



ST. LAWRENCE CATHOLIC CHURCH

# Confirmation Handbook 2024-2025

*For “by the sacrament of Confirmation, the baptized are more perfectly bound to the Church and are enriched with a special strength of the Holy Spirit. Hence they are, as true witnesses of Christ, more strictly obliged to spread and defend the faith by word and deed.” CCC 1285*





# ST. LAWRENCE CATHOLIC CHURCH

## CONTACT ME

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## DUE DATES

Baptism & First Communion Certificates (non StL students)—**November 18, 2024**  
Sponsor Form—**November 18, 2024**  
Commitment Form—**November 18, 2024**  
Letter of Intent—**January 28, 2025**  
Saint Essay—**January 28, 2025**  
Volunteer Opportunities & Reflection Sheets—**February 10, 2025**

## IMPORTANT DATES

### CONFIRMATION REHEARSAL

Thursday, March 6, 2025  
St. Lawrence Church, 6-7:30PM

### CONFIRMATION MASS

Saturday, March 8, 2025  
St. Lawrence Church, 10:30AM-12PM

Dear 2024-2025 Confirmandi,

Welcome to our Confirmation Program at St. Lawrence Catholic Church. During this very important time in your faith journey, you will be exploring what it means to be a disciple of Christ and your commitment to practicing that discipleship within the Catholic Church.

The sacrament of Confirmation is one of the Seven Sacraments of the Catholic Church. Like all Sacraments, Confirmation is a public expression of an inward reality, namely, your commitment to God. Confirmation is the beginning of your never-ending journey of faith in which you are sent forth, as the apostles were, to share the love of God with all people and to live out your Catholic faith in a real and tangible way.

Please know that your parents, Godparents, families, sponsors, and the Catholic Community of St. Lawrence Parish support you as you prepare for Confirmation. We encourage you to participate actively in your parish through attendance at Mass, participation in parish events, and a commitment to Christian service.

Blessings,

Marta Rodriguez Montero, Director of Youth Faith Formation

## Confirmation Schedule 2024-2025

### **SESSION 1: What is Confirmation?**

Sunday, January 12, 2025, 11:15AM-12:30PM  
Wednesday, January 15, 2025, 6:30-7:45PM (make-up)

### **SESSION 2: Confirmation Retreat**

Saturday, January 18, 2025, 9:00AM-8:00PM  
Saint Leo Abbey, Saint Leo, FL

### **SESSION 3: Eucharist and Eucharistic Miracles**

Sunday, January 26, 2025, 11:15AM-12:30PM  
Wednesday, January 29, 2025, 6:45-8:00PM (make-up)

### **SESSION 4: Prayer & Exposition of the Eucharist/Adoration**

Sunday, February 9, 2025 11:15AM-12:30PM  
Wednesday, February 12, 2025, 6:45-8:00PM (make-up)

### **SESSION 5: Never Alone: Belonging/We Are the Church**

Sunday, February 23, 2025, 11:15AM-12:30PM  
Wednesday, February 26, 2025, 6:45-8:00PM (make-up)





## Confirmation Preparation Requirements

1. Practice your faith regularly by participating in the Mass on Sundays and Holy Days.
2. Register for Confirmation Preparation on our website [www.stlawrence.org/yff/](http://www.stlawrence.org/yff/)
3. Write a letter of Reflection & Intent stating what Confirmation means to you and why you would like to be Confirmed (page 4).
4. If you are not a St. Lawrence School student, turn in a copy of your Baptism and First Communion Certificate.
5. Attend all sessions on the schedule. Makeup sessions have been scheduled for emergencies. Attendance is required for all sessions, retreats, rehearsal and the Sacrament. If a student cannot attend the retreat, please contact other Parishes to find a retreat date that you can attend. Please contact Marta Montero with the name of the Parish, Religious Education Coordinator name and contact information and the date of the retreat.

The only excused absences are for illness to the degree that a child is kept home from school or a family emergency. A teen who has excessive absences will need to wait until the following year to celebrate the Sacrament. Scheduling conflicts such as sporting events, practices, or other extracurricular activities will NOT be considered and excused absence. Preparation for the Sacrament is expected to take precedence over those other types of activities.

6. Select a Sponsor. Your sponsor should be 16 years of age or older who has received the Sacraments of Baptism, First Communion and Confirmation and if married, is married in the Catholic Church. Your sponsor should be chosen as a person who can be a role model and mentor. The Sponsor cannot be a parent (pages 10-11).
7. Be a good steward. Stewardship is an integral part of the Confirmation journey. Confirmation candidates should be involved in experiences that enable them to use their gifts and talents in service of others. All candidates must complete the Volunteer Opportunities, fill out the appropriate attached forms (pages 6-9).
8. Select a Confirmation Saint. We invite you to research Saints and select a Saint whose life is something you would like to emulate. Some ideas to get you started are to look at a Saint who is the patron of something you are passionate about, or has the same/similar name as you, or a Saint whose feast day is the same as your birthday or Baptism date. All Candidates must complete a Saint Essay (page 5).
9. To help you build a strong faith life and community with other young Catholics, Confirmation Candidates are asked to be active in a Faith Formation program during the Confirmation journey. This can be a Catholic school, a teen ministry, Bible study or an alternate program approved by the Director of Youth Faith Formation.





## Confirmation Preparation Commitment Form

**All candidates and parents, please read, sign and turn in to the Youth Faith Formation Office or email to [mmontero@stlawrence.org](mailto:mmontero@stlawrence.org) by November 18, 2024.**

- Practice your faith regularly by participating in the Mass on Sundays and Holy days.
- Register for Confirmation Preparation on our website: <https://stlawrence.org/youth-confirmation/>.
- Turn in a copy of your Baptism and First Communion Certificate (if not a St. Lawrence School student).
- Attend all sessions on the schedule. Attendance is required for all sessions, retreats, rites, rehearsal, and the Sacrament. (The only excused absences are for illness—to the degree that a child is kept home from school—or a family emergency. A teen who has excessive absences will need to wait until the following year to celebrate the Sacrament. Scheduling conflicts such as sporting events, practices, or other extracurricular activities will NOT be considered an excused absence. Preparation for the Sacrament is expected to take precedence over those other types of activities).
- Select a Sponsor. Someone 16 years of age or older, who has received the Sacraments of Baptism, Eucharist, and Confirmation and, if married, is married in the Catholic Church. Your sponsor should be chosen as a person who can be a role model and mentor. (The Sponsor cannot be a parent).
- Be a good steward. Stewardship is an integral part of the Confirmation journey. Confirmation candidates should be involved in experiences that enable them to use their gifts and talents in service of others. All candidates must complete three Spiritual and three Volunteer Opportunities, fill out the appropriate forms (see attached).
- Select a Confirmation Saint. We invite you to research Saints and select a Saint whose life is something you would like to emulate. Some ideas to get you started are to look at who is the patron of something you are passionate about, a Saint with the same/similar name as you, or a saint whose feast day is your birthday or baptism date. All candidates for Confirmation are to complete a Saint Essay.
- To help you build a strong faith life and community with other young Catholics, Confirmation candidates are asked to be active in a Faith Formation program during the Confirmation journey. This can be Catholic school, Edge, bible study or an alternate program approved by the Director of Faith Formation.

I, \_\_\_\_\_, have read and understand the requirements for the preparation of the Sacrament. I agree to complete all items and turning in all paperwork by their due dates. I desire to be part of this preparation process.

I, \_\_\_\_\_, have received the requirements for the preparation of the Sacrament.

Candidate's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent's Signature: \_\_\_\_\_ Date: \_\_\_\_\_





## Letter of Reflection & Intent

We ask all Candidates take a few minutes to shut out the distractions of life and prayerfully reflect on what Confirmation means to you.

For example, think about how you hope that the Gifts of the Holy Spirit can help you as you experience the wonders and challenges of life.

1. Reflect and write about where you are in your faith journey and why you want to be Confirmed.
2. How do you want to express your love for our Church after you are Confirmed?
3. How can you continue to grow in your faith after you have been Confirmed?

Or, just be silent and pray, listen to your heart and write what you feel!

Place your letter in a sealed envelope and write your name on the outside of the envelope. All the letters written by the Candidates will be presented at the presentation of the gifts during the Confirmation Mass.

**The letter can be typed or handwritten, placed in a sealed envelope and turned in to the Youth Faith Formation Office or emailed to [mmontero@stlawrence.org](mailto:mmontero@stlawrence.org) by January 28, 2025.**





## Saint Essay

It's true. It's hard to strive for holiness. But we are called to try. Choose a Saint who can inspire you in your spiritual and physical life. Choose the name of a Saint who has the virtues, qualities, and characteristics that you want to emulate. By doing that, you claim that identity for yourself and will have the spiritual support and intercession of that patron Saint!

### ALL ESSAYS MUST INCLUDE:

1. Your name.
2. Name of the Saint you have chosen.
3. A brief description of the life of your Saint.
4. The feast day of your Saint.
5. Why you selected this Saint.
6. Why is this Saint important to you.
7. What causes you to want to aspire to be like this Saint.

Some good resources for Saint names include: (Don't research your Saint using Wikipedia!)

- Life Teen: Biggest and Best List of Confirmation Saints (for Guys and Girls) (<https://lifeteen.com/biggest-best-list-confirmation-saints-guys-girls/>).
- EWTN (<https://www.ewtn.com/catholicism/saints/>).
- Catholic Online (<https://www.catholic.org/saints/>).
- Franciscan Media (<https://www.franciscanmedia.org/saint-of-the-day/>).

**Essays must be typed and turned in to the Youth Faith Formation Office or emailed to [mmontero@stlawrence.org](mailto:mmontero@stlawrence.org) by January 28, 2025.**





## Volunteer Opportunities

Stewardship is an integral part of the Confirmation journey. Preparation for the sacrament of Confirmation includes participation in three service projects. As Catholics and as human beings, we are called to live out the call of Confirmation to spread and proclaim the Catholic faith to all corners of the world. As Saint John Paul II said, we are called to be the “salt and light for the world.” This faith is shared with and expressed to others not only in our daily lives of prayer and virtue, but also in the way we love those around us through our actions, our service. Our commitment to bringing the light of the Gospel to people through all we do.

**Candidates should offer a total of 10 or more hours of volunteer service.** St. Lawrence has several opportunities but Candidates can also participate in non-parish sponsored events as long as it is a \*Corporal Work of Mercy. One volunteer opportunity must be completed at St. Lawrence Catholic Church.

### VOLUNTEER OPPORTUNITY IDEAS:

1. Matthew 25 (<https://stlawrence.org/matthew25>) at St. Lawrence
2. Metropolitan Ministries Holiday Tent (<https://www.metromin.org/holiday-central/volunteer/>)
3. Tampa Hope (<https://www.ccdosp.org/tampa-hope/>)
4. Feeding Tampa Bay (<https://feedingtampabay.org/how-you-can-help#volunteer>)
5. Help a neighbor who has been impacted by Hurricane Helene
6. Christmas caroling at a Assisted Living Facility or Rehabilitation Center

\*Corporal Works of Mercy are the way in which we extend God’s compassion and mercy to the world by helping our neighbors with material and physical needs. They include: Feeding the Hungry , Giving Drink to the Thirsty, Clothing the Naked, Sheltering the Homeless, Visiting the Sick, Visiting the Imprisoned, Burying the Dead.

**All Candidates must complete at least three Volunteer Opportunities, fill out the reflection journal for each opportunity, and turned in to the Youth Faith Formation Office or emailed to [mmontero@stlawrence.org](mailto:mmontero@stlawrence.org) by February 10, 2025.**





## Stewardship Volunteer Reflection Journal

All Candidates must complete three Volunteer Opportunities (10 or more hours), fill out the reflection journal for each opportunity (attach a separate sheet if you need more space), and turn in to the Youth Faith Formation Office or email to [mmontero@stlawrence.org](mailto:mmontero@stlawrence.org) by February 10, 2025.

### LOCATION OF YOUR VOLUNTEER OPPORTUNITY:

- St. Lawrence Catholic Church
  Home  
 Community
  Other: \_\_\_\_\_

### VOLUNTEER OPPORTUNITY: \_\_\_\_\_

1. What was your favorite part of this Volunteer opportunity?
2. What lessons and/or blessings did you bring away from this experience?
3. Do you feel this volunteer opportunity opened your heart to God working in your life? Why or why not?
4. Would you repeat this type of stewardship? Why or why not?

Your Name: \_\_\_\_\_ HOURS SERVED: \_\_\_\_\_

Name of Volunteer Leader: \_\_\_\_\_

Contact Number: ( ) \_\_\_\_\_ Email: \_\_\_\_\_

Signature of Volunteer Leader Verifying Hours: \_\_\_\_\_







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### LOCATION OF YOUR VOLUNTEER OPPORTUNITY:

- St. Lawrence Catholic Church
  Home  
 Community
  Other: \_\_\_\_\_

### VOLUNTEER OPPORTUNITY: \_\_\_\_\_

1. What was your favorite part of this Volunteer opportunity?
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Name of Volunteer Leader: \_\_\_\_\_

Contact Number: ( ) \_\_\_\_\_ Email: \_\_\_\_\_

Signature of Volunteer Leader Verifying Hours: \_\_\_\_\_





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### LOCATION OF YOUR VOLUNTEER OPPORTUNITY:

- St. Lawrence Catholic Church
  Home  
 Community
  Other: \_\_\_\_\_

### VOLUNTEER OPPORTUNITY: \_\_\_\_\_

1. What was your favorite part of this Volunteer opportunity?
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4. Would you repeat this type of stewardship? Why or why not?

Your Name: \_\_\_\_\_ HOURS SERVED: \_\_\_\_\_

Name of Volunteer Leader: \_\_\_\_\_

Contact Number: ( ) \_\_\_\_\_ Email: \_\_\_\_\_

Signature of Volunteer Leader Verifying Hours: \_\_\_\_\_





## Confirmation Sponsor

The role of the Confirmation sponsor is rooted in the 2,000 year history of the Church. Sponsors are called to be representatives of the Church. The sponsor for a Confirmation candidate is meant to provide spiritual help to the candidate (Catechism 1311). He or she should be willing to serve as a strong and lasting Christian influence on the candidate. A sponsor should be someone the Candidate trusts, whose faith they admire and someone who is accessible to the Candidate. Therefore, it is both a great blessing and a responsibility to commit to the role of a sponsor.

A sponsor takes on a life-long commitment to help their candidate persevere in the Faith. According to the Code of Canon Law (892), “The sponsor is to take care that the confirmed person behaves as a true witness of Christ and faithfully fulfills the obligations inherent in this sacrament.” The sponsor needs to be a registered member of a Catholic parish in order to get the Sponsor Certificate of Eligibility signed by the pastor.

Your sponsor should be willing and able to participate in your formation for Confirmation. Your sponsor should be someone that you trust and feel comfortable turning to for help, advice and guidance, especially in regard to your spiritual life.

After you receive the Sacrament of Confirmation your relationship with your sponsor DOES NOT END! You both are called to lead each other closer to God, to continue to grow in knowledge of your faith, and to challenge one another to lead lives of holiness and service.

**Complete the attached Sponsor Form and return it to the Youth Faith Formation Office or email it to Marta Rodriguez Montero at [mmontero@stlawrence.org](mailto:mmontero@stlawrence.org) by November 18, 2024.**





## Sponsor Form

You have been asked to be a sponsor for the sacrament of Confirmation. A sponsor is a person who assumed, along with the parents, the responsibility for the Candidate's faith. The purpose is to ensure that the rich and beautiful faith of the Church is passed on to them in the most loving and authentic way. In accepting this very important role, you are urged to reflect upon the importance of this commitment. Please read the following and pray about the responsibility you will fulfill in the person's spiritual life. After reflection, please complete all the following, sign the statement of eligibility, and have your Parish sign and seal the bottom portion. A parent may not serve as a sponsor (Canon Law #874). **Due November 18, 2024.**

### Requirements for a sponsor:

I, \_\_\_\_\_, verify that I am striving to live an exemplary Christian life, and I:

- Am at least 16 years of age.
- Am a member of the Roman Catholic Church and registered at a Parish.  
Sponsor's current church of membership: \_\_\_\_\_
- Have received the Sacrament of Baptism.  
Sponsor's church and date of Catholic Baptism: \_\_\_\_\_
- Have received the Sacrament of Holy Communion.  
Sponsor's church and date of Catholic First Communion: \_\_\_\_\_
- Have received the Sacrament of Confirmation.  
Sponsor's church and date of Catholic First Confirmation: \_\_\_\_\_
- Attend Mass weekly, regularly receiving Communion, and receiving the sacrament of Reconciliation at least once a year.
- If Catholic and living as married, I have received the Sacrament of Marriage in the Catholic Church.  
Sponsor's church and date of Marriage: \_\_\_\_\_

### OR

- I am a single Catholic person not living with a partner outside of a sacramental marriage.

**Note:** Sponsors who are currently married need to be models of their Catholic faith by living in a sacramentally valid marriage. Those who are not living out a sacramental marriage are invited to seek that, but are not eligible to be sponsors in their current situation. The priests at St. Lawrence are happy to help them with preparation for a sacramental marriage.

I, \_\_\_\_\_, verify the above and solemnly promise that I fulfill these requirements, and will serve my best as a sponsor of \_\_\_\_\_.

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

\_\_\_\_\_  
(Sponsor email address and phone number)

### This part is to be filled out by the Church of the requesting sponsor.

This certifies that the above-named person is known to me as a parishioner in good standing. I testify that he/she is qualified to serve as a sponsor.

CHURCH SEAL

Church of Sponsor: \_\_\_\_\_

Church of address & zip code: \_\_\_\_\_

Pastor's name and signature: \_\_\_\_\_





## Gifts of the Holy Spirit



**The Gift of Wisdom** is our ability to value spiritual things over worldly ones. It enables us to desire the things of God and correctly order the things in our life. This gift helps us view the world through God's perspective and the light of our faith. It instills a desire to contemplate the things of God.



**The Gift of Understanding** helps us grasp the truths of the faith more easily and profoundly. Our human intellect cannot grasp all of God's mysteries, but through the gift of understanding we can be led to truth, even when we do not fully comprehend. This gift strengthens our insight through prayer, scripture and the sacraments.



**The Gift of Right Judgement/Counsel** acknowledges the difference between right and wrong and bestows proper judgement. A person with right judgement avoids sin and leads a life for Christ. Counsel inspires us to speak up and encourage others to do the correct thing. It bestows upon us prudence, allowing us to act promptly and rightly in the face of difficult situations.



**The Gift of Courage/Fortitude** sustains our decision to follow the will of God in any situation. It allows us to stand up and defend our faith, even when threatened by bodily injury or death. This gift allows us to be steadfast in our decisions to do well and to endure evil even when we do not want to.



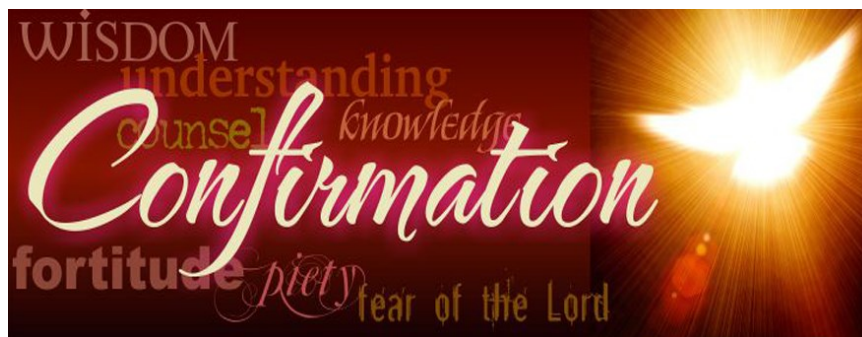
**The Gift of Knowledge** is awareness of God's plan. It is not simply an accumulation of facts, but rather an understanding of God's purpose and how we ought to respond. Knowledge helps bring to light the temptations that we face, and to discern whether to give in or live a life worthy of God's approval.



**The Gift of Piety** or reverence is our obedience to God and our willingness to serve him. It is not just obedience through a sense of duty or obligation, but rather obedience out of love and devotion. It facilitates a deeper respect and honor for God and His Church.



**The Gift of Wonder and Awe/Fear of the Lord** makes us aware of the glory and majesty of God. This gift is also synonymous with the "Fear of the Lord," in which we dread sin and fear offending God. We fear displeasing him and losing our connection with him because of our love for him. Wonder and awe increases our desire to draw closer to God and depart from sin.





## 5 Spiritual Effects of the Sacrament of Confirmation

from the Catechism of the Catholic Church, 1303



**CHILD OF GOD**

It roots us more deeply as children of God which makes us cry, "Abba, Father!"

**EFFECT 1**



**GIFTS OF THE HOLY SPIRIT**



**EFFECT 2**

**CLOSER TO CHRIST**

It unites us more firmly to our Savior Jesus Christ.

It increases the gifts of the Holy Spirit in us: wisdom, counsel, understanding, knowledge, fortitude, piety, fear of the Lord.

**EFFECT 3**

**FULLY CATHOLIC**

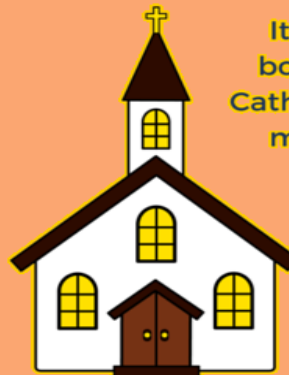
It renders our bond with the Catholic Church more perfect.

**DEFEND THE FAITH**



It gives us a special strength to spread and defend the Faith as true witnesses of Jesus Christ.

**EFFECT 4**



**EFFECT 5**

The Catholic Company®  
*Because Faith Matters*

