

SAINT THOMAS AQUINAS CONFIRMATION RESOURCE BOOK 2025-2026





Confirmation* Calendar 2025 -2026

*subject to change based on date of TBD Mass

Sunday (3:15pm–4:45pm)	Wednesday (6:00pm–7:30pm)
August 24 Parent Meeting/ VIRTUS	August 27 th Parent Meeting/ VIRTUS
September 7,14,28	September 10,17
October 5,19,26	October 1,8,22,29
November 2,9,16	November 5,12,19
December 7,14	December 10,17
January 11, 25	January 14, 21,
February 1, 8, 22	February 4,11, 25
March 1,8,15, 22	March 4,11,18, 25
April 12,19,26	April 15, 22, 29
May 3	May 6

Required Events Eventos Obligatorios	Date
Confirmation Retreat	January 16th – 19th 2026
Confirmation Rehearsal	April 17th 2026 - 7:00 PM
Confirmation Mass	April 18 th 2026 – 10:00 AM
Revised: 08/06/2025 - V. 1.1	

Your Journey of Faith

You are on a lifelong journey of faith, and Confirmation gives you strength for that journey.

Jesus said to him, "I am the way, the truth, and the life. No one comes to the Father except through me. If you know me, you will know my father." John 14:6-7

TABLE OF CONTENTS

WHAT IS CONFIRMATION.....	3
ROLE OF PARENT	4
ROLE OF TEEN.....	5
DRESS CODE.....	6
SPONSOR INFORMATION.....	7
CONFIRMATION REQUIREMENTS.....	8
REQUIREMENT CHECKLIST	9

A special thanks to Carmen Lerma for the original creation of this Parent Information Booklet. Revisions made for 2024-2025 Confirmation Class.

WHAT IS CONFIRMATION?

THE SACRAMENT OF CONFIRMATION....

- Welcomes us and deepens our belonging to the faith community
- Deepens our relationship to God, as Creator, Redeemer and Spirit
- Strengthens us as disciples

- The Sacraments are efficacious signs of grace, instituted by Christ and entrusted to the Church, by which divine life is dispensed to us. (CCC 1131) In other words, a sacrament is a sacred and visible sign that is instituted by Jesus to give us grace, an undeserved gift from God. (CCC 1084, 1131).
 - The Gift within Confirmation is that of strengthening us for discipleship and deepening our belonging to the faith community through the Trinity.

- Confirmation is the sacrament in which the Holy Spirit is poured out. With the sacrament of confirmation, you are well-equipped for life. In confirmation, you are promised God's Holy Spirit, which means God wants to be with you, even when things get difficult. Confirmation is not automatic, however. Receiving confirmation means making a personal decision. When you were baptized, your parents most likely decided for you. At confirmation, it's your turn! (YOUCAT)

- God uses visible signs to communicate invisible love. To communicate God's love, God uses senses: eyes, ears, touch, smell, and taste, and the elements of our world.
 - In Confirmation, the signs we will celebrate include being anointed with oil and the laying on of hands as we remember the water of Baptism and the nourishment of the Eucharist.

- God calls and invites; we respond. An attitude of openness communicates a "yes" to God's invitation to a deeper relationship. "Yes" means we are open to be strengthened by God who calls and loves us.
 - In Confirmation, we have the opportunity to say "yes" through the various responses in the prayer.

- The community witnesses to and celebrates the sacraments. A sacrament is a powerful sign that God is alive and present in the world. At the same time, we celebrate the sacraments as our most important prayer.
 - In Confirmation, the community witnesses our celebration and provides a sponsor who represents the love of the community for us.

ROLE OF PARENT(S)

Parents play a vital role in their children's continuing initiation into full membership in the Christian Community. Parents of Confirmation Candidates:

- Are called to be the primary educators of their children
- Represent the Church by walking in virtue in their day-to-day life
- Are responsible for initiating their children into the sacramental life
- Serve as models for their child by being committed Christians
- Encourage their child to worship with the parish community
- Are called to encourage their child to reflect on and thoughtfully consider the decision to receive the sacrament of Confirmation
- Are called to assist their child with the immediate preparation for the sacrament of Confirmation through prayer, study, and Christian service
- Should stress the initiation aspect of the sacrament by encouraging their children to continue learning more about their faith
- Are called to lead their child to understand that Confirmation service activities are the beginning of a life committed to Christian service
- Are not permitted as Confirmation sponsors for their own child
- Commit to daily prayer for the candidates
- Are called to encourage their child to attend Sunday Mass and the sacrament of Reconciliation frequently

Prayer for a Child's Confirmation

Creator Spirit, strengthen this child with your gifts of grace, to love and serve as a disciple of Christ. Grant that she/he may grow into the fullness of the stature of Christ. Fill her/him with the joy of your presence. Increase in her/him the fruit of your Spirit: the spirit of wisdom and understanding, the spirit of love, patience and gentleness, the spirit of wonder and true holiness.

Amen

ROLE OF TEEN

As candidates prepare for Confirmation, they must:

- Listen attentively and participate willingly in religious education
- Respect each other's point of view
- Ask questions – this helps to develop a more mature understanding of Christian beliefs and make their own commitment stronger
- Attend Sunday Mass weekly
- Invite a practicing Catholic to be your Confirmation sponsor (review and complete attached Sponsorship form). Communicate with them regularly throughout this period.
- For your Confirmation name, identify and select the name of a saint to whom you feel a connection
- Bring folder to class each session
- Attend the Confirmation weekend retreat
- Remain an active part of the Catholic community
- Continue to learn about and practice your faith
- Form a stronger relationship with Christ!
- Remain in daily prayer

A DAILY PRAYER FOR YOUR CONFIRMATION

O God, I pray that you give me a right heart, that I may come to know you in Jesus. Lead me to know the sinfulness of my own heart, and your great love for me, in Christ Jesus. Help those who teach me, to give me the teaching I need. Grant that, on my Confirmation Day, I may be ready to give myself to be your faithful soldier and servant to my life's end, Through Jesus Christ our Lord.

Amen

Confirmation Mass Dress Code

Why have a Dress Code?

At the Sacrament of Baptism, the baptized person receives a white garment, symbolizing that he or she has “put on Christ.” The reception of the Sacrament of Confirmation is a completion of baptismal grace and an anointing to share more completely in the mission of Jesus Christ and the Holy Spirit. This is a moment of joy and celebration. It makes sense to dress in a way that reflects this attitude.

While the Church greatly respects the uniqueness and individuality of each of its members, it holds that modesty is a fruit of the Holy Spirit and that “teaching modesty to children and adolescents means awakening in them respect for the human person” (CCC 2523-2524).

It is in this spirit of fostering respect for each other and for the sanctity of the Sacrament of Confirmation we set forth a code of dress consistent with a sense of modesty. **This dress code applies to sponsors and proxies, as well.** Semi-formal, modest attire is appropriate to the beauty of this occasion.

For the young men:

What to Wear:

- Suit-jacket or Sports Coat (optional)
- Dress Shirt
- Dress pants/slacks
- Tie
- Dress shoes

Inappropriate Attire:

- Sports wear
- T-shirts, tank tops
- Shorts / jeans
- Sneakers / sandals
- Novelty ties

For the young ladies:

What to Wear:

- A modest dress, skirt or suit
- Shirts or dresses should be semi-formal with shoulders covered.
- Dress/ skirt should reach the knee
- Jackets or sweaters to cover shoulders.
- Dress shoes (Heels, flats, etc)

Inappropriate Attire:

- Anything low cut or see-through
- Mini-skirts, denim skirts, shorts
- No fitting/tight dresses
- No spaghetti straps nor strapless garments
- No cutouts that expose abdomen or sides
- Refrain from prom or home-coming dresses
- Flip-flops, sneakers

Lastly, candidates should not be carrying cell phones or purses in the Mass. Parents/ Sponsors should take them prior to them checking in.

SPONSOR INFORMATION

A sponsor is required for the candidate being confirmed. It is considered an honor and privilege to be chosen as a Confirmation Sponsor. The Sponsor will be a witness to the Confirmation candidate's initiation into full Christian Life. Through the Sacrament of Confirmation, the candidate is strengthened by the Holy Spirit, made a true witness of Christ in word and deed, and invited more deeply into the life of the Church.

Role of the Sponsor

- Bring the candidate to receive the sacrament, present them to the minister for the anointing, and will later help them to fulfill their baptismal promises faithfully under the influence of the Holy Spirit whom they have received
- Is to take care that the confirmed person behaves as a true witness of Christ and faithfully fulfills the obligations inherent in this sacrament
- Submit a Sponsor Eligibility/Certificate form. These should be obtained from STA Faith Formation Office or website and brought to the church of the sponsor to be completed by their pastor. The church must then mail it back to St. Thomas Aquinas.

A Sponsor

- must be mature enough to undertake this responsibility
- must have received the three sacraments of initiation, namely Baptism, Eucharist, and Confirmation
- must be not less than 16 years of age
- must know the fundamental truths of the Faith and be a practicing Catholic who goes to Mass on Sunday, receives the sacraments regularly, and sees to the religious instruction of his/her family
- must be a member of the Catholic Church, canonically free to carry out this office
- must not be father or mother of the one to be confirmed (however, Godparents are appropriate sponsors)

CONFIRMATION REQUIREMENTS

Registration for Confirmation: Registrations are open! Confirmation classes are available to all high school students in 9th grade or above to start their two years of sacramental preparation. Confirmation Class is not open to 8th grade students or younger.

Requirements for Candidates: St. Thomas Aquinas' Confirmation program now consists of two years of sacramental preparation for Candidates. According to the guidelines of the Archdiocese of Atlanta: Candidates must participate in two consecutive years of faith formation leading up to receiving the sacrament of Confirmation. Candidates must also be at least 16 years old or in 10th grade to receive the sacrament of Confirmation. Candidates in 9th grade or in their first year of Confirmation Class will not receive the sacrament until their second year of classes.

Mass attendance: Attending and participating in weekly Sunday Mass is the best way to grow in faith. Candidates are asked to attend Mass on a regular basis. Parents and family members are also encouraged to attend with the Candidate.

Preparation – Preparation will be in 2 parts: Sessions and Retreat

Confirmation Sessions: Must attend sessions. Candidates will have 26 sessions over the course of the program this year. Candidates must attend 80% of sessions. Candidates must attend **at least 21 of the 26 sessions**, meaning they can miss **up to 5 sessions**.

Candidates enrolled in Catholic school will participate in the retreat and specific classes listed on the calendar.

Classes are Sundays at 3:15pm or Wednesdays at 6pm. Candidates choose one to go to weekly. Please see our full calendar for details on classes each week.

Service hours/projects: Information listed on the next page!

Retreat: Candidates must attend weekend retreat:

Friday-Sunday, January 16-18
Confirmation Retreat - Covecrest
Leave STA Friday evening return Sunday mid-day
Covecrest Phone: (706) 782-5961
Hidden Lake Address: 25 Falls Dr, Tiger, GA 30576
Chaperones needed for retreat!



**Godparent/Sponsor
Certification Form**

**Upon Completion with Signature/Seal from Pastor at your parish, return to:
St. Thomas Aquinas Catholic Church Faith Formation Office
535 Rucker Road, Alpharetta, GA 30004 (770) 475-4501**

Name of person receiving sacrament: _____

Sacrament being received: Baptism _____ Confirmation _____

Name of Godparent/Sponsor: _____

Godparent/Sponsor's date of birth: _____

Godparent/Sponsor's email: _____

Godparent/Sponsor's phone number: _____

Name of Godparent/Sponsor's church: _____

Canon 874. To be admitted to the role of sponsor, a person must be a Catholic who has been confirmed and has already received the sacrament of the Most Holy Eucharist and leads a life in harmony with the faith and the role to be undertaken.

In accepting this responsibility, I affirm that **(please initial)**

____ As a sponsor, I will live a life of faith consistent with the responsibilities of being a
Sponsor/Godparent by active participation at Mass, participation in the Sacraments, and being an
active member of my parish community. I will actively support the person I sponsor by my continuing
prayers, encouragement and the example of my daily Christian life.

I am single____ or I am married____

____ If married, I am married by the Catholic Church. (This means that Catholics publicly cohabitating
or living in an invalid marriage [civil marriage] cannot serve as a sponsor.)

____ I am at least 16 years old and sufficiently mature for this role.

____ I have received the Sacraments of Initiation; Baptism, Confirmation, and Eucharist.

____ I believe all that the Catholic Church teaches and professes and truly make an
effort to incorporate these teachings into my daily life.

____ I regularly attend mass and practice the sacraments.

____ I am not the mother or father of the one to be Baptized/Confirmed

Sponsor Signature

Date

Signature of Godparent/Sponsor's Pastor

Date

Seal of Godparent/Sponsor's Church

Requirement checklist

___ **November 30, 2025** - Confirmation registration deadline.

___ **Baptism and First Communion Records Submitted**

___ **Saint Name Submitted**

___ **Sponsor Form Submitted**

___ **January 16-18, 2026** - Confirmation Retreat at Covecrest

___ **April 17th, 2026**- Confirmation Rehearsal at 7pm.

April 18, 2026 – Confirmation Day | Time: 10: 00am – Be there for 9am. Bishop Tran has requested to meet with the Candidates 30 minutes prior to the mass.

Service Hours:

Each candidate is required to complete **10 hours of community service or 3 major service projects at the parish** prior to Confirmation during their second year of classes. New forms will be distributed for this year during class!

Examples of major service projects or hours from 2025-2026 Confirmation Year:

- Workday in the Giving Garden or Orchard
- Knights of Columbus Fish Fry Fridays during Lent
- SVDP Canned Food Drive
- Serving at Mass as an altar server, lector, or in the choir
- Helping (not attending) at First Communion retreat, First Reconciliation retreat or Quinceañera retreat

New additional projects to be scheduled this year:

- NFCC workday
- Drake house donations
- Helping with VBS during the summer
- Mission trips during the summer,
- Fall Festival October 4th 2025 (up to 5 hours)
- New project ideas are welcome!

CONTACT

Faith Formation Department | faithformation@sta.org