



ST. LAWRENCE
CATHOLIC CHURCH

CONFIRMATION HANDBOOK

2026 – 2027



“ ”

For “by the sacrament of Confirmation, [the baptized] are more perfectly bound to the Church and are enriched with a special strength of the Holy Spirit. Hence they are, as true witnesses of Christ, more strictly obliged to spread and defend the faith by word and deed.”



ST. LAWRENCE CATHOLIC CHURCH

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DUE DATES

Baptism & First Communion

Certificates — **November 8, 2026**

Sponsor Form — **November 8, 2026**

Permission Letter — **January 4, 2027**

Saint Name & Essay — **February 7, 2027**

Letter of Commitment & Intent —
February 7, 2027

Volunteer Opportunities &

Reflection Sheets — **February 14, 2027**

IMPORTANT DATES

CONFIRMATION REHEARSAL

St. Lawrence Catholic Church

Wednesday, April 14, 2027, 6:30-8:00PM

CONFIRMATION MASS

St. Lawrence Catholic Church

Saturday, April 17, 2027, 11:00AM

Dear 2026-2027 Confirmandi,

Welcome to our Confirmation Program at St. Lawrence Catholic Church. During this very important time in your faith journey, you will be exploring what it means to be a disciple of Christ and practicing that discipleship within the Catholic Church.

The sacrament of Confirmation is one of the Seven Sacraments of the Catholic Church. Like all Sacraments, Confirmation is a public expression of an inward reality, namely, your commitment to God. Confirmation is the beginning of your never-ending journey of faith in which you are sent forth, as the apostles were, to share the love of God with all people and to live out your Catholic faith in a real and tangible way.

Please know that your parents, godparents, families, sponsors, and the Catholic community of St. Lawrence Parish support you as you prepare for Confirmation. We encourage you to participate actively in your parish through attendance at Mass, participation in parish events, and a commitment to Christian service. Blessings.



Confirmation Schedule 2026-2027

CONFIRMATION PARENT & STUDENT MEETING

Sunday, September 27, 2026, 11:15AM-12:15PM, Higgins Hall/St. Gabriel

Wednesday, September 30, 2026 3:30-4:30PM (make-up), Higgins Hall/St. Thomas

SESSION 1: What is Confirmation?

Sunday, October 4, 2026, 11:15AM-12:30PM, Higgins Hall/St. Gabriel

Wednesday, October 7, 2026, 3:30-4:45PM (make-up), Higgins Hall/St. Thomas

SESSION 2: Eucharist

Sunday, October 18, 2026, 11:15AM-12:30PM, Higgins Hall/St. Gabriel

Wednesday, October 21, 2026, 3:30-4:45PM (make-up), Higgins Hall/St. Thomas

SESSION 3: What Catholics Do

Sunday, November 15, 2026, 11:15AM-12:30PM, Celtic Hall/Cafeteria

Wednesday, November 18, 2026, 3:30-4:45PM (make-up), Higgins Hall/St. Thomas

SESSION 4: Explaining the Mass with Fr. Chuck

Monday, January 11, 2027, 6:30PM, St. Lawrence Church

SESSION 5: Confirmation Retreat

Saturday, February 27, 2027, 9:00AM-5:00PM, Mary Help of Christians

CONFIRMATION REHEARSAL: St. Lawrence Catholic Church,

Wednesday, April 14, 2027, 6:30-8:00PM

CONFIRMATION MASS: St. Lawrence Catholic Church

Saturday, April 17, 2027, 11:00AM





Confirmation Preparation Requirements

1. **PRACTICE YOUR FAITH** regularly by participating in the Mass on Sundays and Holy Days. Receive the Sacrament of Reconciliation as often as possible so you are always prepared to receive the Eucharist. To help you build a strong faith life and community with other young Catholics, Confirmation candidates should participate in events at their parish, or become a member of youth ministries.
2. **REGISTER FOR CONFIRMATION** on our website [www.https://stlawrence.org/youth-confirmation/](https://stlawrence.org/youth-confirmation/).
3. **WRITE A LETTER TO THE PASTOR** of St. Lawrence stating why you would like to be Confirmed. See instructions in the handbook pertaining to the letter (see page 3).
4. **PROVIDE A COPY OF YOUR CHILD'S UPDATED (FRONT AND BACK) BAPTISM AND FIRST COMMUNION CERTIFICATES** via email to mmontero@stlawrence.org by November 8, 2026 (No exceptions!) **Please do not give us your original certificate. SUBJECT LINE ON THE EMAIL: Child's Name/Baptism/First Communion Certificate.**
5. **ATTEND ALL SESSIONS** on the schedule. Makeup sessions have been scheduled for emergencies. Attendance is required for all sessions, retreats, rehearsal and the Sacrament. If a student cannot attend the retreat, please contact other Parishes to find a retreat date that you can attend. Please contact Marta Montero with the name of the Parish, religious education coordinator name and contact information and the date of the retreat. (The only excused absences are for illness to the degree that a child is kept home from school or a family emergency.) A teen who has excessive absences will need to wait until the following year to celebrate the Sacrament. Scheduling conflicts such as sporting events, practices, or other extracurricular activities will NOT be considered and excused absence. Preparation for the Sacrament is expected to take precedence over those other types of activities.)
6. **SELECT A SPONSOR** and submit the Sponsor Form via email to mmontero@stlawrence.org by November 8, 2026 (No exceptions!) **SUBJECT LINE ON THE EMAIL: Child's Name/Sponsor Form.** Your sponsor should be 16 years of age or older who has received the Sacraments of Baptism, First Communion and Confirmation and if married, is married in the Catholic Church. Please see additional sponsor requirements on page 10.
7. **BE A GOOD STEWARD.** Stewardship is an integral part of the Confirmation journey. Confirmation candidates should be involved in experiences that enable them to use their gifts and talents in service of others. All candidates must complete the Volunteer Opportunities forms on pages 5-8.
8. **SELECT A CONFIRMATION SAINT NAME** and submit the Saint Name via email to mmontero@stlawrence.org by January 4, 2027 (No exceptions!) **SUBJECT LINE ON THE EMAIL: Child's Name/Saint Name.** We invite you to research Saints and select a Saint whose life is something you would like to emulate. Consider a Saint who is the patron of something you are passionate about, or has the same/similar name as you, or a Saint whose feast day is the same as your birthday or Baptism date. All Candidates must complete a Saint Essay (page 4).



Letter of Commitment & Intent

We ask all Candidates to write a letter of commitment and intent to the Pastor of St. Lawrence, Fr. Chuck Dornquast. This letter should state your desire to be Confirmed in the Catholic faith and should be approximately one page in length (2-3 paragraphs).

REMEMBER TO INCLUDE YOUR NAME!

Below are some ideas about what to include in your letter:

1. Introduce yourself to the Pastor and tell him a few things about yourself, your family, your interests.
2. Explain where you are currently in your faith journey. What does your faith mean to you? What does it mean to you to be Catholic?
3. What role does God and your faith in God play in your everyday life?
4. What does being confirmed mean to you? Detail 2-3 reasons why you would like to be Confirmed.
5. Why is this Saint you chose for your Saint name important to you?
6. How will you participate in our parish community after your receive the sacrament of Confirmation?
7. How do you plan to continue your commitment to the Catholic Church under the inspiration of the Holy Spirit to help you keep your faith real and alive in the future?

Write as best you can! This is not being graded or shown to anyone else. This is your opportunity to let Fr. Chuck know about why you are an awesome Confirmandi!

Essays must be typed and emailed to Marta Montero at mmontero@stlawrence.org no later than February 7, 2027. **SUBJECT LINE ON THE EMAIL: Child's Name/Letter of Commitment & Intent.**





ST. LAWRENCE CATHOLIC CHURCH



Saint Name/Essay

It's true. It's hard to strive for holiness, but we are called to try. Choose a Saint who can inspire you in your spiritual and physical life. Choose the name of a Saint who has the virtues, qualities, and characteristics that you want to emulate. By doing that, you claim that identity for yourself and will have the spiritual support and intercession of that patron Saint!

ALL PROJECTS MUST INCLUDE:

1. Your name.
2. Name of the Saint you have chosen.
3. A brief description of the life of your Saint.
4. The feast day of your Saint.
5. Why you selected this Saint.
6. Why is this Saint important to you.
7. What causes you to want to aspire to be like this Saint.

Some good resources for Saint names include: (Don't research your Saint using Wikipedia!)

- Life Teen: Biggest and Best List of Confirmation Saints (for Guys and Girls) (<https://lifeteen.com/biggest-best-list-confirmation-saints-guys-girls/>).
- EWTN (<https://www.ewtn.com/catholicism/saints/>).
- Catholic Online (<https://www.catholic.org/saints/>).
- Franciscan Media (<https://www.franciscanmedia.org/saint-of-the-day/>).

Essays must be typed and emailed to mmontero@stlawrence.org no later than February 7, 2027.
(No exceptions!) SUBJECT LINE ON THE EMAIL: Child's Name/Saint Name.





Volunteer Opportunities

Stewardship is an integral part of the Confirmation journey. Preparation for the sacrament of Confirmation includes participation in three service projects. As Catholics and as human beings, we are called to live out the call of Confirmation to spread and proclaim the Catholic faith to all corners of the world. As Saint John Paul II said, we are called to be the “salt and light for the world.” This faith is shared with and expressed to others not only in our daily lives of prayer and virtue, but also in the way we love those around us through our actions, our service. Our commitment to bringing the light of the Gospel to people through all we do.

Candidates should serve at each of their volunteer opportunities for 4 or more hours. St. Lawrence has several opportunities but Candidates can also participate in non-parish sponsored events as long as it is a *Corporal Work of Mercy. One volunteer opportunity must be completed at St. Lawrence Catholic Church.

VOLUNTEER OPPORTUNITY IDEAS:

1. STL Outreach Ministries (<https://stlawrence.org/outreach-ministries/>)
2. Live Stations of the Cross (<https://stlawrence.org/livestationsofthecross>)
3. Pinellas Hope/Tampa Hope
4. Feeding Tampa Bay
5. Help a neighbor who has been impacted by weather: e.g., hurricane, flooding, lightning, fire
6. Ministry work at St. Lawrence

*Corporal Works of Mercy are the way in which we extend God’s compassion and mercy to the world by helping our neighbors with material and physical needs. They include: feeding the hungry, giving drink to the thirsty, clothing the naked, sheltering the homeless, visiting the sick, visiting the imprisoned, burying the dead.

All Candidates must complete three Volunteer Opportunities (to total 10 hours) and fill out the reflection journal for each opportunity. The completed forms must be emailed to mmontero@stlawrence.org no later than February 14, 2027. **SUBJECT LINE ON THE EMAIL: Child’s Name/Volunteer Opportunities.**





Stewardship Volunteer Reflection Journal

All Candidates must complete three Volunteer Opportunities (to total 10 hours) and fill out the reflection journal for each opportunity. The completed forms must be emailed to mmontero@stlawrence.org no later than February 14, 2027. **SUBJECT LINE ON THE EMAIL: Child's Name/Volunteer Opportunities.**

LOCATION OF YOUR VOLUNTEER OPPORTUNITY:

- | | |
|---|---------------------------------------|
| ☐ St. Lawrence Catholic Church | ☐ Home |
| ☐ Community | ☐ Other: _____ |

VOLUNTEER OPPORTUNITY: _____

1. What was your favorite part of this Volunteer opportunity?
2. What lessons and/or blessings did you bring away from this experience?
3. Do you feel this volunteer opportunity opened your heart to God working in your life? Why or why not?
4. Would you repeat this type of stewardship? Why or why not?

Your Name: _____ HOURS SERVED: _____

Name of Volunteer Leader: _____

Contact Number: () _____ Email: _____

Signature of Volunteer Leader Verifying Hours: _____





ST. LAWRENCE CATHOLIC CHURCH



Stewardship Volunteer Reflection Journal

All Candidates must complete three Volunteer Opportunities (to total 10 hours) and fill out the reflection journal for each opportunity. The completed forms must be emailed to mmontero@stlawrence.org no later than February 14, 2027. **SUBJECT LINE ON THE EMAIL: Child's Name/Volunteer Opportunities.**

LOCATION OF YOUR VOLUNTEER OPPORTUNITY:

- ☐ St. Lawrence Catholic Church ☐ Home
☐ Community ☐ Other: _____

VOLUNTEER OPPORTUNITY: _____

1. What was your favorite part of this Volunteer opportunity?
2. What lessons and/or blessings did you bring away from this experience?
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Your Name: _____ HOURS SERVED: _____

Name of Volunteer Leader: _____

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Stewardship Volunteer Reflection Journal

All Candidates must complete three Volunteer Opportunities (to total 10 hours) and fill out the reflection journal for each opportunity. The completed forms must be emailed to mmontero@stlawrence.org no later than February 14, 2027. **SUBJECT LINE ON THE EMAIL: Child's Name/Volunteer Opportunities.**

LOCATION OF YOUR VOLUNTEER OPPORTUNITY:

- | | |
|---|---------------------------------------|
| ☐ St. Lawrence Catholic Church | ☐ Home |
| ☐ Community | ☐ Other: _____ |

VOLUNTEER OPPORTUNITY: _____

1. What was your favorite part of this Volunteer opportunity?
2. What lessons and/or blessings did you bring away from this experience?
3. Do you feel this volunteer opportunity opened your heart to God working in your life? Why or why not?
4. Would you repeat this type of stewardship? Why or why not?

Your Name: _____ HOURS SERVED: _____

Name of Volunteer Leader: _____

Contact Number: () _____ Email: _____

Signature of Volunteer Leader Verifying Hours: _____





Confirmation Sponsor

The role of the Confirmation sponsor is rooted in the 2,000 year history of the Church. Sponsors are called to be representatives of the Church. The sponsor for a Confirmation candidate is meant to provide spiritual help to the candidate (Catechism 1311). He or she should be willing to serve as a strong and lasting Christian influence on the candidate. A sponsor should be someone the Candidate trusts, whose faith they admire and someone who is accessible to the Candidate. Therefore, it is both a great blessing and a responsibility to commit to the role of a 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 sponsor needs to be a registered member of a Catholic parish in order to get the Sponsor Certificate of Eligibility signed by the pastor. Complete sponsor eligibility and requirements are listed on the sponsor form on page 10.

Your sponsor should be willing and able to participate in your formation for Confirmation. Your sponsor should be someone that you trust and feel comfortable turning to for help, advice and guidance, especially in regard to your spiritual life.

After you receive the Sacrament of Confirmation, your relationship with your sponsor DOES NOT END! You both are called to lead each other closer to God, to continue to grow in knowledge of your faith, and to challenge one another to lead lives of holiness and service.

Select a sponsor who meets the requirements and submit the Sponsor Form via email to mmontero@stlawrence.org by November 8, 2026 (No exceptions!)

SUBJECT LINE ON THE EMAIL: Child's Name/Sponsor Form.





ST. LAWRENCE CATHOLIC CHURCH



Sponsor Form

You have been asked to be a sponsor for the sacrament of Confirmation. A sponsor is a person who assumed, along with the parents, the responsibility for the Candidate's faith. The purpose is to ensure that the rich and beautiful faith of the Church is passed on to them in the most loving and authentic way. In accepting this very important role, you are urged to reflect upon the importance of this commitment. Please read the following and pray about the responsibility you will fulfill in the person's spiritual life. After reflection, please complete all the following, sign the statement of eligibility, and have your Parish sign and seal the bottom portion. A parent may not serve as a sponsor (Canon Law #874). ****Due November 8, 2026. (No exceptions!)****

Requirements to be a sponsor:

I, _____, verify that I am striving to live an exemplary Christian life, and I:

- ☐ Am at least 16 years of age.
- ☐ Am a member of the Roman Catholic Church and registered at a Parish.
Sponsor's current church of membership: _____
- ☐ Have received the Sacrament of Baptism.
Sponsor's church and date of Catholic Baptism: _____
- ☐ Have received the Sacrament of Holy Communion.
Sponsor's church and date of Catholic First Communion: _____
- ☐ Have received the Sacrament of Confirmation.
Sponsor's church and date of Catholic First Confirmation: _____
- ☐ Attend Mass weekly, regularly receiving Communion, and receiving the sacrament of Reconciliation at least once a year.
- ☐ If Catholic and living as married, I have received the Sacrament of Marriage in the Catholic Church.
Sponsor's church and date of Marriage: _____

OR

- ☐ I am a single Catholic person not living with a partner outside of a sacramental marriage.

Note: Sponsors who are currently married need to be models of their Catholic faith by living in a sacramentally valid marriage. Those who are not living out a sacramental marriage are invited to seek that, but are not eligible to be sponsors in their current situation. The priests at St. Lawrence are happy to help them with preparation for a sacramental marriage.

I, _____, verify the above and solemnly promise that I fulfill these requirements, and will serve my best as a sponsor of _____.

(Signature of Sponsor)

(Sponsor email address and phone number)

This part is to be filled out by the Church of the requesting sponsor. If not filled out, the form will not be accepted.

CHURCH SEAL

This certifies that the above-named person is known to me as a parishioner in good standing.

I testify that he/she is qualified to serve as a sponsor.

Church of Sponsor: _____

Church address & zip code: _____

Pastor's name and signature: _____



ST. LAWRENCE CATHOLIC CHURCH



Permission Letter from the Pastor

For families who are not registered parishioners of St. Lawrence Catholic Church

Ideally, children should be prepared for and receive a sacrament at their home parish, although there are instances where a sacrament may be received at a different parish. If your family is a member of another parish but you request that your child participate in the preparation and receive the sacrament of Confirmation at St. Lawrence Catholic Church, please ask your pastor to sign the form below. (Your parish can use their own letter as well.)

Please return the signed Permission Letter via email to mmontero@stlawrence.org by Monday, January 4, 2027. **SUBJECT LINE ON THE EMAIL: Child's Name/Permission Letter.**



Name(s) of child(ren): _____

Name of parents: _____

Registered parishioners of: _____

Address of parish: _____

Reason for the request: _____

This certifies that I grant permission for the parents named above to have their child(ren) participate in the preparation and receive the sacrament of Confirmation at St. Lawrence Catholic Church, 5225 N. Himes Ave., Tampa, FL.

Date: _____

Pastor's name: _____

Pastor's signature: _____

Church name: _____



The 7 Gifts of the Holy Spirit



The Gift of Wisdom is our ability to value spiritual things over worldly ones. It enables us to desire the things of God and correctly order the things in our life. This gift helps us view the world through God's perspective and the light of our faith. It instills a desire to contemplate the things of God.



The Gift of Understanding helps us grasp the truths of the faith more easily and profoundly. Our human intellect cannot grasp all of God's mysteries, but through the gift of understanding we can be lead to truth, even when we do not fully comprehend. This gift strengthen our insight through prayer, scripture and the sacraments.



The Gift of Right Judgement/Counsel acknowledges the difference between right and wrong and bestows proper judgement. A person with right judgement avoids sin and leads a life for Christ. Counsel inspires us to speak up and encourage others to do the correct thing. It bestows upon us prudence, allowing us to act promptly and rightly in the face of difficult situations.



The Gift of Courage/Fortitude sustains our decision to follow the will of God in any situation. It allows us to stand up and defend our faith, even when threatened by bodily injury or death. This gift allows us to be steadfast in our decisions to do well and to endure evil even when we do not want to.



The Gift of Knowledge is awareness of God's plan. It is not simply an accumulation of facts, but rather an understanding of God's purpose and how we ought to respond. Knowledge helps bring to light the temptations that we face, and to discern whether to give in or live a life worthy of God's approval.



The Gift of Piety or reverence is our obedience to God and our willingness to serve him. It is not just obedience through a sense of duty or obligation, but rather obedience out of love and devotion. It facilitates a deeper respect and honor for God and His Church.



The Gift of Wonder and Awe/Fear of the Lord makes us aware of the glory and majesty of God. This gift is also synonymous with the "Fear of the Lord," in which we dread sin and fear offending God. We fear displeasing him and losing our connection with him because of our love for him. Wonder and awe increases our desire to draw closer to God and depart from sin.

