



October 16, 2025

Families and Candidates

6:00 – 9:00 pm

Facilitator: Colleen Kelly Rayner

*R U Really Giving 100%
“Bam, Let’s Kick it Up a Notch”*

A retreat that is directed to enrich the candidate’s awareness of the Holy Spirit in a personal way. With fun activities and in-depth talks, they can see how God is calling them to build the church.

Colleen Kelly Rayner’s story:

I wasn't always like I am today. I grew up not being part of the Catholic Church... I was baptized, but it never got past that - I didn't receive any of my other sacraments. It wasn't until 1991 that God came into my life in a powerful way. It was that year that I travelled to Medjugorje and had a major conversion experience. After I got back, at the age of 24, I went through the RCIA process to become a full Catholic and received the rest of my sacraments that Easter. I left my job as a corporate trainer for a major restaurant chain and began ministering to young people. The journey began as a youth minister but has evolved to being a retreat coordinator and national Catholic speaker. I travel and speak at a variety of conferences, retreats, schools, parishes, diocesan events and other venues throughout North America. It is my hope that through my humor and faith-filled person stories that I can touch the lives of young people and adults and help bring them closer to encountering Christ as I have in my own life. God bless and I'll see you in the Eucharist!

***Nativity of Our Lord Church
185 Applegarth Road
Monroe Township, NJ 08831***

Dear Sponsor,

Congratulations! What better compliment can your candidate bestow than to choose you as their sponsor for the Sacrament of Confirmation! This is a very important role you have agreed to play in your candidate's journey.

As a sponsor, you will act as a spiritual guide, mentor and advisor to your candidate. Your candidate may look to you for spiritual guidance, prayer, role model and as a witness to faith. Your role as sponsor began the moment you accepted sponsorship for our candidate. These months of preparation ahead of us are important to both you and your candidate. Give some thought as to how you can make this time more meaningful to both of you.

- Share your faith journey with your candidate. Maybe there is a faith-defining moment in your life that your candidate would find inspirational.
- Affirm your candidate's strengths and point out ways he or she could grow in their own faith.
- Talk about how you have come to know God more personally in your own life.
- Discuss how you have seen God working in your life through the years.
- Tell them what your Confirmation experience was like.
- What do you feel is the call of Christ in your life as an adult member of our church, and how do you try to live out that call?
- Tell them what you admire about them and how you feel about being asked to be their sponsor.

If your candidate has not yet chosen a Confirmation name, you could review some saints with him or her and research them together. The internet is a valuable source of information on the saints.

Your role as sponsor will not end at Confirmation. You can encourage your candidate's spiritual growth directly through your own prayer, advice, and good works. Lead by example, actions always speak louder than words. Walk with your candidate as he or she makes their own journey of faith. It will be both a rewarding and faith filled experience.

Thank you for accepting the honor that your candidate has bestowed on you. **Please return the *Sponsor Certificate of Eligibility* form to your candidate as soon as possible. Deadline for all forms by September 30th / October 1st.** We will have a date for Confirmation by mid-January. Feel free to call the office at 609-371-2518 or email me at pcl@nativitymonroe.org with any questions you may have.

God Bless,

Tara Vigario

PCL

Nativity of Our Lord Church

609-371-2518



SAINT PROJECT

Due Date: September 30th/October 1st

Dear 7th Graders,

Many of the world's religions give special status on people who demonstrate a life of almost perfect virtue. Religions differ on the title assigned to these people. The **Catholic Church** calls them **saints**. The process by which someone becomes a saint is called **canonization**. The Catholic Church has canonized around 3,000 people -- the exact number is unknown because not all saints were officially canonized. According to the church, the Pope does not make someone a saint -- the designation of sainthood only recognizes what God has already done. There are many steps that must be followed in the process of canonization.

To choose a confirmation name, start by making a list of your best virtues, such as patience, humility, obedience, or charity. Other methods are based on shared traits and skills or as simple as finding your patron saint based on your birthday (if you connect with that Saint).

The most important thing to keep in mind, is that you should think deeply and pray about your confirmation name. **Choosing a name is an important step on the path to living a devoted, holy life in the Catholic Church.** Your confirmation name will serve both as a reminder to your commitment to God and as your inspiration for being a steward of the church. With guidance from your family, church community, and God, you will be able to choose one that suits you best and will inspire you for years to come.

1. **Decide what traits are most similar to who you are as a person.** Specific virtues that your saint might exhibit include patience, perfection, humility, diligence, mortification, meekness, obedience, prayer, charity or simplicity. Consider which trait(s) correlate best with who you are.
2. **Choose a similar saint if you are pious (devotion to religion).** Piety is a virtue that contains elements of humility.
 - Saint Francis of Assisi was considered a pious person. His friendship with God was second nature. He listened to Scripture and to the Gospel, but was more of a man of action than he was of contemplation.
 - Some saints, like Saint Hippolytus, Saint Helen, and Saint Olga, did not become saints until later in their lives. They did misdeeds but ultimately became saints through repentance and martyrdom.
- 3 **Choose a saint that matches your outgoing personality.** If you notice the needs of other people and speak up in support of them, pick a saint that matches that. Saints like Saint Angela Merici, Saint Teresa of Avila, and Saint Maria Goretti were saints known for being outgoing in their sainthood.

- Saint Maria Goretti was a virgin martyr, facing the decision of sin or death before the age of 12.
- Saint Teresa of Avila was known as an active reformer. She spent time and energy reforming herself and the Carmelites.

4. **Choose a saint based on bravery or courage.** Having courage is how a lot of saints acquired their sainthood. If you are the kind of person that stands up for the little guy, choose someone brave to guide your spiritual journey.

- Saint George is known for being the Saint of courage and bravery, particularly for his strength during battle.
- Saint Joan of Arc is another saint known for courage and bravery.

5. **Search for a patron saint that shares your interests.** For every cause, there is a patron saint who matches it. Base your confirmation name on the interests and causes of the patron saint.

- If you are connected to animals, you might want to name yourself after Saint Francis of Assisi who was known for being a great lover of animals.
- If you are connected to acts of selflessness, choose the name Maximilian after Saint Maximilian Kobe.
- If you feel a connection to music, choose the name Cecelia after Saint Cecelia.

6. **Decide what or who you aspire to be as a person.** Your saint should help you to live as holy a lifestyle as possible, so choose a saint who inspires you and whom you admire. In your faith, what do you aspire to do? Let your aspirations, your prayers, and your devotion guide you in choosing.

7. **Discuss your selections with a family or friend practicing Catholicism.** Don't be shy to talk about your options with your parents, your sponsor, or your pastor. Discuss what has attracted you to the saints you have chosen on a spiritual level.

- Talk to your family and friends when you've made your selection between two names.
- Practice saying your Confirmation name again and again.
- Practice writing your Confirmation name as part of your name too.

8. **Pray to the saint whose name you've chosen.** When you pray, ask that the saint to intervene for you, that he or she helps you make great moral choices, and ask that they be a powerful guide for you spiritually for the rest of your life.

Enclosed is a list of saints to give you some ideas. There are thousands of websites out there to help you with your research on one of these or to choose your own. **Take the time and find a saint that you connect with spiritually.** You can always reach out to me as well for guidance.

Peace,

Tara Vigario

PCL

609-371-2518

pcl@nativitymonroe.org

REQUIREMENTS FOR SAINT REPORT

Your report should be 1 or 2 pages long. It must be typed and explained in your own words.

- Full name of Saint. Tell if they are a “patron saint” and if so, of what.
- Date/Place of Birth
- Background of your Saints life
- Why they became a Saint
- How long did your Saint live?
- Date of death
- Your Saint’s Feast Day
- Picture of your Saint

Also include:

- Why is this person a Saint?
- What qualities do they have you admire?
- Did your Saint have a special gift? Did they suffer when they died?
- How was their life similar to Jesus’ life?

Most Important:

- **Why did you choose this name and Saint? (at least a paragraph)**
- **How do you want to model your life after this Saint?**

Attached is a **Saint Project / Cover Sheet** that must be filled out completely and attached to your report when handed in.

Saint Project Cover Sheet

DUE: September 30th / October 1st

Name of Saint (full name)

Candidate's Name : *(please print):* _____

Candidate's Signature

Date

Parents Name *(please print):* _____

Email address: _____

Parent Signature

Date

NATIVITY OF OUR LORD CHURCH

***185 Applegarth Road
Monroe Township, NJ 08831***

CONFIRMATION SPONSOR CERTIFICATE OF ELIGIBILITY

Name of Confirmation Candidate: _____

Name of Sponsor: _____
(Please print)

Sponsor Qualifications: As a sponsor you **MUST MEET** the following qualifications in keeping with Canon Law of the Catholic Church.

- **I am** actively practicing my faith.
- **I am** baptized and have received Eucharist and Confirmation in the Catholic Church.
- **I am** a Catholic in good standing who practices the Catholic faith to the best of my ability.
- **I am** a registered member of a parish and attend Mass weekly.
- **I am** not the parent of the candidate receiving Confirmation.
- **If married**, it is a valid marriage recognized by the Catholic Church.

Sponsors Have Three Primary Roles:

- To assist the candidate in preparing for the Sacrament of Confirmation.
- To present the candidate for Confirmation.
- To help the confirmed person live out his or her Christian life fully.

To be Completed by Sponsor:

In the name of the Father, Son, and Holy Spirit, I do affirm and declare that I fulfill the qualification listed above and consider my self to be qualified to act as a sponsor for the Sacrament of Confirmation. I promise to do all in my power to continue to be an example of good Christian to my candidate for whom I am acting as sponsor, to my sisters and brother in Christ, and to all people.

Sponsor Signature

Relationship to Candidate

**Sponsor's responsibility to have this declaration signed by their Pastor
and stamped with their church seal.**

To Be Completed by Sponsor's Parish:

I certify that this sponsor is a parishioner of our parish, is a Catholic in good standing and is qualified to be a sponsor for Confirmation.

REV. _____

Parish: _____

Date: _____

Place Church Seal Here

Due: September 30th & October 1st