

Sacrament of Confirmation 2021

Student Packet

Confirmation perfects Baptismal grace; it is the sacrament which gives the Holy Spirit in order to root us more deeply in the divine filiation, incorporate us more firmly into Christ, strengthen our bond with the Church, associate us more closely with her mission, and help us bear witness to the Christian faith in words accompanied by deeds.

A candidate for Confirmation who has attained the age of reason must profess the faith, be in the state of grace, have the intention of receiving the sacrament, and be prepared to assume the role of disciple and witness to Christ, both within the ecclesial community and in temporal affairs. (Catechism of the Catholic Church 1316, 1319)



Generally, baptized students who have received First Penance (Reconciliation/ Confession) and First Holy Communion receive the Sacrament of Confirmation during eighth grade or high school. The student is to attend no less than two consecutive years of Religious Education preceding Confirmation and show evidence of desire for the Sacrament.

Candidates enrolled in the Queen of Apostles Religious Education Program and parish school, along with the Ghana Catholic Community, and those who are homeschooled, and desire the Sacrament of Confirmation are asked to commit to the following:

Place this sheet on the refrigerator.

- Faithful participation in Sunday Mass and Holy Days of Obligation. Because of the ongoing pandemic, Bishop Burbidge has retained the dispensation from attending Sunday Mass and Holy Days of Obligation. If your family is not attending Mass in-person because of safety concerns, you are asked to watch the livestream of the Mass:
<https://www.facebook.com/QofAChurch/>
- Active participation in a Religious Education Program, which expects: punctuality; no more than three absences in the school year; completion of homework assignments and projects by the due dates; mastery of prayers; and passing grades.
- Timely submission of certificates, forms, and payment. As indicated, paperwork should be handed to your catechist or to the parish office (4329 Sano Street).
- Submission of Sacrament Registration Form and \$75 fee. Page 3. **Due date: November 15, 2020.**
- Attendance at the retreat on **November 21, 2020 or January 16, 2021, 8:30 a.m.-3:30 p.m. at Queen of Apostles, Hannan Hall.**
- Selection of a Patron Saint that will serve as your Confirmation Patron Saint Name and completion of a written report or poster. Pages 4-5. **Due date: December 13, 2020.**
- Submission of the Sponsor's Certificate of Eligibility. Ensure your sponsor obtains a signed and sealed Certificate of Eligibility from his/her home parish priest. Page 8. **Due date: January 10, 2021.**
- Completion of apostolic service hours, log, and a written report. A minimum of 20 service hours and two page typed report are required. Pages 9-15. **Due date: January 31, 2021.**
- Monthly confession.
- Participation in Queen of Apostles parish activities.

Queen of Apostles School students should confirm dates and projects with Miss Emily Hang.

Fr. Diaz, along with the student's catechist, will determine which students will receive the Sacrament of Confirmation during Mass on Monday, February 22, 2021 at 7:00 p.m. The date and time of Confirmation are determined by the Chancery.

If a student is not prepared for the Sacrament, the student will be delayed.

Place this
sheet on the
refrigerator

Other Important Dates for the Sacrament of Confirmation

Monday, October 19, 2020

☐ Priest meeting with QofA School students, RE, Ghana Community, and homeschooled students in eighth grade and high school who are eligible for Confirmation, along with a parent or sponsor. 7:00 p.m., in-person in Hannan Hall or on-line via Zoom.

Sunday, November 15, 2020

☐ Registration Form for Confirmation (page 3 of this packet)
☐ Fee of \$75 to cover costs of garment, retreat, materials. Cash or check payable to *Queen of Apostles*.

December-February 2021

☐ Confirmation candidates meet with parish priest.

Friday, February 19, 2021

☐ Mandatory Confirmation rehearsal with students and sponsors, 6:30 p.m., Church.

Monday, February 22, 2021

☐ Confirmation Liturgy at 7:00 p.m. Students, dressed in white Confirmation garments, are to meet in Hannan Hall by 6:00 p.m. Sponsors meeting at ~6:15 p.m. Room TBA. Parents and guests are to be seated in the church by 6:45 p.m.

Sunday, May 30, 2021

☐ Last day of Religious Education classes for the 2020-2021 school year. Classes resume September 13, 2020.

Sunday, June 6, 2021

☐ Corpus Christi Procession following 12 Noon Mass. Please wear your white garment during the procession.



“Those who have been baptized continue on the path of Christian Initiation through the Sacrament of Confirmation, by which they receive the outpouring of the Holy Spirit, whom the Lord sent upon the Apostles at Pentecost. By this gift of the Holy Spirit the faithful are more fully conformed to Christ and are strengthened with the power to bear witness to Christ for the building up of his Body in faith and charity” (Order of Confirmation, nos. 1-2).



Queen of Apostles

Registration Form for the Sacrament of Confirmation

Due November 15, 2020 to Queen of Apostles Parish Office

I, _____, am applying for admittance as a candidate for the Sacrament
(printed name of student)

of Confirmation. I understand that I must show to the Church evidence that I:

- 1) *Live the sacramental life of the Church by praying the Mass on Sundays and on Holy Days of Obligation and receiving Holy Communion and Reconciliation regularly.*
- 2) *Am growing in an understanding of my faith by attending religion classes and actively participating in class, reading Scripture, and learning to pray.*
- 3) *Serve as Jesus did by humbly serving others by completing 20 service hours within my community and parish and being involved in parish youth (or other) activities.*

Candidate's Signature and Date: _____

We (I) will actively participate in our child's faith formation by helping him/her learn the prayers and responses for the celebration of Mass and the Sacraments; to pray for and with my child; to continue sharing the gift of myself and the gift of faith with my child, our family, and with the parish community, even after my child's Confirmation.

Parents' Signatures: _____

Please print and complete all entries. Information will be part of the student's sacramental record.

Student's Legal Name: _____
First Middle Last

Birth date ____/____/____ and place of birth _____
(month day year) (city, state, country)

Baptismal date and church: ____/____/____ _____
(month day year) (church name, city, state, country)

Parent's Names: _____
Father's legal first and last names Mother's legal first and **maiden** names

Date and church of First Holy Communion: ____/____/____ _____
(month day year) (church name, city, state, country)

Name of Confirmation Sponsor (one person): _____

Name and Place of Sponsor's Registered Parish: _____

Sponsor's Contact Information (phone, email): _____

Full Name of Patron Saint/Confirmation Name: _____

Measurements for Confirmation Garment: Height: _____ (feet/inches) Weight: _____

\$75 fee – cash or check payable to *Queen of Apostles*: _____ and date _____



Queen of Apostles

Confirmation Patron Saint and Report/Reflection

Due December 13, 2020 to Your Catechist

Each candidate is asked to write a reflection paper or create a poster about the Saint that serves as a patron, intercessor, and companion.

Choosing Your Patron Saint:

You, the candidate, are encouraged to read about the heroic lives of the saints of the Catholic Church and select a saint whose life will serve as a model and patron during your life. Choose a saint whose life inspires you to strive for holiness and live the Christian life. Do not just choose a name you like, rather, develop a meaningful spiritual relationship with your saint so you can ask him or her to pray for you. You may choose a male or female saint or blessed.

The saint you choose will serve as your Confirmation Saint. Your Confirmation name can be your Christian baptismal name. The saint's name will be proclaimed by the Bishop during the Confirmation Liturgy.

The Saint's name chosen must be complete, i.e. St. Francis of Assisi, St. Maria Goretti, St. Teresa of Calcutta, etc. Titles of Mary such as Our Lady of the Rosary will default to Mary.

There are many books and websites with biographical information about the Saints. **Please, Wikipedia is not an accepted source!** Read several sources and pray about what Saint you are inspired to choose. As part of your reflection paper or poster, include a Bibliography/Works Cited (a proper list of sources (books, websites, periodicals) page.

Some examples of acceptable sources are:

Websites:

- <http://catholicsaints.info>
- www.catholic.org/saints
- www.ewtn.com/saintsHoly
- <https://www.franciscanmedia.org/source/saint-of-the-day/>

Books:

- Butler's Lives of the Saints
- Our Sunday Visitor's Lives of the Saints
- Saints are not Sad by F.J. Sheed
- The Roman Martyrology edited by Canon J. B. O'Connell.
- Saint of The Day edited by Leonard Foley and revised by Pat McCloskey

Saint Report/Poster Guidelines:

The typed, two page Patron Saint Report/Reflection Paper (essay) is to have introductory and closing paragraphs. If choosing to create a poster about your patron Saint, the poster is to measure 24"x36" or 36"x48" and include typed and graphic information.

The body of the essay or the written content on the poster should answer the following questions in sentence and paragraph form:

1. When and where was your saint born? What was going on in the world during that time? (i.e. persecution, reformation, Middle Ages, current times, etc.)
2. If the information is available, what was your Saint like when he or she was your age?
3. Did your Saint undergo a major conversion experience such as living a deficient Christian life to one of great virtue? Explain.
4. What virtues does your Saint possess? Describe how he or she exercised the virtues.
5. What works or service is your Saint known for? (i.e. missionary, teacher, doctor, mother/father, soldier, writer, religious (priest, sister), etc.)
6. What symbol/s, if any, are associated with your Saint? Why? Explain the symbol/s.
7. What is your Saint's Feast Day (if he/she has one on the Liturgical Calendar)?
8. How did your Saint die? Where is he/she buried? When was he/she canonized?
9. Is your Saint the patron of any group?
10. Describe a specific devotion that is attributed to your Saint.
11. Why did you choose this Saint as your Confirmation Saint?
12. What about your Saint do you hope to imitate?

Reports are to be at least two pages long, type-written and double-spaced, not including pictures or bibliography. Posters are to include written information and pictures on one side of the board. Reports and written information are to be your original work and not plagiarized.

Please print-out your report and hand your report or poster to your catechist on or before December 13, 2020. Please do not email the report to your catechist.

Please include a cover page with your name, the Saint's name, and include your class: Religious Education, Queen of Apostles School, Ghana Catholic Community, or homeschool.



Queen of Apostles

Choosing a Confirmation Sponsor and Certificate of Eligibility

Due January 10, 2021 to Queen of Apostles Parish Office

What is a Sponsor?

A sponsor is a Roman Catholic man or woman who accompanies the student in learning about and living the Catholic faith. He or she encourages and assists the student to embrace and actively practice the Catholic faith before and after Confirmation. The sponsor should help the candidate be a courageous witness to Jesus and His Church, and encourage the candidate to make a good Confession prior to Confirmation. Also, the sponsor presents the student to the Bishop during the Confirmation Liturgy. At Queen of Apostles, **one** person serves as the sponsor of a student. The eligible sponsor may be a Catholic man or woman over the age of 16 years old.

Who Can be a Sponsor?

The sponsor must be an active, practicing Roman Catholic who serves as an excellent role model for the student. The Code of Canon Law, Can 892 states, "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." A parent may not serve as a sponsor.

The sponsor will likely need to set an appointment to meet with his or her parish priest who will determine eligibility.

According to Diocesan regulations and the Code of Canon Law 893, at a minimum, the Sponsor:

- † Has received the Sacraments of Baptism, Penance, Eucharist, and Confirmation.
- † Attends Mass every Sunday and Holy Days of Obligation.
- † Receives the Sacraments of Holy Communion and Penance regularly.
- † If married, his/her (present) marriage is a valid Catholic marriage.
- † Is at least 16 years old and is not the candidate's mother or father.

A lapsed Catholic, a Catholic married outside the Church, or a Catholic who is cohabitating (a couple living together, unmarried), may not serve as a Confirmation sponsor.

A non-Catholic may not serve as a Confirmation sponsor.

Ideally, a student should choose **one** godparent from Baptism, to be his or her Confirmation sponsor, provided he or she meets the eligibility requirements. If it is not possible to choose a Baptismal godparent (e.g. they are deceased, live too far away, or are no longer a practicing Catholic), then someone else who is an example of a committed, practicing Catholic, needs to be invited. This could be a grandparent, aunt or uncle, other relative, family friend, parent of one of your friends, a teacher, neighbor, etc.

Obtaining a Certificate of Eligibility by the Sponsor

A sponsor may need to make an appointment in advance with his/her parish priest in order to obtain a signed and sealed Certificate of Eligibility.

A sponsor should plan ahead and call his/her home parish (where the sponsor is registered) before coming to the parish office.

The Certificate of Eligibility is to be completed and signed in front of the priest. Queen of Apostles parishioners may use Page 8. Each parish has its own Certificate of Eligibility.

A Student's Prayer to Help Choose a Sponsor

Holy Spirit, helper and guide, give me wisdom as I choose my Confirmation sponsor. Help me to choose a person of prayer who will teach me also to be a person of prayer who will support me in difficult times, who will guide me to make good choices, and who will challenge me when I do not. Help me to choose someone who will love me and teach me to love Jesus. Thank you for giving me a community of people around me to support and guide me as I take this important step in becoming more fully a member of your Church. Amen.

After praying and reflecting on who you are inspired to ask to serve as your Sponsor, personally answer these questions:

I will ask _____ to accompany me in my Catholic faith formation and to serve as my Confirmation sponsor.

I have asked this person to serve as your Sponsor because





Queen of Apostles

Certificate of Eligibility – Confirmation

Due January 10, 2021 to Queen of Apostles Parish Office

Queen of Apostles Catholic Church
4329 Sano Street
Alexandria, VA 22312
703-354-8711

For Registered Parishioners of Queen of Apostles – Please Do Not Sign Before Meeting with a Priest

I, _____ am a registered member of Queen of Apostles Catholic Church in Alexandria, VA, of legal canonical age (16 years or older) to be a sponsor for Baptism or Confirmation in the Catholic Church.

I affirm the following:

1. I have received the Sacraments of Initiation: Baptism, Confirmation, and First Eucharist.
2. I faithfully participate in Mass on Sundays and Holy Days of Obligation and give witness to my catholic faith in Christ Jesus by regularly receiving Him in Holy Communion.
3. **(For married Catholics)** I have entered into a valid marriage in accordance with the laws of the Catholic Church.
(For Religious or Clergy) I am a member in good standing with my religious community or diocese.
(For single Catholics) I am living a Christian life in accordance with the laws of God and the Catholic Church.
4. I actively strive to live out my commitment to Christ and to the community life of the Catholic Church by my loving response to all those with whom I come into contact.
5. I will give support to the person I am sponsoring by my prayers and by my Christian example. I will help him/her grow and thrive in the Catholic Faith.

Sponsor's Signature: _____ **Date:** _____

Witnessed in the presence of:

Fr. Alexander Diaz

Fr. Joseph Rampino

Confirmation Student's Name (please print): _____

Parish Seal



Queen of Apostles

Apostolic Service Hours – Sacrament of Confirmation

Due January 31, 2021 to Your Catechist

Student's Name: _____

Service Hours Overview

One of the effects of the Sacrament of Confirmation is to "give 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." (CCC 1303) Jesus told us in Matthew 25:40, "And the king will say to them in reply, 'Amen, I say to you, whatever you did for one of these least brothers of mine, you did for me.'" The Apostolic Service Project is an answer to the Gospel challenge to love our neighbor as Jesus loves us.

To further prepare students to receive the Sacrament of Confirmation, it is important that students spend at least 20 hours going out into the world and being Christ to others by serving in familiar and new ways.

1. The apostolic volunteer service is to be done in a Christ like manner, with a prayerful and loving Spirit, and a merciful heart. The Corporal and Spiritual Works of Mercy (below), offer guidance. Consider service as a way of encountering Christ – for others and yourself, and being a witness for Jesus.

All projects must be in accord with Catholic Church teachings and unpaid. Service projects should not be tasks that are ordinarily expected at home.

Service to others and sharing one's gifts and talents with the community is part of living the Christian life. **By apostolic service, we specifically mean acts that show care for the human person**, and are part of the Works of Mercy (see page 10).

Volunteering at an animal shelter does **not** qualify for apostolic service hours.

Youth are encouraged to look beyond their immediate environment of home and school, and serve others, especially the elderly and disabled.

Students may complete some service hours as a group project such as organizing a fundraiser for a pro-life center or praying for the Diocesan seminarians.

2. A service hours log (page 12) and a two page essay must be completed and turned in together to your Confirmation catechist by January 31, 2021.

Type and print-out a two page report about your apostolic service experiences and how the services formed you in your Catholic faith.

As you write your paper, please answer the questions on page 13. Also, describe how the Corporal and Spiritual Works of Mercy (below) are reflected in the services performed. Twenty total service hours are required with no more than 8 hours for family service.

Service hours include service for the local community, for the parish, and for the family. The Confirmation candidate must not be paid for the service. Eligible service hours are those beyond what the student already performs.

The Corporal and Spiritual Works of Mercy are actions we can perform that extend God's compassion and mercy to those in need.

Corporal Works of Mercy: These works of mercy are charitable actions by which we come to the aid of our neighbor in his/her spiritual and bodily necessities.	Spiritual Works of Mercy: The Spiritual Works of Mercy are acts of compassion, as listed below, by which we help our neighbors with their emotional and spiritual needs.
Feeding the hungry: Everyone needs food for their body. It is an act of love to help others to obtain their bodily nourishment, especially those in greatest need. [Examples: Bringing food to the poor, donating money to buy food for the poor, sharing your food or candy, helping to shop for groceries, helping with the cooking, doing dishes, waiting on company.]	Counseling the doubtful: It is an act of love to help others to be certain about what they should do to love and serve God. Many souls could be saved if Catholics would make the effort to speak the truth in love to their neighbors.
Giving drink to the thirsty: What is said of food also applies to drink. [Examples: Giving someone a drink on a hot day, giving the baby its bottle, pouring drinks at the table, lifting up a young child to get a drink at a water fountain.]	Instructing the ignorant: It is an act of love to help others in one way or another to learn the truths they need to know to save their souls.
Clothing the naked: Everyone needs clothing for warmth, protection, modesty and dignity. It is an act of love to help others obtain clothing, especially those who need help. [Examples: Bringing clothes to a needy family, sharing outgrown clothes with another family, bringing clothes to a clothing drive, helping a young child get dressed, helping with laundry at home.]	Admonishing sinners: It is an act of love to try to make another realize how bad sin is. This might be done by trying to keep him out of sin or an occasion of sin, or by trying to get him to confession. In cases where we think it might make him worse, we do not correct him directly. We can let him know indirectly, especially by our example, that we do not approve of his/her actions.
Sheltering the homeless: Everyone needs shelter. Some people live in cardboard homes; some people live in homes made of discarded materials; many people are homeless. To help the homeless obtain shelter or to preserve it is an act of love. [Examples: Bringing others to your home in times of fire, floods, or other disaster. Working at or supporting a homeless shelter. Helping to	Comforting the afflicted: It is an act of love to help another person in any kind of sorrow, and to refrain from doing anything that would unnecessarily cause another person more sorrow.

take care of the house, dusting the furniture, making the beds, cleaning the floor, and cutting the grass	
Visiting the sick. Helping sick people in any way is an act of love. [Examples: Visiting someone in the hospital or nursing home. Visiting someone who is sick at home or the elderly who are shut-ins. Running an errand for an elderly or sick person. Reading to the sick or elderly.]	Forgiving offenses: It is an act of deep love to forgive all those who have injured us in any way, even deliberately and with malice. Christ demands that His followers have great love and forgiveness for one another and even for our enemies in imitation of His own forgiveness of us and of His enemies as He hung on the cross. In His almighty wisdom, God knows that failing to forgive causes further injury to the person originally injured.
Visiting the imprisoned: Those in prison and many other persons and their families suffer hindrances or dangers to freedom. Helping them, visiting them or protecting them is an act of love. [Examples: Visiting prisoners, fighting for humane treatment for the imprisoned, helping to care for the families of the imprisoned, protecting a little child from a bigger child, taking care of and protecting the baby, fighting for one's country.]	Bearing wrongs patiently: It is an act of love to accept the consequences of another's thoughtlessness or carelessness and to suffer inconveniences which another should bear. This is the example given to us by Jesus who suffered greatly for us all when he was innocent.
Burying the dead: It is an act of love to show respect for the bodies of the dead, since during life, they were temples of the Holy Spirit and received the Body and Blood of Christ in Holy Communion. [Examples: Going to funerals and wakes. Treating cemeteries with respect. Cutting the grass on a grave. Putting flowers on it.]	Praying for the living and the dead: Sharing in the communion of saints demands that we pray for everyone. This is a great means of spreading the fires of love to others, whether in this world or in purgatory. Prayers for the dead at a cemetery carry special graces.

Adapted from Loyola Press and <https://www.hscs.us/uploads/docs/WorksOfMercy.pdf>

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Apostolic Service Hours Log - Sacrament of Confirmation

Due January 31, 2021 to Your Catechist

Date of Service	Place (agency/business) of Service	Type of Service (community, parish, family)	Service Done (visited elderly, taught prayers to children, etc)	Hours	Work/s of Mercy	Signature of Adult Supervisor

Total Service Hours: ____ *Minimum of 20 hours. Hours and two page report are due January 31, 2021.*

Student's signature: _____

Date: _____

Parent's signature: _____

Date: _____

Queen of Apostles

Apostolic Service Hours Reflection Paper – Sacrament of Confirmation

Due January 31, 2021 to Your Catechist

As part of the required Apostolic Service Hours Project, each Confirmation candidate is to type a two page paper about his/her service hours experience, how the experiences may be shaping or strengthening his/her Catholic faith, and how the services were opportunities for encountering Christ and serving as His witness. Reports are to be typed in sentence and paragraph format, double-spaced, printed-out, and handed to the teacher/catechist by January 31, 2021.

Please include a cover page with your name and whether you are a Religious Education, Queen of Apostles School, Ghana Catholic Community, or homeschooled student.

While writing the two page Apostolic Service Reflection Paper, please answer the following questions. Lastly, reflect how the service relates to the Corporal and Spiritual Works of Mercy and how these works helped you to make good choices, and to serve God and others.

Service Hours Reflection Paper Questions

- What types of service (community, parish, family) did you complete? Please list in sentence/paragraph format the names of the agencies/businesses you served.
- I was able to become God's hands (or ears) and communicated His care by...
- Describe the projects that you completed. Who benefited from the services?
- I chose to do these services because...
- How did the services help you to build up the Church (i.e. the people of God)? Did you help lead those you served to encounter Christ? How were you a witness for Christ?
- What did these service experiences teach you about yourself? What did they teach you about God?
- How did you experience God's mercy toward others?
- How did your service experiences relate to the Corporal and Spiritual Works of Mercy?
- What works of mercy do you think you could do on a regular basis?
- Which works of mercy/service is your Confirmation saint known for?

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Apostolic Service Project Ideas– Sacrament of Confirmation

Due January 31, 2021 to Your Catechist

Below are some ideas of places and opportunities where you can volunteer and be a witness for Christ. You may have other ideas for completing your apostolic service hours. Ask your neighbors and family members for additional opportunities to serve, and remember, you are not to be paid.

We understand volunteer opportunities may be limited during the coronavirus pandemic, however, please start contacting organizations and agencies and inquire about student volunteer opportunities. *Please do not rely on Queen of Apostles Parish Office or Queen of Apostles School to find you Service Hours. Plan ahead and contact the agency/ministry directly and make arrangements to serve. It may take several weeks to arrange volunteer opportunities.*

Some apostolic service opportunities may require a parent to accompany the student or have minimum age requirements. A parent will need to provide transportation to and from the volunteer sites.

Remember to bring the Apostolic Service Hours Log, page 12, to the volunteer site.

† For the Local Community:

- Catholic Charities 703-841-3830, www.ccda.net
- Mow lawns, rake leaves, shovel snow and/or do chores for elderly or disabled neighbors. Pray a rosary daily or weekly for them.
- Volunteer Alexandria, Volunteer Fairfax, Hands On Connect. Fairfax County Neighborhood and Community Services.
- Arlington Food Assistance Center, 703-845-8486, www.afac.org
- Organize a food, clothing (socks and undergarments are especially needed), or toiletries drive and donate items to a homeless shelter.
- Hold a diaper/new baby supplies drive that support mothers and babies in need. Pregnancy and Adoption Services, 703-425-0100; The Mariah Center, 703-370-4774; Hope of Northern Virginia, 703-536-2020.
- Help serve a Thanksgiving or Christmas Dinner with a local parish or help stock a local food pantry.
- Special Olympics, 800-932-4653 <http://specialolympicsva.org/contact-us>
- Donate “like new” items to a charity or volunteer at a thrift shop such as Christ House.
- Prepare and serve meals for So Others May Eat (SOME), 202-797-8806, <https://some.org/volunteer/youth-opportunities>

† For the Parish Community:

- Bring someone to Mass who cannot attend without help or watch Mass together via livestream.
- Check the bulletin and Friday e-newsletter for upcoming events that need volunteers.
- Pray every week for a sick or dying Queen of Apostles parishioner, that God will give him/her the grace of dying in His love.
- Assist with cleaning and organizing the church pews and vestibule, decorate the church for Christmas.
- Create homemade cards for parish shut-ins/sick telling them you are including them in your prayers. (Contact the parish office).
- Shovel snow from the parish, school, and convent walkways without being asked.
- Provide tutoring to a younger sibling, neighbor, etc.
- Assist with the Advent Angel Tree (November/December). Contact the parish office.
- Provide assistance to the parish's Pro-life initiatives such as helping plant/remove flags from parish property, pray the rosary for unborn children and their parents (Saturday mornings), participate in the annual Life Chain (October/November) or 40 Days for Life.
- Pray a holy hour for the intentions of our priests, deacons, seminarians, sisters, parishioners, for peace in our nation and communities.

† For your Family (***no more than 8 hours; Confirmation service hours for the family are to be above and beyond regular chores***):

- Read the Gospel or Scripture stories to young children in your family and in your neighborhood. Explain how the stories are encounters with Christ.
- Teach a sibling how to pray the Rosary. Make a pilgrimage to the Basilica of the Immaculate Conception, Washington, D.C. or to the National Shrine Grotto of Lourdes and National Shrine of Elizabeth Ann Seton, Emmitsburg, MD.
- Volunteer to do **extra** chores around the house. Perhaps prepare the family meal and help clean up; try this for several meals and learn skills in the home. Remember that Confirmation service hours go above and beyond your regular chores.
- Write a letter to each family member and thank them for the different ways they contribute to your family and how much they mean to you.
- Contact a relative who is alone, elderly, or has no family members near them.
- Offer to prepare and lead prayers before meals; include a special prayer asking God to bless your family.



Queen of Apostles

General Information Sacrament of Confirmation

▪ **The Role of Parents**

As the primary religion teachers for your children, you help your son or daughter grow in the Catholic faith as you prepare him or her for fruitful reception and desire of the Sacrament of Confirmation.

Your attendance/participation at Sunday Mass (Saturday evening or Sunday morning/afternoon) and Holy Days of Obligation, reception of the Sacraments, and attendance at Religious Education meetings are vital. There is, and can be, no substitute for your actual presence at such moments. Your interest, involvement, and concern make a difference in your son's or daughter's perception of what the Sacrament of Confirmation and the Christian life are all about. Queen of Apostles encourage families to pray together – before and after meals, before bedtime, in the morning, anytime.

Please ensure your child attends Religious Education classes, arrives on time with homework finished, completes Confirmation and other class projects, receives passing grades, masters grade-level prayers, and hands-in required sacramental paperwork by the deadline dates.

Together with your child's catechist, we welcome this opportunity to assist your son or daughter in living the Christian life and to encounter Christ: learning to pray, knowing the Bible and learning Scripture, preparing for and living the sacraments. Because sacraments are the beginning of something new, your role continues in forming your child to live as a faithful Roman Catholic. Formed.org offers many resources to help families learn about the faith.

Thank you for helping your child prepare well for living the Christian life.

▪ **The Sacrament of Penance**

To receive Confirmation, an individual must be in a state of grace. Prior to Confirmation, all candidates, as well as their sponsors, "should receive the Sacrament of Penance in order to be disposed for the gift of the Holy Spirit" (CCC 1310).

Students and families have opportunities to go to Confession at Queen of Apostles.
Confessions will continue to be held outdoors.

Queen of Apostles Confession schedule is Wednesday: 8:30 a.m. – 9 a.m.

Thursday: 7:00 p.m. immediately following Exposition until last penitent

Friday: 6:30 p.m. until last penitent

Saturday: 3:30 p.m. until last penitent.

You may go to Confession at any Roman Catholic parish. A list can be accessed by following <https://masstimes.org/>.

The information below may change if pandemic conditions change.
Thank you for your understanding.

▪ **Retreat on Saturday, November 21, 2020, January 16, 2021**

The Confirmation retreat is scheduled for Saturday, November 21, 2020 and January 16, 2021, 8:30 a.m.-3:30 p.m. at Hannan Hall, Queen of Apostles. To comply with physical distancing and limited attendance, two dates for the retreat are offered. Students will choose his/her preferred date on a first-come, first served basis. Attendance at the retreat is mandatory for school, Religious Education, Ghana Catholic Community, and homeschool students in grade 8 and high school, who are eligible for Confirmation.

▪ **Confirmation Rehearsal**

There will be a mandatory practice session for Confirmation candidates and his/her sponsor in Queen of Apostles Church. The rehearsal is scheduled for Friday, February 19, 2021, 6:30 p.m. inside the church. The practice date/time will be confirmed.

The two hour practice is designed to familiarize the candidates and their sponsors with the structure of the Confirmation Liturgy. The practice focuses on the candidates' entrance into the church, responses, and the students' participation in the liturgy. Below is a sample dialogue that students should practice. Other logistics will also be communicated to ensure a prayerful and reverent Confirmation Mass.

The candidate's sponsor is required to attend the rehearsal.

▪ **Confirmation Dress**

Candidates will wear a plain white Confirmation garment over his/her dress clothes for the Confirmation Mass. **Queen of Apostles orders the garments based on the height/weight of the student as indicated on the registration form (page 3).** Garments will be distributed after the Confirmation rehearsal. The garment must be worn during the entire Confirmation Liturgy and reception. The garment is part of the \$75 fee that is due November 15, 2020. **Please attach payment with the Sacrament Registration form.** The student may keep the garment following the Confirmation Liturgy.

Dress code for the Confirmation Mass:

Young men are required to wear dress pants, dress shoes (no sneakers or flip flops) and a white shirt with a collar and a tie. Jackets are optional, and please, no earrings.

Young ladies are required to wear modest dress clothes such as a knee-length dress or skirt, and dress shoes. Ladies wearing spaghetti strap, halter-style, or low cleavage dresses must wear a sweater over the dress. Again, hem lines must reach the knees. Please, no open-toed sandals, sneakers or flip-flops, heels that are difficult to walk in, flashy jewelry, etc.

For all candidates, hair should be styled so that the forehead can easily be anointed.

Chewing gum, waving to family members, and using electronic devices are inappropriate during the rehearsal and Mass.

This dress code applies to sponsors and parents as well.

▪ **Confirmation Mass**

Desiring and prepared students from Queen of Apostles School, Religious Education Program, Ghana Catholic Community, and the homeschool community, as determined by Fr. Diaz, along with the student's catechist, will receive Confirmation on Monday, February 22, 2021 at 7:00 p.m. The Liturgy will last approximately 1.5 hours.

Students are to meet in Hannan Hall by 6:00 p.m., 60 minutes prior to the Liturgy. Students are to wear the white Confirmation garment over his/her dress clothes. Sponsors will attend a meeting with the Bishop's assistant around 6:15 p.m., maybe in the School Library. More information will be provided.

Students and their sponsors will have designated seated areas in Queen of Apostles Church. By 6:45 p.m., parents and other guests are to find seats in non-designated areas of the church and maintain a quiet and prayerful atmosphere.

Sacramental Rite for Confirmation (follows the Gospel)

Students (and sponsors) are to practice the following in order to be familiar with the dialogue, responses, and gestures

Presentation of the Candidates by the pastor (Candidates stand in the pew, then sit).

Homily: Bishop

Candidates stand (in pew).

Renewal of Baptismal Promises (remain standing):
Candidates respond ***I do*** after each question.

Laying on of Hands (Candidates bow heads).

Anointing with Chrism:
Candidates and sponsors come forward forming two lines in the main aisle. The right hand of the sponsor rests on a shoulder of the student candidate.

When the candidate reaches the front of the line, the student needs to stand close to the Bishop so that he does not have to extend his arm too far to anoint the student's forehead. While one candidate is being anointed, the next candidate steps forward and be in position for the Bishop to easily reach the student's forehead. Both lines should always have a person at the front near the Bishop. A card with the student's Patron Saint's name will be provided.

The Bishop will say,
N. (Your saint's name), be sealed with the Gift of the Holy Spirit.
The newly confirmed student responds: ***Amen.***

Bishop: Peace be with you. (The Bishop may extend his hand in the greeting of peace).

The newly confirmed responds: ***And with your spirit.***

After the newly confirmed receives the greeting of peace, he or she returns to the pew and sits prayerfully while his or her sponsor does the same. Students, sponsors, and guests should remain quiet throughout the Anointing with Chrism.

To maintain the sanctity of the Confirmation Mass, there shall be no picture or video-taking.

Depending on his schedule, the Bishop will be available for pictures at the reception. More information will be provided photography. Please do not hire your own photographer or set up video-recording equipment in the church.

▪ **Confirmation Mass Reception**

A light reception, with the Bishop based on his availability, is planned to follow the Confirmation Mass in Hannan Hall for all candidates, their families, and friends. Families may provide their own camera to take two pictures with the Bishop.

Volunteers are needed to help setup/teardown the Reception. Please call the Parish Office at 703-354-8711 or email s.gray@queenofapostles.org if you are able to assist.

▪ **Sacrament of Confirmation Certificates**

Certificates will be distributed by your catechist in late May.

▪ **Living the Catholic Faith**

We have insisted that the sacraments are not end in themselves. They mark new beginnings in our life. Confirmation is not a graduation from faith formation; faith formation is lifelong as we continue to seek and encounter Christ, serve as His witnesses, and fulfill our earthly mission. Consider attending a parish bible study or joining a prayer or service ministry, volunteering for Religious Education, and participating in the Family of Families projects. Please continue to enroll your child in the Religious Education classes and/or encourage him or her to participate in youth-related activities.

Children will stay in religious education if he/she see their parents striving to grow in holiness. As Catholics, attending Mass, praying individually and as a family, living the Sacraments, and going to Confession/ Reconciliation should be intentional priorities in your schedule. As a parent, your mission continues to be to bring your son or daughter closer to the heart of God.

