

# *Confirmation Companion*



*Good Shepherd Catholic Church  
8710 Mount Vernon Highway  
Alexandria, Va 22309*

## ***Prayer to the 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.

Let us pray.

O God, who have taught the hearts of the faithful  
by the light of the Holy Spirit,  
grant that in the same Spirit we may be truly wise  
and ever rejoice in his consolation.  
Through Christ our Lord.

Amen.

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Dear Confirmandi, parents, and sponsors,

Thank you for your participation in our program of preparation for the Sacrament of Confirmation. As you prepare to receive the Sacrament of Confirmation, I want to express my sincere joy and pride in your commitment to deepen your relationship with Jesus and your dedication to growing in your understanding of our faith. As you participate in our Confirmation program, I hope that you will look forward to discussions that will include parents and sponsor and choosing a Confirmation saint as demonstrations of a thoughtful and mature approach to continuing your spiritual journey.

Please remember that Confirmation is not just a ceremony, but a pivotal moment where we actively choose to embrace the gifts of the Holy Spirit and live our lives as fully initiated members of the Church. In this sacrament, we take the next steps in our journey, leaning on the guidance of parents, Confirmation saints and sponsors, and we continue to nurture our faith through prayer, scripture study, and active participation in our parish community.

Please do not hesitate to contact me, or Miguel De Ángel, our parish Confirmation Coordinator, with any questions or concerns. Our entire team of volunteers and staff look forward to assisting and celebrating with you the Sacrament of Confirmation.

I am confident that the Holy Spirit will empower you to be a strong witness to Jesus in your daily life, sharing His love and compassion with all those around us in our world.

Sincerely yours in the Lord,

Reverend Thomas P. Ferguson  
Pastor

## How to Use This Booklet?

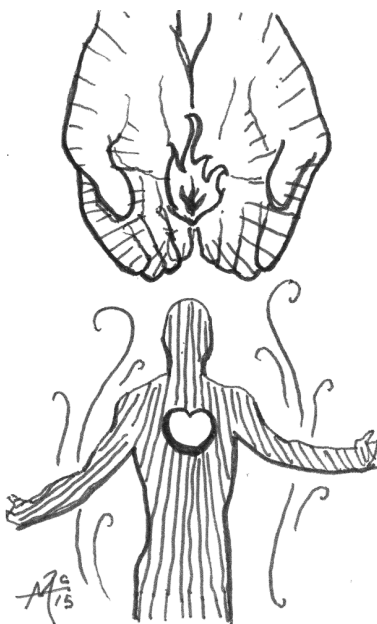
The following pages are provided for you to prepare to receive the Sacrament of Confirmation.

Some sections help explain the sacraments or aspects of our faith, other sections help you reflect on what you have done and received already, and still others that will help you prepare you for what is to come.

Space is provided for you to reflect on your baptism, the Gifts of the Holy Spirit, and the Spiritual and Corporal Works of Mercy. You will also find suggestions of possible service and prayer opportunities.

There is no one way to complete this booklet. It is uniquely and individually yours. Feel free to write, type and paste, draw, or glue and tape pictures you think best express your thoughts, ideas and reflections on each point.

Our prayer is that the Holy Spirit will accompany you as you journey on this path of faith, so that you may grow to discover the great plans God the Father, His only Son Jesus Christ, and the Holy Spirit have for you.



Please bring this booklet to your Confirmation Interview, to aid you in remembering the things you did and reflected on.

## *General Information and Deadlines*

Before you begin preparing for your sacraments, we will need your birth certificate. Your parents may have turned this in already. This certificate is due by **September 30** when you first start classes.

If you were baptized in another parish, not at Good Shepherd, we will need your baptismal certificate from that parish. This certificate is due by **September 30** when you first start classes.

Your Confirmation Name and Sponsor's Certificate are due **April 30**. For more details scan the QR code below.

Use this QR Code for Confirmation forms, the Sponsor eligibility tool, and additional information that will assist you in your preparation for Confirmation.



## *Service*

Good Shepherd does not require a specific number of service hours to be Confirmed. The parish does want you to become involved in service activities with your family, friends, parishioners, and local communities as a life-long pursuit. Please see the upcoming pages for practical ideas on how to do that.

# *The Sacraments of Initiation*

**The Sacraments of Initiation:** Baptism, Confirmation, and the Eucharist are the foundation of the Christian life. In Baptism we receive the Holy Spirit and become children of God; in Confirmation the gifts of the Spirit are strengthened so that we may be witnesses to the good news that Jesus is in our lives; and in the Eucharist we grow intimately closer with Jesus.

For many Confirmandi, Baptism was received as an infant. Parents and godparents made promises on your behalf. Their participation is very important, because they are your first teachers of the faith.

Without Baptism, without the Spirit of God within us, we are not able to receive any of the other sacraments. Because God adopts us, we receive His Spirit, God makes us his children in Baptism. That is why your parents and godparents are such an important part of Baptism and teaching you the Catholic faith. And that is why we are given a name at Baptism, because we are now members of a new family, God's family as Christians.



## *Reflection: Baptism*

Where were you baptized?

What is the date of your Baptism?

Who are your godparents?



## ***Reflection: Baptism (Cont.)***

Why did your parents choose your godparents? If you don't know, ask your parents.

What is your Baptismal name?

Why did your parents choose your name? If you do not know, ask them to tell you the story.

## *Identity and Mission*

Your name does not just reflect who you are, but also your mission. In Confirmation you pick a name from among the saints to take as your own. Once you are confirmed, you will testify and be a witness of Jesus to others. Use the following pages to reflect on different saints that you may want to consider for your Confirmation Name.

What saints inspire you? What have you learned about these saints? Why would you like to consider them for your Confirmation Name?

### *Saint Option 1:*

*Confirmation Saint Names*

*Saint Option 2:*

# *Gifts of the Holy Spirit*

The gifts of the Holy Spirit were given to you at Baptism and are strengthened at Confirmation.

**Wisdom** is the gift of knowing the right choices to make to live a holy life. The gift of wisdom helps you to avoid the things that could lead you away from God.

**Understanding** is the gift of comprehension, or the ability to grasp the meaning of the teachings of the Church. The gift of understanding helps you be tolerant and sympathetic of others.

**Right Judgment, or Counsel**, is the gift of prudence. The gift of right judgment helps you make choices to live as a faithful follower of Jesus.

**Courage, or Fortitude**, is the gift that helps you stand up for your faith in Christ. The gift of courage helps you overcome any obstacles that would keep you from practicing your faith.

**Knowledge** is the gift of knowing and enlightenment. The gift of knowledge enables you to choose the right path that will lead you closer to God.

**Reverence, or Piety**, is the gift of confidence in God. This gift of reverence inspires you to joyfully want to serve God and others.

**Wonder and Awe, or Fear of the Lord** is the gift of wonder and respect that encourages you to be in awe of God. The gift of wonder and awe moves you to so love God that you do not want to offend him by your words or actions.

## *Reflection: Gifts of the Holy Spirit*

Reflect on the Gifts of the Holy Spirit received at your baptism and discussed in class, and jot down some thoughts or times that one of the Gifts presented itself to you.

What were the circumstances? Was it a successful test, or making a new friend, or helping someone? How did it make you feel?

## *Reflections: Gifts of the Holy Spirit*

As you look forward to Confirmation, consider the Gifts of the Holy Spirit and how you would like to use those gifts.

Is there a change you would like to make in your life? What gift do you need to make the change?

## ***Reflections: Gifts of the Holy Spirit***

How can the Holy Spirit help and guide you through the next years of your life?

# *Spiritual Works of Mercy*

The Spiritual Works of Mercy have long been a part of the Christian tradition through scripture and spiritual writers throughout history. Just as Jesus attended to His spiritual well-being and that of those he ministered to, the Spiritual Works of Mercy are actions that address the needs of people's minds, hearts, and souls.

**Counseling the Doubtful**—Everyone has moments of doubt in their faith journey.

**Practical Ideas:**

- Learn more about your faith so you can share it honestly and with conviction.
- Has someone asked you for advice? Offer your advice or direct them to an adult who can help.
- Invite a friend to a parish program or faith formation.

**Instructing the Ignorant**—Learn about our faith and be open to talking with others about our beliefs.

**Practical Ideas:**

- Volunteer to help with faith formation programs, Children's Liturgy of the Word, Little Lambs, or as an assistant catechist.
- Invite someone to go to Mass with you.

**Admonishing Sinners**—Do not judge, but be supportive in helping others find their way and correct their mistakes.

**Practical Ideas:**

- When you correct someone, do not be arrogant. We are all in need of God's loving mercy.
- Be a good example of living our Catholic values through words, actions, and deeds.





**Comforting the Sorrowful** - A few moments may make a lifetime of difference to someone going through a difficult time.

**Practical Ideas:**

- Even if we are not sure of the right words to say, our presence can make a big difference.
- Make a home cooked meal for a friend who is facing a difficult time or send a card to someone who is suffering

**Bearing Wrongs Patiently**—Forgiving others is difficult because we do not have God's limitless mercy and compassion. Jesus teaches us that we should forgive others as God forgives us.

**Practical Ideas:**

- Saying sorry is something we learn as kids, how often do we really mean it? Forgiveness transforms hearts and lives.
- Place your hope in God so that you can endure the troubles of this world and face them with a compassionate spirit.
- Frustrated with someone? Step away from the situation, take a few deep breaths, pray the Our Father, asking God for patience.

**Pray for the Living and the Dead**—Prayer is one of the most powerful ways we can support others.

**Practical Ideas:**

- Request a Mass intention for a friend or family member who is going through a tough time.
- Request a Mass intention for a friend or family member who has passed away.
- Keep your own book of prayer intentions, writing down the names of those who you are keeping in your prayers.

## ***Reflection: Spiritual Works of Mercy***

Brainstorm with your family, sponsor, and friends ways in which you can do Spiritual Works of Mercy. Which interests you the most? Pick a few to do each week or each month.

## ***Reflection: Spiritual Works of Mercy***

Which Spiritual Works of Mercy have you done? What was the experience like? What was most meaningful when you did them? What others can you plan to do in the future?

## *Corporal Works of Mercy*

The Catholic Church has always preserved the teaching of Christ that both faith and works are important in living out our faith. We live our faith by imitating Jesus' good works and His command to serve one another—and by living out our values in real, practical ways. The Catholic Church provides us with a summary of the works of mercy to help us serve the least of Christ's brethren. The Catechism of the Catholic Church defines these works of mercy as “charitable actions by which we come to the aid of our neighbor in his spiritual and bodily necessities.”

**Feed the Hungry**—Everyone needs food to live. We can help others, especially those in most need, to be sure they have the proper nourishment. We can do this in a variety of ways through parish programs and through your daily life.

**Give Drink to the Thirsty**—We may take clean water for granted. We use water to quench our thirst, cooking, personal hygiene and cleaning. Many people in the world do not have access to this basic necessity.

**Clothe the Naked**—We may own clothes that we do not often wear. Children out grow items that are still in good condition. There are many ways to share your gently used items with someone who may be in need.

**Shelter the Homeless**—There are many circumstances that could lead to someone becoming a person without a home. Christ encourages us to go out and meet those without homes, affirming their worth and helping them seek a resolution to the challenges they face.

## *Practical Ideas*

As you prepare to be confirmed, now is a good time to consider your individual and family commitment to praying and serving others. This service can take many forms, considering your time and talents and opportunities to share those with others. The following provides suggestions. Listen to the Holy Spirit on the ways you, your family, and sponsor can serve together in your home, school, work, parish, and community.



**Feed the Hungry — Give Drink to the Thirsty — Shelter  
the Homeless — Clothe the Naked**

- **Load** the St. Lucy Truck on the third Sunday of each month after the noon Mass 1 pm.
- **Donate shelf stable food** for the pantries. Consider your favorite meal and donate the food items to make the meal. Rice, spaghetti, oil, sauce, cereal, granola bars, juice packs, tuna, chicken, infant formula, diapers, and wipes. Check the bulletin for updated lists.

## *Practical Ideas (Cont.)*

### **Feed the Hungry — Give Drink to the Thirsty — Shelter the Homeless — Clothe the Naked (cont.)**

- **Plan a family dinner** night where you all cook, eat, and clean-up together.
- As a family, **join our Hospitality Ministry** to support sacramental celebrations, Donut Sunday, and special events by helping cook, serve, and clean-up afterward.
- **Pack** your family lunches. Take an extra lunch for someone at school or work who may not have a lunch.
- **Christ House**—First Thursday of each month and first Saturday of odd numbered months. Cook, bring food to Good Shepherd, and serve meals at Christ House.
- **Assemble Blessing Bags** for the VIC hypothermia shelter.
- **Be mindful of the environment**, take only the food you need, don't waste water, put on a sweatshirt instead of turning up the heat.

## *Practical Ideas*

### **Feed the Hungry — Give Drink to the Thirsty — Shelter the Homeless — Clothe the Naked (cont.)**

- MaRiH Center - **Donate** gently used or new baby items and diapers/ baby wipes to support mothers and babies in need.
- **Clean your closet** and donate clothes. Take care in your selections, ensuring it is something you would wear. Say a prayer as you fold the clothing for the person who will receive the item. Donate socks, gloves, and scarves for the local hypothermia shelter.
- **Learn a new skill**—Join our new ministry and crochet hats and toys for infants, small blankets for babies and the elderly.
- **Clothe someone in dignity** by helping them feel welcome and providing kind and supportive words.
- **Take responsibility** for the laundry in your home for one week and add weeks as the year progresses.

## *Corporal Works of Mercy (Cont.)*

**Visit the Sick**—Those who are sick are often forgotten or avoided. In spite of their illness, these individuals still have much to offer to those who take the time to visit and comfort them.

**Visit Prisoners**—People in prison are still people, made in the image and likeness of God. No matter what someone has done, they deserve the opportunity to hear the Word of God and find the Truth of the message of Christ.

**Bury the Dead**—Funerals give us the opportunity to grieve and show others support during difficult times. Through our prayers and actions during these times we show our respect for life, which is always a gift from God, and comfort to those who mourn.

We can do Spiritual and Corporal works of mercy in both small and large ways. Sometimes our daily lives get so busy that we cannot spend the day volunteering at a homeless shelter, or we cannot afford large donations to alleviate many people in poverty. That is when we find small ways to share our gifts showing kindness, love and care to others. These simple acts can make a great difference. St. Catherine of Siena's famous quote is a great reminder of the good God can do through you; "Be who God meant you to be and you will set the world on fire."



## *Practical Ideas*

### **Visit the Sick - Visit the Prisoner - Bury and Mourn the Dead**

- **Visit** a neighbor, relative or friend that may not get much company. Help an elderly neighbor or relative, rake their lawn, shovel snow, pick up items at the store, take their garbage can to the curb.
- **Make a meal** for someone who is sick, recovering from surgery or has a new baby.
- **Pray** for those on our parish prayer list (or those you know who are sick) Say a prayer for all or choose one person to pray for that week.
- **Support** Catholic Charities of the Arlington Diocese prison ministry. Pray for those that visit those in incarceration.
- **Make a meal** for a family member or neighbor who is sick. Send a card to a friend who is sick or has a family member who is ill.
- **Join** the parish Funeral Reception Ministry to provide a salad or dessert.
- **Visit** the cemetery where family or friends are buried. Pray for those who have died: "Eternal rest grant unto him/her, O Lord. And let perpetual light shine upon him/her. May he/she rest in peace. Amen. May his/her soul and the souls of all the faithful departed, through the mercy of God, rest in peace. Amen."

## ***Reflection: Corporal Works of Mercy***

Brainstorm with your family, sponsor, and friends ways in which you can do Corporal Works of Mercy. Which sounds interest you the most? Pick a few to do each week or each month.

## ***Reflection: Corporal Works of Mercy***

Which Corporal Works of Mercy have you done? What was the experience like? What was most meaningful when you did them? What others can you plan to do in the future?

## *Reflection on the Service Opportunities*

What activities did you do?

What did you like about the services you provided? What did you learn?

What did you not like about an experience? What did you learn?

Describe how you felt after helping someone?

## *Reflection after Confirmation*

Now that you have received the Sacrament of Confirmation, reflect of that day.

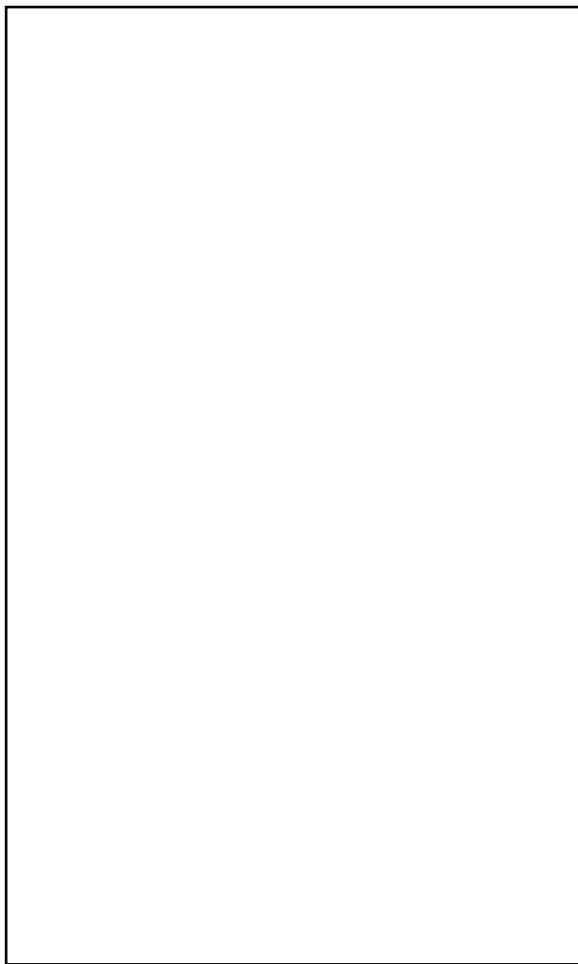
What did it feel like to have the Bishop pray over you, and anoint you?

What was most memorable about that day?

## *Looking Forward*

How do you feel the Holy Spirit is calling you to use your gifts and be a disciple, a student, a follower, and a witness to Jesus?

## ***My Confirmation Photo***



## **Christ Has No Body**

Christ has no body but yours,  
No hands, no feet on earth but yours,  
Yours are the eyes with which he looks  
Compassion on this world,  
Yours are the feet with which he walks to do good,  
Yours are the hands, with which he blesses all the world.  
Yours are the hands, yours are the feet,  
Yours are the eyes, you are his body.  
Christ has no body now but yours,  
No hands, no feet on earth but yours,  
Yours are the eyes with which he looks  
compassion on this world.  
Christ has no body now on earth but yours.

Saint Theresa of Avila 1518-1582