

ST. ELIZABETH ANN SETON ROMAN CATHOLIC CHURCH

# Sacrament of Confirmation Guidelines

Revised January 1, 2026

- Those preparing for the Sacrament of Confirmation must attend weekly Saturday Vigil Mass or Sunday Mass and frequent reception of the Sacrament of Penance (Reconciliation/Confession).
- Completed a year-long, pastor-approved, Religious Formation Program last year. Future years, children must complete 7<sup>th</sup> Grade of our Parish Family Faith Formation prior to enrolling in our Parish Family Faith Formation for 8<sup>th</sup> Grade.
- Entire family participate fully in our Family Faith Formation which incorporates At-Church Sessions, including the **ZEAL Mini Retreat** at the Basilica of St. Elizabeth Ann Seton in Emmitsburg, Maryland on **Saturday, March 7, 2026**; At-Home Meetings and (3) Family Visit Meetings.
- Submit a completed **Sacrament Registration Form** and a copy of the child's **Birth Certificate** and **Baptismal Certificate** no later than December 7, 2025.
- During the second **Family Visit** (*January 2025*), parents will confirm the readiness of their child to receive the Sacrament of Confirmation, and the candidate for confirmation will confirm his/her desire to receive the sacrament.
- Prayerfully choose a Confirmation Sponsor and secure the **Sponsor's Certificate or Letter of Eligibility** no later than January 25, 2026.
- Each Candidate will complete an online **Personal Charism Assessment** by February 8, 2026. (*Web Link to be provided*). The charism assessment will be used to form a **Plan of Service Summary** (*Instruction sheet forthcoming in January 2026*). This summary is to be completed and brought to the Confirmation Retreat on March 7, 2026.
- Prayerfully choose a Confirmation Saint Name and complete a **Confirmation Saint Name Research Paper** no later than March 22, 2026. (*Separate sheet provided*)
- Complete a signed **Letter to the Pastor**, no later than April 1, 2025, requesting to be presented to the Bishop to be confirmed. (*See criteria below*)
- Demonstrate knowledge in answer to the Diocese of Arlington **Questions in Preparation for Confirmation**. (*See page 5-7 below*)
- Attend required **Sacrament of Confirmation Mass Rehearsal** on Friday, April 10, 2026, 7:00 p.m. in the Main Church.
- **Sacrament of Confirmation Mass** will occur on Monday, April 13, 2026 5:30 p.m. in the Main Church. **Candidates and their Sponsors arrive no later than 4:30 p.m.**

**DUE DATE CHART: Need to submit these requirements before, or by, the due date.**

December 7, 2025	Sacrament Reg. Form; Copy of Birth & Baptismal Certificates
January 25, 2026	Confirmation Sponsor's Certificate or Letter of Eligibility
February 8, 2026	Online Charism Assessment Completed
March 7, 2026	Confirmation Plan of Service Summary
March 22, 2026	Confirmation Saint Name Research Paper
April 1, 2026	Signed Letter to Pastor
<b>Fri. Apr. 10, 2026, 7:00pm</b>	<b>Required Confirmation Rehearsal w/Sponsor and Parent(s)</b>
<b>Mon. Apr. 13, 2026, 5:30pm</b>	<b>Sacrament of Confirmation Mass (Arrive no later than 4:30 p.m.)</b>

**BIRTH AND BAPTISMAL CERTIFICATE**

The Diocese requires proof of Birth and Baptism for Confirmation. A copy of the child's birth certificate helps establish the child's identity and date of birth to be recorded in our parish registry. You need to submit a copy of your child's Baptismal Certificate, even if your child was baptized here at St. Elizabeth Ann Seton no later than December 7, 2025. Please do not give us the original. If you need a copy of the original certificate, we can copy that for you. It is important that the address of the church where your child was baptized be on the certificate. If you do not have a copy of your child's baptismal certificate, please request it from the parish where your child was baptized and have it mailed to you. If your child was baptized through the Military Ordinariate, please contact them at:

Archdiocese for the Military Services, U.S.A.  
P.O. Box 4469, Washington, D.C. 20017-0469;  
Phone: (202) 269-9100 website: [www.milarch.org](http://www.milarch.org)

**SELECTING A SAINT NAME**

As a candidate preparing for the Sacrament of Confirmation, your child has two options concerning the choice of a Confirmation name: 1) Choose their present baptismal name, if it is that of a recognized Saint of the Church, or 2) Pick another Saint's name that would symbolize a new beginning in their faith life and their connection with that particular Saint. Candidates are to write a Research Paper (*separate sheet provided*) explaining their name choice and sharing information they learned regarding their Saint and is due no later than March 22, 2026.

**CONFIRMATION RETREAT**

The Confirmation Retreat is March 7th, 2026, at the **Basilica of St. Elizabeth Ann Seton in Emmitsburg, Maryland**. The entire family will attend. Transportation will not be provided, and families will need to pack a sack lunch. The day will include the ZEAL mini retreat as well as a session that will guide the candidate through his or her service commitment. Family members should dress appropriately for visiting a Basilica. "Business casual" or "Sunday best" is appropriate - no jeans, T-shirts or flip-flops.

**SELECTING A SPONSOR & CERTIFICATE or LETTER OF ELIGIBILITY**

In preparation for Confirmation, your child must select a Confirmation Sponsor. If the sponsor is not a member of St. Elizabeth Ann Seton, please send him/her a copy of the Confirmation Sponsor Certificate to be signed and completed, or they may use a certificate/form/letter used by their own parish. If the sponsor is a member of St. Elizabeth Ann Seton, they need to call

the office to make a brief appointment with one of the clergy to complete the certificate in person. The completed certificate/form/letter must be returned to the Parish Office no later than January 25, 2026. The sponsor is to be given the ZEAL Sponsor Guide and complete the activities provided in the ZEAL Module Box with their Candidate. Because of the intimate connection between Baptism and Confirmation, it is highly desirable that the Candidate's Godparent at Baptism as the Sponsor for Confirmation, but this is not required.

## **REQUIREMENTS FOR A CONFIRMATION SPONSOR**

1. Chosen by the candidate.
2. Completed their sixteenth year.
3. Be a Confirmed, practicing Catholic who can serve as a role model in the Faith.
4. Can be male or female.
5. Cannot be the father or mother of the candidate.

## **IF THE SPONSOR CANNOT ATTEND THE CONFIRMATION MASS:**

If your child's sponsor is unable to attend the Confirmation Mass, a proxy is needed. The proxy must be a Confirmed, practicing Catholic following all the other sponsor requirements. It may not be a parent. When a proxy stands in for a sponsor, the parish office must be notified of the proxy's name for the Confirmation register and must submit a Sponsor Eligibility Certificate from their parish.

## **CONFIRMATION ATTIRE**

We need to show reverence for God and the sacred liturgy through our clothing. Our attire for Mass should be modest and respectful, "business casual" or your "Sunday best". Casual items like T-shirts, shorts, or flip-flops are strictly prohibited. Men should wear slacks, a collared shirt with tie and suit jacket or sports coat and dress shoe. Women can choose dresses, skirts, or dress pants, ensuring shoulders and knees are completely covered and wear dress shoes. Each candidate will be given a Confirmation Robe to be worn during the entirety of the Confirmation Mass as well as during the light reception and while taking photographs with the Bishop.

## **PLAN OF SERVICE SUMMARY**

Each Candidate will complete an online Personal Charism Assessment by February 8, 2026. (*Web Link to be provided*). The charism assessment will be used to form a Plan of Service Summary and is to be completed and brought to the Confirmation Retreat on March 7, 2026. The Plan of Service is an outline of ways the Candidate can serve the Body of Christ using his/her charisms for the rest of his/her life.

## **LETTER TO THE PASTOR**

Each Candidate for Confirmation is asked to write a personal letter to the pastor of St. Elizabeth Ann Seton. Address the letter to Reverend Brian G. Bashista. In this letter, the candidate formally asks the pastor to present them to the Bishop for their reception of the Sacrament of Confirmation. Each letter should include five parts:

1. Why do you want to be confirmed?

2. Why did you choose your Confirmation Saint's name?
3. Explain your preparation (home study, service project, meetings, retreat, Family Faith Formation classes) and what this means to you.
4. Why did you choose your Confirmation sponsor?
5. Complete the following "As a full member of the Church I promise to strive to..."

The letter should be one page long, written in ink or typed on white 8 1/2" by 11" paper. Address the letter to Father Bashista and include the student's name, home address and phone number. Please do not mail the letters directly to Father Bashista. Instead, turn in the letter to the Parish office, Attn: Sacrament Preparation. Letters will be bound in a notebook and presented to Father before Confirmation.

If you have any questions or concerns, please contact Family Faith Formation at (703) 494-4008  
**Jane Moreno**, Coordinator of Liturgy and Sacrament Prep. ext. #129; [j.moreno@setonlakeridge.org](mailto:j.moreno@setonlakeridge.org)  
**Raychel Namiotka**, Director of Disciple Formation ext. # 138; [r.namiotka@setonlakeridge.org](mailto:r.namiotka@setonlakeridge.org)



## DIOCESE OF ARLINGTON

### Questions in Preparation for Confirmation

*Most Rev. Michael F. Burbidge*

*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	<i>helps us to know God's will for our lives</i>
2. Understanding	<i>enables us to make the faith our own</i>
3. Knowledge	<i>allows us to come to know and be in relationship with God</i>
4. Fortitude	<i>helps us to be courageous in the defense of our faith</i>
5. Counsel	<i>aids us in making right judgments</i>
6. Piety	<i>assists us in being prayerful, reverent, and holy</i>
7. Fear of the Lord	<i>is a holy awe and reverence for God</i>

## **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.