



**CONFIRMATION  
INTAKE PACKET  
2026-2027**

St. Therese of Deephaven

## PURPOSE

The purpose of this packet is to help candidates & their parents prepare for the Confirmation year by reflecting on why they want to receive the sacrament. The packet will also guide candidates through the necessary paperwork we need to gather before preparation begins, and it will preview the major elements of the Confirmation program.

Although we will read these intake packets carefully, **we are not using them to evaluate or reject candidates.** Instead, we are using them to help our candidates begin thinking about their Confirmation year, and to get to know our candidates & their desires.

## CANDIDATES MUST:

- be in the 9<sup>th</sup> grade or older
- have received First Communion & Reconciliation
  - Note: if your teen has not received the sacraments, please let us know. We will work with your family to prepare them for the first sacraments individually
- have actively participated in Catholic formation the year prior (ASCEND at St. Therese, participating in another Catholic Faith Formation program, or attending a Catholic school)

## PACKET DETAILS

- ✓ Confirmation Program Commitments
- ✓ Registration
- ✓ Personal Reflections both student and parent
- ✓ Sponsor Information
- ✓ Sponsor Form and Questionnaire
- ✓ Confirmation Name
- ✓ Baptismal Certificate
- ✓ Commitment Form

## DUE DATE:

Please return this application, with the necessary attachments, to Chelsie Blustein by **Friday, August 28<sup>th</sup>**. You can drop it off at the Parish Office or mail to:

**Church of St. Therese  
ATTN: Chelsie Blustein  
18323 Minnetonka Blvd.  
Deephaven, MN 55391**

## CONTACT

**Chelsie Blustein  
cblustein@st-therese.org  
(952)261-0566**



# CONFIRMATION PROGRAM REQUIREMENTS

## SACRAMENTAL LIFE

Living a sacramental life means inviting God into your everyday life and growing closer to Him.

Three key ways to do this are:

- **Weekly Sunday Mass** – Gathering with the Church community to worship, receive God's grace, and be nourished by His Word.
- **Daily Prayer** – Talking with God every day, sharing your joys, struggles, and gratitude, and listening for His guidance.
- **Regular Reading of Scripture** – Learning from God's Word, discovering His promises, and finding inspiration for living as His disciple.

These practices help you grow in faith, stay connected to God, and live as His disciple. Families can support teens by praying together and encouraging these habits.

## EMBARK

EMBARK – You belong here. Every youth at St. Therese Parish has a place in our community and is called to grow as a disciple of Jesus Christ. Embark is a high school youth discipleship community where teens can belong, build friendships, and deepen their relationship with God long after Confirmation.

Meeting Wednesdays from 6:30–8:00PM, students explore their faith through conversation, prayer, service, guest speakers, and a variety of activities and social events. Embark focuses on lifelong discipleship, belonging, and living faith in everyday life.

Whether preparing for Confirmation, already confirmed, or simply exploring faith, Embark is a place to ask real questions, share life with friends, and walk with others on the journey.

- Wednesdays, 6:30–8:00 pm during the school year. Candidates are to attend regularly approximately two sessions per month.

## SUNDAY CONFIRMATION SESSIONS

Once a month, we will hold Confirmation sessions for candidates and their sponsors, where we will discuss topics specific to the sacrament of Confirmation

- These sessions will take place from 11:00am-1:00pm. Lunch will be served.
- These sessions will be held: 10/11/26, 11/8/26, 12/13/26, 1/17/27, 2/14/27, 3/14/27, 4/11/27, May date TBD depending on when Confirmation Mass is.
- Candidates have a "free pass" to miss one Sunday session.

## HOME STUDY

Ahead of our Sunday meetings, candidates and their sponsors will read selected chapters from the *YOUCAT Confirmation Book*, discuss the material together, and complete a brief reflection activity. *The YOUCAT Confirmation Book*—recognized by its bright orange cover—is a teen-friendly guide that explains the Catholic faith in a clear and relatable way, helping candidates prepare for deeper participation in their Confirmation journey.

## RETREAT

This year, our Confirmation retreat will be overnight at Camp Courage, November 20–21, 2026.

This is a first for St. Therese and is designed to give teens more time for prayer, reflection, and community. The overnight setting helps students step away from daily distractions and grow closer to God and one another in a safe, structured environment. There will be an additional transportation fee due to the cost of the bus.

## PAPERWORK

- Intake Packet includes
  - Sponsor information and form
  - Confirmation name
  - Baptismal Certificate
- Confirmation Interview
- Letter to Fr. Andrie

# REGISTRATION

Before completing the rest of this application, please register your teen for Confirmation at the St. Therese Faith Formation website. This is a two-step process:

## Step 1: Registration Form

1. Visit the St. Therese web page, <https://www.st-therese.org/faith-formation/>.
  - a. Fill out the form. (You can also register other children for Faith Formation at this time).
  - b. Your family ID# will be required to access the online system. If you need to be reminded of your number, or if you don't have one, please contact Chelsie at [cblustein@st-therese.org](mailto:cblustein@st-therese.org) or (952)261-0566.
  - c. For the spot marked "Program Choice," please select "Wednesday 6:30 PM." This will register them for EMBARK.
  - d. For the spot marked "Sacrament Prep Option," please select "Confirmation." This will register them for the Confirmation Prep program.
2. When you are done, select "Submit Registration." Write down the displayed tuition amount.

## Step 2: Waivers & Payment

1. Once you submit the registration, you will receive an email with a link where you can sign the necessary waivers and submit payment.
2. That email will be automatically generated—check in your Spam mailbox if you don't see it.
3. On this form, you will enter the tuition amount given in Step 1

Please initial here once you have completed both of these steps:

\_\_\_\_\_ I have registered my teen for Confirmation & submitted the payment and waivers

**Please note that, even after registering your teen online, it is still necessary to complete this intake packet for them to begin the Confirmation program. Their Confirmation Registration is NOT COMPLETE until this packet has been turned in with the necessary forms.**

NOTE: If you are not a registered parishioner at St. Therese, we need to obtain the permission of the pastor of your home parish to prepare your teen for Confirmation. Please reach out to them to request a letter of permission.

# PERSONAL REFLECTIONS

## Student Reflection

The purpose of this reflection is to help us at St. Therese get a better sense of where you are as you start this part of your faith journey. It is also a chance for you to reflect on what you need and what you want from this year of Confirmation preparation.

Please be honest in your response: there is no perfect answer that we are looking for, and we do not intend to reject candidates whose reflection isn't "good enough." The information in this reflection will help us prepare a better Confirmation experience for you. Please answer one of the following questions and attach the reflection to this form. Your response should be about a page long.

- (1) What type of Christian man or woman do you envision being in the future?
- (2) What steps do you need to take to get closer to God?

The Student reflection can also be completed electronically on the St. Therese Confirmation website. Please make note on this sheet if the reflection is completed electronically.

## Parent Reflection

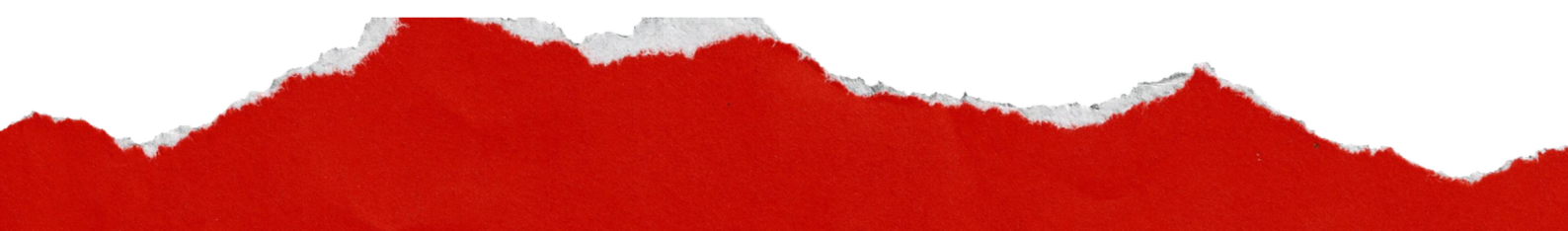
The purpose of this reflection is to help us at St. Therese get a better sense of where your child is at in their faith journey and how we can support you and your family as you all prepare for this sacrament.

Please be as honest as you can in this response—there is no perfect answer. Answer one of the following questions and attach the reflection to this form. Your response should be about a page long.

- (1) How have you shared with your teen the importance of this sacrament?
- (2) What is the hope or vision you have for your child after he or she receives this sacrament?

The Parent reflection can also be completed electronically on the St. Therese Confirmation website. Please make note on this sheet if the reflection is completed electronically.

NOTE: If this form of written response poses a challenge for you or your teen, please let us know, and we can arrange an alternative form of reflection.



# SPONSOR

A key part of your Confirmation journey will be your sponsor. Your sponsor is much more than the person who stands with you at the ceremony: He or she will also journey with you as you prepare for the sacrament, will participate in prayers and formation with you, and most importantly, will be a life-long mentor and guide in the spiritual life, long after Confirmation is over. We ask that, if at all possible, you select a sponsor before starting Confirmation, so that they can be on board with you from the beginning.

## REQUIREMENTS

A Sponsor must...

- ✓ be at least 16 years old
- ✓ NOT be the parent or step-parent of the candidate
- ✓ be a practicing Catholic, in good standing with the Catholic Church, and registered at a Catholic parish
- ✓ be willing to accompany their candidate throughout the Confirmation process, and to remain throughout their life a guide and mentor who will ensure that they stay true to their baptismal promises

## WHO DO I CHOOSE?

- Take time to **pray and reflect** before choosing your sponsor.
- Think about someone who **lives the Catholic faith well** and can guide and support you.
- Consider whether the person will be **available and committed** to you during and after your Confirmation year.
- The Church says it is especially fitting for your **baptismal godparent** to be your sponsor, but another qualified Catholic adult may serve.
- If you cannot think of a sponsor, let us know—we can help connect you with someone from the parish.
- You are worth the time and investment.

## DUTIES

- **pray for their candidates every day:** this is the most important thing!
- work with their candidates to complete **monthly reading & discussion activities** based on the *YouCat Confirmation Book*.
- attend monthly Confirmation sessions with their candidates on the following dates: 10/11/26, 11/8/26, 12/13/26, 1/17/27, 2/14/27, 3/14/27, 4/11/27, May date TBD depending on when Confirmation Mass is.
  - These meeting will take place at St. Therese from 11:00 am – 1:00 pm, and will include lunch.
  - If a sponsor is unable to make some or all of these dates, one of the candidates' parents may take their place.
  - Sponsors and candidates have a "free pass" to miss one Sunday session.

## HOW SHOULD I ASK?

- Once you have chosen a potential sponsor, reach out and ask if they are willing to join you on your Confirmation journey.
- Share the responsibilities of being a sponsor with them.
- If they say yes, give them the Sponsor Form or show them where it is on the St. Therese website.
- Ask them to complete the form and return it to you.
- Turn in the Sponsor Form along with the rest of your application.

# SPONSOR FORM

Sponsors should complete this form and return it to the candidate, so that it can be submitted along with the rest of the Confirmation Intake Packet. This sponsor form and the questionnaire can be completed electronically on the St. Therese Confirmation website. Please make note if this form and the questionnaire are completed electronically.

My Name: \_\_\_\_\_ My D.O.B.: \_\_\_\_\_

Candidate I Am Sponsoring: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

\_\_\_\_\_

Email Address: \_\_\_\_\_

Sponsor's Home Parish: \_\_\_\_\_

Parish Address: \_\_\_\_\_

Please verify that you meet the following requirements for a Confirmation Sponsor:

- ☐ I am at least 16 years of age.
- ☐ I am NOT the parent or step-parent of the candidate.
- ☐ I have received the Sacraments of Initiation in the Catholic Church (Baptism, First Eucharist, and Confirmation).
- ☐ I attend Mass weekly, am in good standing with the Church, and am registered at the parish listed above.
- ☐ I will pray for my candidate every day, before and after Confirmation.
- ☐ I will accompany and mentor my candidate during the Confirmation preparation year to help them get ready for the Sacrament.
- ☐ I will assist my candidate so that they remain true to their baptismal promises after receiving the Sacrament of Confirmation.
- ☐ I will help my candidate be faithful to the Catholic faith by being available to guide and counsel them on a regular basis; by praying for them; and by encouraging their growth in faith and involvement in the parish.

I, \_\_\_\_\_, certify and affirm that the information I am supplying above is true and complete to the best of my knowledge and that I fulfill all the requirements to be a sponsor that are listed on this document, including the reception of the Sacraments of Baptism and Confirmation and my formal registration in the Catholic parish listed above.

Sponsor's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

(please also complete the questionnaire on the next page)

# SPONSOR QUESTIONNAIRE

What prayer activities have you found most helpful in your life?

What parts of being Catholic do you value the most?

How do you intend to support your confirmation candidate on his/her journey of faith?

# CONFIRMATION NAME

## WHY DO WE CHOOSE A CONFIRMATION NAME?

Throughout the Bible, several major figures receive new names at key turning points in their lives. When God establishes His covenant with Abram, promising to make him “the father of a host of nations,” He changes Abram’s name to “Abraham” (Gen 17:4–5). After Simon confesses that Jesus is the Messiah, Jesus responds by making Simon the head of His Church, and changes his name to “Peter,” which means “rock” (Mt 16:16–17).

Your Confirmation will also be a key turning point in your own life. It’s the moment when you accept a new identity as a full member of Christ’s Church, so it’s fitting that you choose a new name for yourself to mark this new stage of your life. It’s also important that the name itself signifies the Christian nature of your new identity. That is why we pick the names of saints or holy figures from Scripture: our new name should remind us of someone who has already lived out an exemplary Christian life, and can act as a model, a guide, and a friend as you grow in your own faith.

## HOW CAN I CHOOSE THE RIGHT NAME?

- Choose a saint connected to something you care about, like a hobby, career, or cause.
- Consider a saint linked to your background, culture, or family heritage.
- You might choose a saint who inspires your faith, devotions, or spiritual life.
- You can also choose a saint who shares the name of someone who has influenced your faith.
- You are free to choose any saint whose life inspires you—even one of a different gender.
- Ask others (family, friends, mentors, youth ministers) about saints they admire.
- Pray and ask the Holy Spirit for guidance as you make your decision.

## MY CONFIRMATION NAME WILL BE...

In a paragraph of about 4–5 sentences, please explain to us why you picked this saint. Tell us about their life, how they lived as a follower of Jesus, and what about their example especially inspires you as a Christian. You can attach another piece of paper to this form if you need more space. This form and the questionnaire can be completed electronically on the St. Therese Confirmation website. Please make note if this form and the questionnaire are completed electronically.

# BAPTISMAL CERTIFICATE



WHERE WAS  
YOUR CHILD  
BAPTIZED?

BAPTIZED  
AT ST.  
THERESE

- No action needed.
- We can verify their Sacramental record in our parish records.

BAPTIZED AT  
ANOTHER  
CATHOLIC  
PARISH

- Contact the church where your child was baptized.
- Request a newly issued Baptismal Certificate (signed by the pastor).
- Submit a newly issued certificate from the parish of Baptism (not a copy) with this application.

UNIQUE  
SITUATION  
OR UNSURE

- (Examples: baptized in a non-Catholic church, or a hospital, or records are difficult to obtain)
- Contact Chelsie as soon as possible to determine next steps.

Please Initial ONE Option:

\_\_\_\_\_ My child was baptized at St. Therese

\_\_\_\_\_ My child was baptized at another parish, and the **newly issued** Baptismal Certificate is attached to this application

\_\_\_\_\_ My child has a unique baptismal situation and I will reach out for guidance

# COMMITMENT FORM

Thank you for taking the time to complete this packet and to discern a deeper commitment to your relationship with God. During the Confirmation year, we will focus on the “Four Steps” from the YouCat Confirmation book, which are the basic foundations of living the Catholic faith as an adult. By signing this form, you are not committing to receive Confirmation yet—you are simply promising to stay open to God and fully participate in the preparation process.

By signing this form, I, \_\_\_\_\_ (the Confirmation Candidate), commit to

- (1) **Stay with the course** – I will fulfill all of the requirements of the program, including attendance requirements, the retreat, and all necessary assignments.
- (2) **Stay close to God** – I will attend Sunday Mass every week, as well as on all Holy Days of Obligation (January 1<sup>st</sup> [Mary, Mother of God], August 15<sup>th</sup> [Assumption of Mary], November 1<sup>st</sup> [All Saints Day], December 8<sup>th</sup> [Immaculate Conception], and December 25<sup>th</sup> [Christmas]). This can be any Catholic Mass that takes place any time on the day of, or on the evening before. The only exceptions are for genuine emergencies or true impossibilities (e.g., illness).
- (3) **Talk to God** – I will pray every day. No exceptions. At a minimum, I will not get out of bed in the morning or go to bed in the evening without turning my heart to God for at least a few moments.
- (4) **Listen to God’s Word** – I will read Scripture at least a few times a week. More guidance and suggestions for how to do this will be given once Confirmation preparation begins—but for now, I am committing to stay in regular contact with God’s Word.

I understand that after Confirmation, I am called to keep growing in my faith through prayer, Scripture, Mass, and ongoing involvement in parish life, such as participating in EMBARK, service, or other faith opportunities.

By signing this commitment form, I commit to the Four Steps listed above, and I agree to participate fully, actively, and respectfully in the Confirmation and Youth Ministry Programs at St. Therese.

Candidate Signature: \_\_\_\_\_ Date: \_\_\_\_\_

As a parent, I understand the expectations of the Confirmation & Youth Ministry Programs at St. Therese, and I agree to do everything I can to encourage my child’s commitment to the Four Steps, including modeling them in my own life.

Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_

At least one parent must sign this form.