nine-first-fridays-devotion.html)
- First Saturday Devotion to Mary (themostholYROsary.com/appendix2.htmh)
- A Pilgrimage —A pilgrimage is a visit to a shrine or sacred place. (See handout for local pilgrimage sites)

Service

“Love the Lord your God, with all your heart, with all your soul, and with all your mind. This is the greatest and the first commandment. The second is like it: you shall love your neighbor as yourself. The whole law and the prophets depend on these two commandments.” -Matthew 22:37-40

“I give you a new commandment: love one another. As I have loved you, so you also should love one another.” -John 15:34



Jesus calls you to be a living reflection of His love and mercy to the world! “Love is not only a feeling. Love is also a VIRTUE, a power that can be trained. Becoming braver and bolder, as well as more just and more loving is a true challenge for every Christian.” (DOCAT 16) During confirmation preparation, you will be challenged to grow in the virtue of love by getting out there and serving God and your neighbor through works of mercy and acts of service.

3 Service Projects:

Confirmation Candidates will do 3 Service Projects during their year of formation. Each project must be a significant gift of time (at least 2 hours each). Students will turn in the Service Project Reflection.

1. Do a “Service-At- Home Challenge” determined by mom and dad
2. Do a Parish Service Project
3. Do a Community / Neighborhood Service Project

The Service Project Reflection Sheet is due with your Prayer Challenge Reflection Sheet on Monday, April 24th to Miss Sullivan

Some Ideas for How to Serve:

In Your Family & at Home

Parents will decide on a challenge to give to their teen at home. This challenge must be something that will **benefit/help the rest of the family** (for example, the challenge cannot be for the teen to clean their own room, paint their own room, or make their own lunch)

Recommended Challenge: Planning, Preparing, and Serving Family Dinner: We recommend having your child plan, prepare, and serve family dinner as their challenge, however, if you have a household project (a project in the garden/backyard, painting the house/family room, etc.—something that will help the family), you may have your child do that as a Service-at-Home Challenge.

At Your Parish

Altar Servers: Servers commit to serving twice a month at weekend Masses. Please contact the Rectory Office at 815-725-2209 to find out about altar server training / scheduling.

St. Jude Care Network: Candidates can serve with their sponsor or parent. Contact Wende Paliakas : fohthead@yahoo.com

Vacation Bible School / Parish Summer Camp: Assist with Vacation Bible School or the Totus Tuus Camp in the summer. Contact Miss Sullivan to help at re@stjudejoliet.net

Family Formation Lesson Packing: Help the Faith Formation families of the parish by helping to pack their religion lessons.

Helping with Set-up and Take Down of the Pro-life Crosses in October (Respect Life Month)

In Your Community / Neighborhood

Shoveling neighbor’s driveway & sidewalks

Neighbor’s or grandparent’s yard work

Babysitting or taking care of the neighbor’s pet

Picking-up cans & papers in the neighborhood

Daybreak: Serve the people at our local homeless shelter. (St. Jude serves dinner every 3rd Saturday in January, March, May, July, September, & November)

Visit with the Seniors at a Nursing Home: Visit the seniors at a retirement home. For examples, there is Bingo on Sundays with the residents of Our Lady of Angels.

St. Vincent DePaul Society: Help with the St. Vincent DePaul Society Food Pantry at St. Patrick Church or help collect clothing for the St. Vincent clothing drive.

Forest Preserve District of Will County: Care for our common home by helping to clean our parks and forests.

Feed my Starving Children (FMSC): Help pack meals for children around the world (Illinois locations are Aurora, Schaumburg, and Libertyville)