



FAITH FORMATION
OUR LADY OF GOOD COUNSEL

2024-2026 Confirmation Guidelines

Our Lady of Good Counsel Catholic Church Vienna, VA

CANDIDATE'S NAME _____

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Confirmation 1A 2025 QR Code:



CONFIRMATION REQUIREMENTS CHECKLIST

In the Diocese of Arlington, Confirmation is a two-year process of preparation. Under the direction of Bishop Burbidge, it is our firm desire that all Catholics know and live the Catholic faith to the fullest. The students will receive a Confirmation study guide, which includes the questions the bishop has provided with three main focus areas: Faith, Worship and Witness, as well as reflections for the candidates to consider.

Faith ~ God is revealed to us through Sacred Scripture and the teachings of the Catholic Church.

Worship ~ We encounter God through prayer and the sacraments both as the Body of Christ and as individuals baptized into life in Christ.

Witness ~ We live in the world as disciples of Christ who are called to share the Good News through service and evangelization.

Sacrament of Confirmation Intent

In renewing my baptismal vows, I profess my Catholic faith in the Creed and renounce Satan. It is my intent in both faith and practice to embrace the law of Christ contained in the Catholic Church, which includes being faithful to the teachings of the Holy Father in regard to issues of faith and morals.

I promise to follow the precepts of the Church both now and after Confirmation.

Precepts of the Church

1. To attend Mass on all Sundays and Holy Days of Obligation.

Jan. 1 – Solemnity of Mary | 40 days after Easter – Ascension Thursday | Aug. 15 – Assumption of Mary | Nov. 1 – All Saints’ Day | Dec. 8 – Immaculate Conception | Dec. 25 – Christmas

2. To fast and abstain on the days appointed.

The Church’s current regulations in the U.S. require fasting and abstinence from meat on Ash Wednesday and Good Friday, and abstinence from meat on the Fridays during Lent. Every Friday is a day of sacrifice. We are obliged to make a sacrifice every Friday. This could be the traditional practice of abstinence from meat or another sacrifice.

3. To confess our sins at least once a year in the Sacrament of Reconciliation.

4. To receive Holy Communion worthily during the Easter Season.

To receive Holy Communion worthily, one must:

1. Observe the Eucharistic Fast of one hour before receiving Holy Communion.
2. Be in a state of grace.
3. Believe that Holy Communion is the true Body, Blood, Soul and Divinity of our Lord and Savior, Jesus Christ.

5. To contribute to the support of the Church.

As the parent of a Confirmation candidate, I will continue to fully assist in my child’s preparation for the sacrament. By modeling the faith, I am supporting the Church. It is my intent that my child will continue to study the Catholic faith, regularly attend Mass, and receive the Sacrament of Penance before and after Confirmation.

PARENTS' DUTIES AND RESPONSIBILITIES

“Parents have the first responsibility for the education of their children. Parents have a grave responsibility to give a good example to their children. Parents have the mission of teaching their children to pray and to discover their vocation as children of God” (CCC 2223 and 2226).

As a parent, you have *the primary role* in the sacramental preparation process for your child. You will help your child grow in the faith as you prepare him/her for the reception of the Sacrament of Confirmation. *Your attendance at Sunday Mass is vital.* Your interest, example, witness, and prayers make a difference in your child's decision and preparedness to receive the sacrament.

Religious Education

It is imperative that every child involved in a sacramental preparation program attend Catholic Christian Formation (CCF) classes regularly or be enrolled in our parish school or another parochial school or using the CCF curriculum for home study. Excessive absences or insufficient time devoted to preparation may result in a student not being prepared to receive the sacrament. Notify the CCF office if your child has any special learning needs so we may best serve them and accommodate him/her, as necessary.

Mass Attendance and Frequent Confession

Confession is offered on various days at Our Lady of Good Counsel. Attendance at Mass on Sundays and Holy Days of Obligation is a precept of the Church. *The Eucharist is the foundation and confirmation of all Christian practice (CCC 2182).* “From the Eucharist comes strength to live the Christian life and zeal to share that life with others.” Pope St. John Paul II

Confirmation 1A Intent Form and Baptismal Certificate

Parents must provide the CCF office with a completed Confirmation 1A Form. If your child was validly baptized in another denomination, a copy of the Catholic Profession of Faith certificate or First Holy Communion certificate must be provided. In order to obtain these forms, a request must be made by the parent to the church where the child received Baptism and/or First Holy Communion. Baptisms or Profession of Faiths at Our Lady of Good Counsel can be verified by the CCF office.

Assist in ensuring all of the Student's Requirements are Met

Assist your child in ensuring all class assignments are completed, including the selection of the Confirmation saint name and the selection of their sponsor. Ensure your child fulfills the required service hours. It is important that the service hours form is completed by the required date.

Help with Chaperoning Jr. High Social Events, Retreat, or Small Group Leader Your assistance as an adult volunteer helps make events and catechesis possible. We will inform you of what events we will need assistance with. Depending on involvement and event, you may need to undergo a background check and VIRTUS training. We will guide you through this process.

Confirmation Retreat

Our Lady of Good Counsel holds two Confirmation Retreats the summer after the 7th Grade year and is a mandatory requirement for each candidate to attend one. Students who have a conflict with our retreat date may attend a different diocesan retreat. ***It is the parents' responsibility to find an alternate retreat and must obtain a letter stating their attendance signed by the Director of Religious Education or representative from the parish/school which held the retreat.*** Contact local parish websites and DRES to find more options.

CONFIRMATION CANDIDATE'S DUTIES AND RESPONSIBILITIES

“A candidate for Confirmation who has attained the age of reason must profess the faith, be in a state of grace, have the intention of receiving the Sacrament (of Confirmation), and be prepared to assume the role of disciple and witness to Christ, both within the ecclesial (Church) community and in temporal affairs” (CCC 1319).

Year One

Continue studying the Catholic faith

Attend weekly CCF classes in person or attend a home study or parochial school program.

Confirmation 1A Form Online – due February 1st, 2025

Complete this form to indicate your desire to be confirmed.

Attend Large-Group Sessions (CCF and OLGC School)

Mon. Evenings in DeSales Hall, 6:45pm-8:00pm once every other month. (with no CCF class that week) Dates: January 27, March 10, and May 5

Begin working on Service Hour requirements

Service is based on the spiritual and corporal works of mercy. A total of six separate tasks must be performed. Each act of service should take at least an hour or more and should relate to three different Corporal Works of Mercy. Students should also perform three different Spiritual Works of Mercy. Our parish will have opportunities for service. Please pay attention to upcoming emails and postings on OLGC's website for volunteer involvement.

Attend One (1) evening of Adoration/Confession

These opportunities are held throughout the year with Faith Formation leading Tuesday evenings during the year with an opportunity for confession as well. Students and parents are encouraged to attend. (Tues. Feb 18th and May 13th in Chapel)

Copy of Baptismal Certificate – due March 1st, 2025

A copy of a baptismal certificate with notifications is required to receive the sacrament of Confirmation **if your child was baptized somewhere other than OLGC**. Please reach out to the parish where your child was baptized to request a copy of your child's baptismal certificate.

Submit the Confirmation Retreat Registration Online - Opens May 1st, 2025

Confirmation Retreat: Thursday, July 24 9am- 3pm or Thursday, July 31 9am-3pm.

Confirmandi must attend one of these dates. If they are unable to attend either of these dates, it is your responsibility to find a Confirmation retreat at a different Church before being confirmed at OLGC in the Fall of 2025.

Submit Confirmation 2A Form Online – due June 1st, 2025

This form covers Confirmation Name (Saint) and Sponsor Info

Letter of Good Standing- due July 1st, 2025.

Please be sure to read through the information regarding Sponsor Qualifications. All sponsors will be asked to provide a Letter of Good Standing from their respective parishes, indicating that they are qualified to fill their role as sponsor. If your sponsor is a parishioner from OLGC, she/he will need to come by the parish administration building to sign the letter in front of one of the priests or pastor's delegates and leave the signed letter to be put in the Records Manager's box.

Year Two

Continue studying the Catholic faith

Attend weekly CCF classes in person, home study, or parochial school program.

Attend Large-Group Sessions (CCF and OLG School)

Mon. evenings in DeSales Hall, 6:45pm-8:00pm once every other month. (with no CCF class that week) Dates TBD

Note: If a student is unable to attend an evening, please contact us in advance.

Attend One (1) Youth Ministry Event through OLG

Events throughout the year. Add an event attended to the Service Hour Form.

Attend One (1) evening of Adoration/Confession

These opportunities are held throughout the year with Faith Formation leading Tuesday evenings once a month with an opportunity for confession as well. Students and parents are encouraged to attend.

Confirmation: Fall Saturday, Oct 11 2025. Mass assignments 10am and 1pm.

There will be two time options to attend confirmation that day.

Once all forms are submitted (1A, 2A, Baptismal Certificate, Letter of Good Standing for Sponsor, Confirmation Retreat) you will be sent a link to register and reserve your place for a Confirmation Mass.

Must attend one of the Confirmation practices Thursday before Confirmation. (Times will be based on what Mass you are attending)

Complete Service Hours and Submit Form – due April. 1st, 2026

See SERVICE HOURS AND INVOLVEMENT FORM

What can prevent me from receiving the Sacrament of Confirmation at Our Lady of Good Counsel?

If there are issues arising as mentioned in the following, there may need to be a discussion based on severity of the problem. Some of these may include:

- Not having proper paperwork submitted in time. (1A, 2A, Baptismal Certificate, Letter of Good Standing)
- Not able to attend a retreat before confirmation.
- Poor attendance and participation at CCF/School/Home Study.
- Behavioral Issues (Large Group Sessions, Class, School).
- Inability to answer basic Catholic and Confirmation Questions.
- Desire to not receive the sacrament.

The student may need to stay back another year or find another parish to receive the sacrament if these are unresolved or have led to dismissal. Parents and the pastor will be brought into the conversation as needed.

SPONSOR ELIGIBILITY, DUTIES & RESPONSIBILITIES

A sponsor for a Confirmation candidate is meant to provide spiritual help to the candidate (CCC 1311). He or she should be willing to serve as a strong and lasting Christian influence on the candidate. The sponsor enters into a spiritual relationship with the candidate and acts as a sort of spiritual parent and mentor. Therefore, it is both a great blessing and a responsibility to commit to the role of a sponsor.

Each candidate can choose only one 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 Church states that it is desirable that the sponsor would be one of the person’s godparents; however, this is not a requirement.

The sponsor must be a registered member of a Catholic parish and get the Letter of Good Standing/ Sponsor Certificate of Eligibility signed by the pastor or delegate.
This form must be done in person at the sponsor’s parish and then sent in/dropped off to OLG.

According to Canon 874, a sponsor **must** meet the following criteria:

- Must have received the Sacraments of Baptism, Confirmation, and Holy Eucharist.
- Must be 16 years of age or older.
- Cannot be the parent of the child to be confirmed.
- Must be a practicing Catholic; attend Mass faithfully on Sundays and Holy Days of Obligation, fulfill their Easter duty (Confession and Communion at least once a year during the Easter season), and live up to the moral teachings of the Catholic Church
- If married, they must be validly married in the Catholic Church.
- Cannot be co-habituating without the benefit of a Catholic marriage.

In the event that the sponsor cannot attend the Confirmation ceremony in person, a proxy, who fulfills the above qualifications, may stand in for the sponsor during the liturgy. This means they must submit the same Letter of Good Standing as the initial sponsor. A parent may present the child to the Bishop if the sponsor and proxy cannot attend at the last minute. If the Confirmation candidate has a proxy, the Religious Education office must be notified in advance.

GUIDELINES FOR WORKS OF MERCY SERVICE PROJECTS

“It is to you young people that the task first falls of bearing witness to the Faith and bringing into the Faith and bringing into the third millennium the Gospel of Christ, who is the Way, the Truth, the Life...”
Pope St. John Paul II

“The works of mercy are charitable actions by which we come to the aid of our neighbor in his spiritual and bodily necessities. Instructing, advising, consoling, and comforting are spiritual works of mercy, as are forgiving and bearing wrongs patiently. The corporal works of mercy consist especially in feeding the hungry, sheltering the homeless, clothing the naked, visiting the sick and imprisoned, and burying the dead.” (CCC 2447)

‘Come, O blessed of my Father, inherit the kingdom prepared for you from the foundation of the world; for I was hungry and you gave me food, I was thirsty and you gave me drink, I was a stranger and you welcomed me, I was naked and you clothed me, I was sick and you visited me, I was in prison and you came to me.’ Then the righteous will answer him, ‘Lord, when did we see you hungry and feed you, or thirsty and give you drink? And when did we see you a stranger and welcome you, or naked and clothe you? And when did we see you sick or in prison and visit you?’ And the King will answer them, ‘Truly, I say to you, as you did it to one of the least of these my brethren, you did it to me.’ Matt 25:34-40

Jesus served those in need to make a connection with each person. It is in this way that we come to understand that all of us are “one” in the “Body of Christ.” Service is not just a job to be done to fulfill a requirement but is a life-long commitment to care for others as Christ cares for us. The Works of Mercy are powerful ways to serve all people.

Service is based on the spiritual and corporal works of mercy, and most of all on the example of Christ who came to serve. When providing service, the following points should be considered:

- Your service is not just a job to be done.
- You should reflect on how your service projects are helping you take on the mind and heart of Christ, fulfilling the needs of others, and building up the Christian community.
- Providing a service to God and our neighbor should continue after receiving the Sacrament of Confirmation, and all through your life.

You must perform a total of six (6) separate tasks that require at least an hour each or more of your time relating to three (3) different Corporal Works of Mercy and three (3) different Spiritual Works of Mercy.

POSSIBLE SUGGESTIONS FOR WORKS OF MERCY PROJECTS

Corporal Works of Mercy and Examples

Feed the hungry and Give drink to the thirsty:	<ul style="list-style-type: none"> • Participate in a food drive • Help at OLGFC Fish Fry • Make dinner for the family or a shut-in
Clothe the naked:	<ul style="list-style-type: none"> • Do a family clothing drive • Help with the parish coat drive • Donate clothes to a Women’s Center
Visit the sick:	<ul style="list-style-type: none"> • Visit or write letters to a nursing home • Offer your service (without pay) to an elderly neighbor to do special projects like mowing, shoveling snow, raking leaves, weeding
Shelter the homeless:	<ul style="list-style-type: none"> • Participate in an OLGFC Outreach drive • Attend Jr. High Workcamp • Collect bathroom supplies for Lamb Center or St. Vincent de Paul Society • Help make or donate food to a homeless shelter
Visit the imprisoned:	<ul style="list-style-type: none"> • Collect books to donate to a prison library
Bury the dead:	<ul style="list-style-type: none"> • Visit a cemetery and pray there for the faithful departed • Attend a funeral

Spiritual Works of Mercy and Examples

Admonish the sinner:	<ul style="list-style-type: none"> • Gently correct someone who is misguided • Pray for the conversion of sinners
Instruct the ignorant:	<ul style="list-style-type: none"> • Help a younger sibling with homework • Help a younger sibling to learn prayers • Assist with outdoor OLGFC signs
Counsel the doubtful:	<ul style="list-style-type: none"> • Lend encouragement to someone who needs it
Comfort the sorrowing:	<ul style="list-style-type: none"> • Make cards for someone who is ill or who has lost a loved one
Bear wrongs patiently:	<ul style="list-style-type: none"> • Discuss an occasion when you ‘turned the other cheek’
Forgive all injuries:	<ul style="list-style-type: none"> • Make peace with those with whom you struggle or have problems
Pray for the living and the dead:	<ul style="list-style-type: none"> • Pray regularly as a family • Offer prayers for the souls in purgatory • Attend a Holy Hour; engage in Eucharistic Adoration

You must list the service projects that you completed on a sheet included. This can be turned in when completed or sent in as a scanned item through our online form. Your parent’s signature or the signature of the person who received the service is required to verify the service.

Questions in Preparation for Confirmation

By the gift of the Holy Spirit poured out in Confirmation the faithful are more fully conformed to Christ and they are strengthened with the power to bear witness to Christ.

(Cf. Order of Confirmation, no. 1)

1. What is a Sacrament?

A Sacrament is an outward sign instituted by Christ to give grace.

2. What is grace?

Grace is a supernatural gift from God to make us holy and to unite us with Him now and forever. Each sacrament gives and strengthens the active presence, life, and love of the Holy Trinity in us. Each sacrament gives its own special graces.

3. When did Jesus institute the Sacrament of Confirmation?

Jesus promised to the Apostles that he would ask the Father to send the Holy Spirit to enlighten, strengthen, and guide them. At Pentecost (fifty days after Easter), the Holy Spirit descended upon the Apostles. Tongues of fire rested upon their heads and the fire of God's love filled their souls.

4. What are the Seven Gifts of the Holy Spirit?

1. Wisdom helps us to know God's will for our lives
2. Understanding enables us to make the faith our own
3. Knowledge allows us to come to know and be in relationship with God
4. Fortitude helps us to be courageous in the defense of our faith
5. Counsel aids us in making right judgments
6. Piety assists us in being prayerful, reverent, and holy
7. Wonder and Awe is a holy inspiration and reverence for God

5. What did the Apostles do after Pentecost?

Filled with the gifts of the Holy Spirit, the Apostles went forth to fulfill what Jesus commanded them: "Go forth to all nations. Preach the Gospel. Baptize in the name of the Father, and of the Son, and of the Holy Spirit. Teach everything I have commanded you." To this day, the Church continues to fulfill what Jesus Commanded.

6. What is special about the Church? What are the Four Marks of the Church?

The Church is founded by Jesus Christ. It has four marks:

1. The Church is **one** because of her source, foundation, and bonds of unity in Christ.
2. The Church is **holy** because she is united with Christ, who through the Church sanctifies all people and makes possible holiness in life.
3. The Church is **catholic** because the Church is universal across all times and all places.
4. The Church is **apostolic** because she traces her teaching and authority to the Apostles.

7. How is the Sacrament of Confirmation celebrated?

Confirmation is celebrated by the community gathered around the Bishop, and it is always celebrated within a Liturgy of the Word.

After the Gospel, the candidates are called and the Bishop instructs them in a homily. The Bishop then asks the candidates to renew their baptismal promises.

Next, the Bishop expresses the Church's prayer that the Father send the Holy Spirit.

Then, the Bishop places his hand on the head on the candidates, and then he anoints the candidates with Holy Chrism by making the sign of the cross. After the anointing, he offers peace to the candidates.

Finally, the community prays for the newly Confirmed.

8. What is Sacred Chrism?

Sacred Chrism is a perfumed oil blessed by the Bishop. Anointing with Sacred Chrism signifies the outpouring of the Holy Spirit and our being made more like Christ in order to continue his work in the world.

Oils were used by the Jewish people to anoint priests, prophets, and kings. These anointings showed that God called them to a special role of leadership and would empower them with the graces needed to fulfill the responsibilities.

In Confirmation, Christians are anointed with Chrism. By receiving the Holy Spirit, we are made more like Christ and are strengthened in doing Christ's work in the world. The Seven Gifts of the Holy Spirit empower us to fulfill these responsibilities.

Chrism reminds us of the sacred character sealed on our soul (as oil on a garment leaves a permanent mark, so Confirmation leaves a permanent mark on the soul). The fragrance of Chrism reminds us, as St. Paul said, to "put on the aroma of Christ."

9. How will I live the Sacrament of Confirmation?

Be able to tell the Bishop how you will live the Sacrament of Confirmation. For example:

- attend Mass each Sunday and Holy Day;
- pray each day;
- read Sacred Scripture;
- go to confession regularly;
- continue to learn about the faith;
- help in the mission of the Church (for example, by participating in the life of my parish);
- faithfully fulfill my vocation (for example, be married in the Church and, God willing, raise children in the faith; for example, say "yes" to the call to be a Priest, Sister, or Brother).

10. Who is your Confirmation Saint?

Be able to tell the Bishop about your Confirmation Saint, what that Saint did to inspire you, and why you chose the saint.

Prepare to have memorized:

Our Father, Hail Mary, Glory Be, Fatima Prayer, Apostles Creed, Act of Contrition, 10 Commandments, the 7 Sacraments.