



ST. LAWRENCE CATHOLIC CHURCH

# Confirmation Handbook 2025-2026

*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 — **November 5, 2025**

Sponsor Form — **December 3, 2025**

Saint Name & Essay — **January 7, 2026**

Letter of Commitment & Intent —

**February 4, 2026**

Volunteer Opportunities &

Reflection Sheets — **February 18, 2026**

## IMPORTANT DATES

### CONFIRMATION REHEARSAL

Thursday, February 26, 2026

St. Lawrence Church, 6-7:30PM

### CONFIRMATION MASS

Saturday, February 28, 2026

St. Lawrence Church, 10:00AM-12PM

Dear 2025-2026 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,

Martha Rodriguez Montero, Director of Youth Faith Formation



## Confirmation Schedule 2025-2026

### CONFIRMATION PARENT & STUDENT MEETING

Sunday, September 28, 2025, 11:15AM-12:30PM @ Higgins Hall/St. Gabriel

Wednesday, October 1, 2025, 6:30-7:45PM (make-up) @ Higgins Hall/St. Thomas

### SESSION 1: What is Confirmation?

Sunday, October 5, 2025, 11:15AM-12:30PM @ Higgins Hall/St. Gabriel

Wednesday, October 8, 2025, 6:30-7:45PM (make-up) @ Higgins Hall/St. Thomas

### SESSION 2: Eucharist

Sunday, October 12, 2025, 11:15AM-12:30PM @ Higgins Hall/St. Gabriel

Wednesday, October 15, 2025, 6:30-7:45PM (make-up) @ Higgins Hall/St. Thomas

### SESSION 3: What Catholics Do

Sunday, November 9, 2025, 11:15AM-12:30PM @ Higgins Hall/St. Gabriel

Wednesday, November 12, 2025, 6:30-7:45PM (make-up) @ Higgins Hall/St. Thomas

### SESSION 4: Explaining the Mass with Fr. Chuck

Wednesday, January 14, 2026, 6:30pm @ St. Lawrence Church

### SESSION 5: Confirmation Retreat

Saturday, January 24, 2026, 9:00AM-5:00PM, Saint Leo Abbey, Saint Leo, FL



## 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 to the Pastor of St. Lawrence stating why you would like to be Confirmed. See instructions in the packets pertaining to the letter (see page 3).
4. Provide a copy of your Baptism and First Communion certificate via email to [mmontero@stlawrence.org](mailto:mmontero@stlawrence.org) or drop off a copy at the Parish Office by November 5, 2025. **Please do not give us your original 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 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 (page 9).
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 attached Volunteer Opportunities forms (page 5-8).
8. Select a Confirmation Saint Name. 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 4).
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 at a Catholic school, Sunday faith formation classes, a teen ministry, Bible study or an alternate program approved by the Director of Youth Faith Formation.







## Letter of Commitment & Intent

We ask all Candidates to write a letter of commitment and intent to the Pastor of St. Lawrence, Fr. Chuck Dornquist. This letter should state your desire to be Confirmed in the Catholic faith and should be approximately one page in length (2-3 paragraphs).

### REMEMBER TO INCLUDE YOUR NAME!

**Below are some ideas about what to include in your letter:**

1. Introduce yourself to the Pastor and tell him a few things about yourself, your family, your interests.
2. Explain where you are currently in your faith journey. What does your faith mean to you? What does it mean to you to be Catholic?
3. What role does God and your faith in God play in your everyday life?
4. What does being confirmed mean to you? Detail 2-3 reasons why you would like to be Confirmed.
5. Why is this Saint you chose for your Saint name important to you?
6. How will you participate in our parish community after your receive the sacrament of Confirmation?
7. How do you plan to continue your commitment to the Catholic Church under the inspiration of the Holy Spirit to help you keep your faith real and alive in the future?

Write as best you can! This is not being graded or shown to anyone else. This is your opportunity to let Fr. Chuck know about why you are an awesome Confirmandi!

**Essays must be typed, placed in an envelope with your name on the outside and turned in no later than February 4, 2026.**





# ST. LAWRENCE CATHOLIC CHURCH



## 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 PROJECTS 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) no later than January 7, 2026.**





## 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 serve at each of their volunteer opportunities for 4 or more hours. 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>)
2. Live Stations of the Cross (<https://stlawrence.org/livestationsofthecross>)
3. Pinellas Hope/Tampa Hope
4. Feeding Tampa Bay
5. Help a neighbor who has been impacted weather: e.g., hurricane, flooding, lightning, fire.
6. Ministry work at St. Lawrence

\*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 three Volunteer Opportunities and fill out the reflection journal for each opportunity. The completed forms must be turned in to the Youth Faith Formation Office or emailed to [mmmontero@stlawrence.org](mailto:mmmontero@stlawrence.org) no later than February 18, 2026.**





## Stewardship Volunteer Reflection Journal

All Candidates must complete three Volunteer Opportunities and fill out the reflection journal for each opportunity. The completed forms must be turned in to the Youth Faith Formation Office or emailed to [mmmontero@stlawrence.org](mailto:mmmontero@stlawrence.org) no later than February 18, 2026.

### LOCATION OF YOUR VOLUNTEER OPPORTUNITY:

- |   |                                       |
|---|---------------------------------------|
| <input type="checkbox"/> St. Lawrence Catholic Church | <input type="checkbox"/> Home         |
| <input type="checkbox"/> Community                    | <input type="checkbox"/> 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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- |   |                                       |
|---|---------------------------------------|
| <input type="checkbox"/> St. Lawrence Catholic Church | <input type="checkbox"/> Home         |
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Name of Volunteer Leader: \_\_\_\_\_

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

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







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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 or to the Parish Office or email it to Marta Rodriguez Montero at [mmontero@stlawrence.org](mailto:mmontero@stlawrence.org) no later than December 3, 2025**





# ST. LAWRENCE CATHOLIC CHURCH



## 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 December 3, 2025.**

### 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

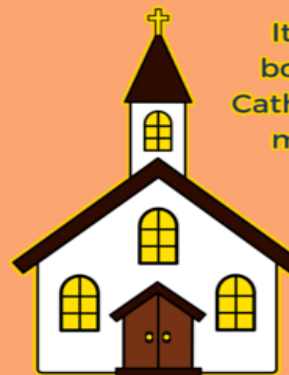
It renders our bond with the Catholic Church more perfect.



### DEFEND THE FAITH

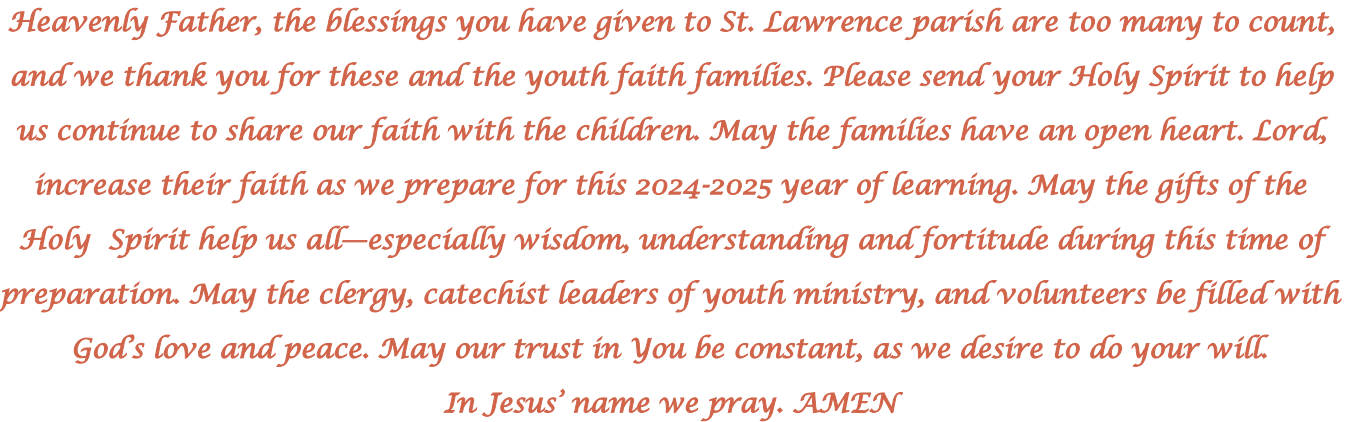
It gives us a special strength to spread and defend the Faith as true witnesses of Jesus Christ.

#### EFFECT 4



#### EFFECT 5

The Catholic Company®  
*Because Faith Matters*



## This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.