

Name _____

Our Lady of Mercy

***Confirmation
Preparation
Journal***



Bring this journal with you to ALL events

Confirmation is a sacrament of readiness.

Not everyone comes to know Christ at the same age or in the same grade. In this preparation program you will work at your own pace to complete the requirements listed on the following pages. When you have completed the requirements, please contact Jennifer Kavanagh to schedule your Confirmation readiness interview

ON or BEFORE APRIL 1st

in the year you're ready to be Confirmed. After your interview meeting, you will receive detailed information about the ceremony. The Confirmation ceremony is a Saturday in May, on a date to be determined. Rehearsal is required and is the Tuesday evening before the ceremony. All rehearsals and sacrament ceremony times and dates will be posted on the Youth Ministry page of the parish website.

Each year we can accept as many as 150 Confirmandi. If space is at a premium, preference will be given to candidates in older grades.

"If you love Me, you will keep My commandments. I will ask the Father, and He will give you another Helper, that He may be with you forever; that is the Spirit of truth, whom the world cannot receive, because it does not see Him or know Him, but you know Him because He abides with you and will be in you."

John 14:15-17



What is the Point of Confirmation?

According to the Catechism of the Catholic Church:

ARTICLE 2

THE SACRAMENT OF CONFIRMATION

1285 Baptism, the Eucharist, and the sacrament of Confirmation together constitute the “sacraments of Christian initiation,” whose unity must be safeguarded. It must be explained to the faithful that the reception of the sacrament of Confirmation is necessary for the completion of baptismal grace.⁸⁹ 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.”⁹⁰

I. Confirmation in the Economy of Salvation

1286 In the Old Testament the prophets announced that the Spirit of the Lord would rest on the hoped-for Messiah for his saving mission.⁹¹ The descent of the Holy Spirit on Jesus at his baptism by John was the sign that this was he who was to come, the Messiah, the Son of God.⁹² He was conceived of the Holy Spirit; his whole life and his whole mission are carried out in total communion with the Holy Spirit whom the Father gives him “without measure.”⁹³ (702-716)

1287 This fullness of the Spirit was not to remain uniquely the Messiah’s, but was to be communicated to the whole messianic people.⁹⁴ On several occasions Christ promised this outpouring of the Spirit,⁹⁵ a promise which he fulfilled first on Easter Sunday and then more strikingly at Pentecost.⁹⁶ Filled with the Holy Spirit the apostles began to proclaim “the mighty works of God,” and Peter declared this outpouring of the Spirit to be the sign of the messianic age.⁹⁷ Those who believed in the apostolic preaching and were baptized received the gift of the Holy Spirit in their turn.⁹⁸ (739)

1288 “From that time on the apostles, in fulfillment of Christ’s will, imparted to the newly baptized by the laying on of hands the gift of the Spirit that completes the grace of Baptism. For this reason in the *Letter to the Hebrews* the doctrine concerning Baptism and the laying on of hands is listed among the first elements of Christian instruction. The imposition of hands is rightly recognized by the Catholic tradition as the origin of the sacrament of Confirmation, which in a certain way perpetuates the grace of Pentecost in the Church.”⁹⁹ (699)

1289 Very early, the better to signify the gift of the Holy Spirit, an anointing with perfumed oil (*chrism*) was added to the laying on of hands. This anointing highlights the name “Christian,” which means “anointed” and derives from that of Christ himself whom God “anointed with the Holy Spirit.”¹⁰⁰ This rite of anointing has continued ever since, in both East and West. For this reason the Eastern Churches call this sacrament *Chrismation*, anointing with *chrism*, or *myron* which means “chrism.” In the West, the term *Confirmation* suggests that this sacrament both confirms baptism and strengthens baptismal grace. (695, 436, 1297)

II. The Signs and the Rite of Confirmation

1293 In treating the rite of Confirmation, it is fitting to consider the sign of *anointing* and what it signifies and imprints: a spiritual *seal*. (695)

Anointing, in Biblical and other ancient symbolism, is rich in meaning: oil is a sign of abundance and joy;¹⁰³ it cleanses (anointing before and after a bath) and limbers (the anointing of athletes and wrestlers); oil is a sign of healing, since it is soothing to bruises and wounds;¹⁰⁴ and it makes radiant with beauty, health, and strength.

1294 Anointing with oil has all these meanings in the sacramental life. The pre-baptismal anointing with the oil of catechumens signifies cleansing and strengthening; the anointing of the sick expresses healing and comfort. The post-baptismal anointing with sacred chrism in Confirmation and ordination is the sign of consecration. By Confirmation Christians, that is, those who are anointed, share more completely in the mission of Jesus Christ and the fullness of the Holy Spirit with which he is filled, so that their lives may give off “the aroma of Christ.”¹⁰⁵ ([1152](#))

1295 By this anointing the confirmand receives the “mark,” the *seal* of the Holy Spirit. A seal is a symbol of a person, a sign of personal authority, or ownership of an object.¹⁰⁶ Hence soldiers were marked with their leader’s seal and slaves with their master’s. A seal authenticates a juridical act or document and occasionally makes it secret.¹⁰⁷ ([698](#))

1296 Christ himself declared that he was marked with his Father’s seal.¹⁰⁸ Christians are also marked with a seal: “It is God who establishes us with you in Christ and has commissioned us; he has put his seal on us and given us his Spirit in our hearts as a guarantee.”¹⁰⁹ This seal of the Holy Spirit marks our total belonging to Christ, our enrollment in his service for ever, as well as the promise of divine protection in the great eschatological trial.¹¹⁰ ([1121](#))

III. The Effects of Confirmation

1302 It is evident from its celebration that the effect of the sacrament of Confirmation is the special outpouring of the Holy Spirit as once granted to the apostles on the day of Pentecost. ([731](#))

1303 From this fact, Confirmation brings an increase and deepening of baptismal grace: ([1262-1274](#), [2044](#))

- it roots us more deeply in the divine filiation which makes us cry, “Abba! Father!”;¹¹⁷
- it unites us more firmly to Christ;
- it increases the gifts of the Holy Spirit in us;
- it renders our bond with the Church more perfect;¹¹⁸
- it gives us a special strength of the Holy Spirit to spread and defend the faith by word and action as true witnesses of Christ, to confess the name of Christ boldly, and never to be ashamed of the Cross:¹¹⁹

Recall then that you have received the spiritual seal, the spirit of wisdom and understanding, the spirit of right judgment and courage, the spirit of knowledge and reverence, the spirit of holy fear in God’s presence. Guard what you have received. God the Father has marked you with his sign; Christ the Lord has confirmed you and has placed his pledge, the Spirit, in your hearts.¹²⁰

1304 Like Baptism which it completes, Confirmation is given only once, for it too imprints on the soul an *indelible spiritual mark*, the “character,” which is the sign that Jesus Christ has marked a Christian with the seal of his Spirit by clothing him with power from on high so that he may be his witness.¹²¹ ([1121](#))

1305 This “character” perfects the common priesthood of the faithful, received in Baptism, and “the confirmed person receives the power to profess faith in Christ publicly and as it were officially (*quasi ex officio*).”¹²² ([1268](#))

For more information and citation notes visit:

http://www.vatican.va/archive/ccc_css/archive/catechism/p2s2c1a2.htm

Service

Choose ONE of the following services to perform in the church. Sign up for your service online by typing <http://vols.pt/q7mEsK> into your browser. This will bring you to Volunteer Spot, our service sign-up website. If you perform at least 10 hours of volunteer service through school or the community, please choose a service listed as a "MINI PROJECT" You may also complete 3 "MINI PROJECTS" in the place of one single commitment.

Choose from the following services:

Religious Education Classroom Aide or Hall Monitor

Volunteer in a Religious Education class or as a Hall Monitor on Monday, Tuesday or Wednesday afternoons from 3:45 until 5:00 p.m. This commitment is divided into two sessions. Session 1 is from October to Christmas. Session 2 is from January to Easter.

Junior High Youth Group Assistant

Volunteer to assist in the Junior High Youth Group with activities and prayer services, and help facilitate discussion in small groups. This is an "October to March" commitment for 10 sessions either on Monday, Tuesday or Wednesday afternoons, from 3:45 to 5:15.

N.I.C.E. Program Assistant

Volunteers will assist the "Needs In Catholic Education" program on Sundays at the 11:00 mass. Attendance at mass is mandatory and you must volunteer for 10 sessions. The program runs every Sunday, except holidays from October to Easter.

Ushering at Mass

Usher for a three month block at any Saturday evening or Sunday mass. Ushers help create a welcome atmosphere by assisting with the collection and mass count, and by giving out bulletins.

Office Help

Help with mailings, filing and general organizational work in the Youth Ministry office. Available times will be posted on the website (usually Thursdays from 4:00 to 6:00 p.m.).

Cardboard City Homeless Solidarity Sleep Out

This is a fundraiser and overnight experience. Participants will sleep outside in a cardboard box while raising donations for Covenant House homeless shelters for young people. It takes place on a Friday night in October in the church courtyard. Sign up and details will be on the volunteer spot website. Bring your own box!

Service Options Continued...

Altar Servers

Altar servers who currently serve and have done so since fifth grade are fulfilling their Confirmation service requirement.

Music Ministry Volunteers

Those who sing in teen choir, ring hand-bells or play an instrument at mass are also fulfilling their Confirmation service commitment.

Vacation Bible School

This program takes place in August and lasts for 1 week (5 days) from 8:45 a.m. to 12:00 p.m. Volunteers will help supervise, facilitate and assist young children in grades Kindergarten through sixth in different fun areas. Areas include: crafts, games, snack, group assistant, story time, and music. You will be able to choose your preferred area on the volunteer spot website.

Stations of the Cross Shadow Play

Each Good Friday, the High School Youth Group presents a shadow play of the 14 Stations of the Cross. Rehearsals are during Monday night Youth Group meetings during Lent from 8:00 to 9:30 p.m.. The presentation itself is on Good Friday at 7:30 p.m. in the church.

MINI PROJECTS

Services listed as mini projects on the website are for those students who have at least 10 hours of service in school, scouts, fire department, etc. You may also choose to do 3 mini projects in place of one large project listed above. Some mini projects include First Communion workshop help, decorating and un-decorating the church for Christmas and Easter, changing the missal books in church, food drive help and various clean-up activities that will be periodically posted on the volunteer spot website.

***Whatever you do, work heartily, as for the Lord and not for men,
knowing that from the Lord you will receive the inheritance as your reward.
You are serving the Lord Christ.***

Colossians 3:23-24

Faith Enrichment Experience

The candidate and their sponsor or parent must choose to experience ONE of the following parish ministry meetings or prayer events together. There is more information about these ministries on our website, UROLM.org. Click on “ministries” to find descriptions and contact information.

Social Justice and Peace Ministry Meeting

This group organizes and co-ordinates services throughout the church such as food and clothing drives. Meetings are once a month on Tuesday nights at 7:15 p.m. in the Religious Education Office. Go to UROLM.org and click on “Calendar” to find exact dates.

Nocturnal Adoration

First Friday of the month from 8:30 p.m. until 8:30 a.m. (all night long, with shifts changing on the half hour), in the Sacred Heart Chapel. This ministry invites you to “spend one hour with Jesus” in the presence of the Holy Eucharist, with form prayers and quiet reflection.

Rosary Altar Society

First Saturdays of the month at the 8:30 mass. Attend mass and say the Rosary together afterward. Refreshments and fellowship follow. This must be done TWICE to fulfill the commitment.

Little Rock Scripture Study

Mondays at 7:30 p.m. *6 week commitment*, (6 one and a half hour sessions) \$15 material fee per person, dates TBD. Thematic Bible study and discussion. Watch the bulletin or the Gathering Space displays for details and topic themes.

Hackensack Soup Kitchen

The 2nd Thursday during the months of March, May, July, September, November and January at 2:00. Choose what to make by taking a tag from the sign up board in the Gathering Space. Meet in the Religious Education Office. For this ministry you will cook and donate part of a meal **AND** travel to the soup kitchen to serve. This can also count as a MINI PROJECT to satisfy your service requirement, but you must then choose another faith formation experience.

Stations of the Cross

Fridays in Lent at 7:30 p.m. in the church. Pray the Stations of our Lord’s Passion and death along with members of our Knights of Columbus and other parishioners. This must be done TWICE to fulfill the commitment.

Discovering Christ / Following Christ

6 week Commitment. Please see the parish website for details.

Family Promise Homeless Shelter

Held for a 3 week period during the summer, dates TBD. This ministry temporarily feeds and shelters homeless families in the Youth Room and Lower Gathering Space in the evenings. Find more information at UROLM.org

Communion Call

Accompany a Eucharistic Minister to a retirement home on a Sunday after the 9:30 mass. Experience sharing the real presence of Christ with those in spiritual need! Call the Youth Ministry Office to schedule.

Faith Enrichment Experiences (continued)

Parent/Teen Faith Enrichment Evenings

A prayerful and fun experience for parents or sponsors and teens. Two different experiences will be offered in January on a Monday or Tuesday evening from 7:30 to 9:00. Dates and details will be in the bulletin or youth ministry web page.

Information about more opportunities for ministry involvement such as Parish Mission speakers, parent/teen faith enrichment evenings and seasonal events are announced in the bulletin and will periodically be e-mailed to candidates and families.

Please fill out the following after your experience:

We chose to participate in _____

(name of ministry)

I attended this opportunity with _____

What kinds of hopes or expectations did you have about your faith enrichment experience before you began?

How did your experience help you to connect with our faith community? With your parent or Sponsor? _____

What kinds of groups or activities do you think our parish could have to help people connect more with the faith community? _____

Signature of Ministry Head _____ **Date** _____

Catechesis

Each candidate MUST attend the following and have the instructor sign for:

ONE Confirmation Workshop

Identical Confirmation Workshops are given the first Sunday of the month in the Youth Room from 2:00 to 3:30 running from October to April. Candidate only should attend and bring this journal to the workshop.

Signature of Youth Minister

Date

At least ONE Question Night Youth Group Session

Question nights are on the first Monday night of the month from 8:00 to 9:30 p.m. during High School Youth Group. Ask any questions you may have about church teaching, being Catholic, faith, etc. Each participant receives a blank paper in order to list any questions they may have.

Questions are then placed in a bowl and drawn out and answered anonymously, so ask anything! Bring a friend and a snack to share!

Signature of Youth Minister

Date

Basic Knowledge of Catholicism

Please list the 7 gifts of the Holy Spirit

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____

Please list the 12 fruits of the Holy Spirit

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____

Please list the Ten Commandments.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Please list the 7 Sacraments.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____

Basic Knowledge (continued)

What are the 7 Corporal Works of Mercy?

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____

What are the 7 Spiritual Works of Mercy?

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____

List the 8 Beatitudes (Matthew 5:1-12)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____

Interviews

Interview 1 Church Service

Interview a person who serves the church in some way, for example, a Eucharistic minister, usher, Religious Education teacher or aide, lector, choir member or head of a ministry. The following questions are helpful, but feel free to ask anything you are wondering too.

Name of person interviewed _____

What service do you perform for the church? _____

What made you want to serve in this way? _____

How does your service help you to grow as a follower of Jesus? _____

My Own Reflection

From talking with this person I learned... _____

Interviews (continued)

Interview 2

Interview a person who serves the community in some way, for example, a volunteer fire fighter, a reserve police officer, EMT, coach, or scout leader.

Name of person interviewed _____

What service do you perform for the community?

What made you want to serve in this way? _____

How does your service help you to grow as a person? _____

My Own Reflection

From talking with this person I learned... _____

Interviews (continued)

Interview 3 Personal

Our lives are filled with those who, in order to serve us first, put their own needs second. Interview someone who serves your needs in a special way, for example, a parent, grandparent, sibling, teacher or friend.

Name of person interviewed _____

What service does this person do for you? _____

What makes this person want to serve in this way? _____

How does helping others first affect their life? _____

My Own Reflection

From talking with this person I learned... _____

General Ceremony Information

There are two Confirmation ceremonies on the same day, which are broken up by alphabet. Candidates with last names that begin with A-L will be confirmed in the morning at 10:30. M-Z candidates are assigned to the afternoon ceremony at 2:00. The ceremony date is not known until November and will be posted on the Youth Ministry page at UROLM.org. The ceremony is about 1 and a half hours long. Immediately following the ceremony, we will have prepared a beautiful light reception for you in the Gathering Space. Please pick up your certificate and greet the Bishop there.

Rehearsals are the Tuesday evening before the ceremony at 6:30 and 8:00

There is NO SACRAMENT FEE for Confirmation. A donation envelope will be given out at rehearsal and collected in the chapel before the ceremony.

Required Attire:

Out of reverence, girls should wear an appropriately cut (length to the knees, and a non-revealing neckline) dress, of whatever color they choose. Slacks and a blouse are also a lovely choice. Girls are asked to have sleeves or wear a cardigan, shawl, pashmina etc. Girls should also consider shoes in which they are able to walk confidently. Boys are expected to wear either a suit or jacket and tie with slacks and dress shoes.

Photography:

Out of reverence for the sacredness of the mass, picture taking during the Confirmation liturgy is NOT PERMITTED. The bishop will be available for photographs after the Confirmation ceremony.

Pictures may be taken during the procession only and after the ceremony.

Seating:

Seating is assigned by backwards alphabetical order. Each candidate and his or her sponsor will be seated together. There will be ONLY 2 reserved seats for parents directly behind the candidate and sponsor. Candidates, Sponsors and parents will be invited up to witness the anointing. As a general guideline we ask that each family invite about 4 guests who may sit anywhere else in the church. This may vary depending on our numbers. A complete seating chart will be given out at the rehearsal. Below is a sample seating arrangement for the candidate pews.

First	A	A	B	B	C	C
Pew	Candidate	Sponsor	Candidate	Sponsor	Candidate	Sponsor
Second	A	A	B	B	C	C
Pew	Parent	Parent	Parent	Parent	Parent	Parent

Sponsor Information

A sponsor is a special person in your life who has been an example of living his or her faith; someone to whom you can turn in times of struggle and one who will rejoice to see you come nearer to Christ as an adult member of His Church.

Requirements for a Confirmation Sponsor are:

That he or she be a Confirmed, practicing **Catholic**, who is at least 16 years of age and is an example to the candidate in his or her faith, actions and attitudes. Since parents are their childrens' primary sponsors at Baptism and throughout their growth in the church, parents MAY NOT be sponsors for their own children.

Sponsor Name _____

Sponsor E-Mail _____

or Address (if they don't use e-mail) _____

Street

Town

State

Zip

Catholic Church of which your Sponsor is a registered member:

Church Name

Town

I have chosen this person to Sponsor my Catholic faith because: _____

Important Notes for Sponsors: Sponsors do not need to attend Confirmation rehearsal, but if they would feel more comfortable knowing more about their duties, they are very welcome to attend. During the ceremony, the candidate, sponsor and parents will approach the Bishop for the anointing. The sponsor will place his or her right hand on the right shoulder of the candidate. This is to symbolize all of the people who have influenced the young person's faith development. This information and other details will be mailed or e-mailed to the sponsor from our office.

Contact Information

If you have any questions about High School programs or

Confirmation Preparation contact:

Jennifer Kavanagh

Our Lady of Mercy Youth Minister

201-802-1771

OLMyouthminister@gmail.com

50 Pascack Road, Park Ridge, NJ 07656

Directions to Meeting Places:

The **Youth Ministry Office** is in the Religious Education Office, in the house next to the church, with the big front porch and green tile roof. Forms or other items may be left in the basket under the mailbox.

Office hours are Monday through Thursday from 11:00 a.m. to 2:00 p.m.

To get to the Youth Room: Go into the Gathering Space, downstairs and to the right, OR go through the side door to the right of the large bronze Mary statue and downstairs.

Visit UROLM.org

for information about ministries, upcoming programs

or to download a copy of our bulletin.

Type <http://vols.pt/q7mEsK> into your browser to get to the volunteerspot.com service sign-up webpage