

# ***Level 7 Workbook***

## ***Living the Sacramental Commitment***

### ***Confirmation Preparation Process – Year One***



Candidate's Name:

Catechist's Name:

Our Lady of Lourdes Religious Education  
379 Linden Street  
Massapequa Park, NY 11762  
(516) 799-5179

***Level 7 Workbook***  
***Living the Sacramental Commitment***  
***Confirmation Preparation Process – Year One***

Dear Confirmation Candidates and Parents:

Welcome to **Living the Sacramental Commitment**, our parish's Confirmation preparation **process**, which is based upon the recommended model from the Diocese of Rockville Centre's Office of Faith Formation! It is important to acknowledge that Confirmation is not a right, not an entitlement, nor is it an endpoint.

Students often question their teachers about why they need to learn trigonometry, or what are the real-life applications of ancient history class, or what does chemistry and biology have to do with their future career in an unrelated area?

Unlike the academic subjects that are taught in school, our faith is about a lifestyle. It is putting the lessons we have learned into practice every day. It is walking through life led by God. It is moving towards God through having an active relationship with Him.

Relationships are built through communication. Prayer is a conversation with God. It is through regular prayer, listening as well as speaking, that we come to intimately know God as He already knows us.

In this class, you are being challenged to live out your faith every day. Faith cannot be compartmentalized into the short time you spend in our program and then turned off until the next class. It needs to be infused and integrated into every single thing that you do.

Faith is alive and like all other living things, it needs nourishment. It is not enough to sit back and learn about faith from the words of a catechist or from a book. Faith is a way of life. It is putting the lessons we have learned into practice every day.

To fully uncover the lifestyle to which you are being called by God, you must go out and see for yourself how the Holy Spirit is at work in the world.

The activities in this workbook are designed to lead you closer to God and his Church by offering a variety of experiences, insights, and inspirations through which you discover how to live out your faith in your daily life. They are meant to guide you towards understanding these lifelong commitments, to help you to expand your knowledge and understanding of faith, and to provide you with opportunities to put your faith into practice.

**These activities should not be looked upon as “tasks” or “chores” that you need to do. Rather, they are milestones along your faith journey which become points of encounter with God.**

Know that the parish community will be praying for you during this journey. May the Holy Spirit enlighten your mind and open your heart. **May the grace and peace of God our Father, the love of Jesus his Son, and the communion of the Holy Spirit be with you along your journey.**

Monsignor James P. Lisante  
Pastor

Mrs. Donna Kesselman  
Director of Religious Education

## **TABLE OF CONTENTS**

**Please return the activities in this workbook to our office as soon as it is complete.**

**The deadline for submitting your completed workbook is the last week of February.**

#1	<b>Confirmation Covenant</b> (Signed by candidate and parents. Make a copy for your records)	
#2	<b>Your Baptism</b>	
#3	<b>Saint Research</b>	
#4	<b>Ideas for Confirmation Sponsor</b>	
#5	<b>Reconciliation</b>	
#6	<b>Christian Service</b>	
#7	<b>Mass Reflections (6 reflections)</b>	
#8	<b>Special Events</b>	<b>as scheduled</b>

**To resolve any potential discrepancies with our record keeping, please make a copy of all activities that you hand in. Otherwise, if our records indicate that it was not received, and you cannot provide another copy, you will not get credit for completing the activity.**

Student's name \_\_\_\_\_ Teacher \_\_\_\_\_

## #1 - Confirmation Covenant

***“You will receive power when the Holy Spirit comes upon you.  
You will be witnesses to all the world.” – Acts 1:18***

As a Baptized Catholic, I am preparing to receive the Sacrament of Confirmation, by which I will be rooted more deeply in my relationship with God the Father, be united more firmly with Christ, receive an increase in the Gifts of the Holy Spirit, be more perfectly bound to the Catholic Church, and be given a special strength to spread and depend the Catholic Faith.

**As a Candidate for Confirmation, I promise that:**

- I will approach my Confirmation journey with an open heart and an open mind.
- I will faithfully attend the Celebration of Mass every Sunday (or Saturday evening).
- I will attend all religious education sessions and will give them my full attention.
- I will participate actively and appropriately in all classes, projects and retreats.
- I will be respectful of the leaders and teachers of this program.
- I will show respect to my fellow students who are sharing this journey with me.
- I will complete the requirements asked of me to the best of my ability with the understanding that my parents can assist me, but they will not do the work for me.
- I will accept greater responsibility in my family, my parish, my school, and my community by putting my talents and gifts at the service of others.
- I will commit to daily prayer, especially praying the Act of Contrition before bedtime.

As I make these promises, I ask God to give me the grace to be open to his plans for my life. God reveals these plans to me in prayer, in my talents and dreams, and in the encouragement of those who know and love me.

I understand that by signing this covenant, I am making a promise to God, to my pastor, to my parents, to my church and to myself. I am willing to be held accountable for my promise.

**Student's Signature** \_\_\_\_\_

### **For the Confirmation Parent(s):**

I desire to be faithful to the promise I made at my child's baptism to raise my child in the Catholic Faith, which carries with it the responsibility to actively practice the faith in the home, to participate in Mass every weekend, and to immerse my family in the life of our Parish Community:

It is my intention to remain faithful to this promise. I am accountable to God, my child, and to my church.

**Parent's Signature:** \_\_\_\_\_

**Parent's Signature:** \_\_\_\_\_

Student's name \_\_\_\_\_ Teacher \_\_\_\_\_

## #2 – Your Baptism

In the Sacrament of Baptism, the Church welcomes children and adults into the faith community. The priest or deacon asks the parents, “What do you ask of God’s Church for your child?” The parents’ response to this is, “faith, baptism, and entrance into this community of faith”.

**The gift of faith comes to you from God through the Church and its community of believers, primarily your parents.**

The gift of faith must be accepted if it is to be truly a gift for you. At Baptism, your parents and Godparents accepted this gift in your name. They promised to nurture you in the faith of the Church and help you to understand this gift by their own lived example so that one day you will be able to accept it for yourself, in your own words and by your own free will, when you receive the Sacrament of Confirmation.

Fill in all the following information:

**Baptismal Name:** \_\_\_\_\_

**Church of Baptism:** \_\_\_\_\_

**Date of Baptism:** \_\_\_\_\_

**Priest or Deacon:** \_\_\_\_\_

**Godparents:** \_\_\_\_\_

**Ask your parents why they chose the name they gave you.** Was it in honor of a favorite family member or a favorite saint? What are the character traits or virtues of that family member or saint? (If you were not named after anyone, choose a saint who shares your first or middle name)

**On the back of this page, or on a separate piece of paper, write a paragraph or two about your Baptismal Name and the person and/or saint that your name honors.**

Student's name \_\_\_\_\_ Teacher \_\_\_\_\_

### #3- Saint Research and Reflection

One way to increase your faith is by developing a relationship with a particular saint—your Confirmation patron saint. A patron saint is someone already in heaven with whom we feel a connection, want to imitate, and from whom we request intercession throughout life.

One of the traditional practices in the Church at the time of Confirmation is choosing a name of a Saint as a sign of your commitment to God and to the Church. The taking on a new name reflects a new role in life. This is evident throughout the Scriptures. For example, “Abram” was changed to “Abraham” which means “Father of Many Nations,” and Simon was changed to “Peter” which means “Rock” because Jesus founded His Church upon him as the first pope.

**When you choose a new name for your Confirmation, it should be the name of a saint you have read and learned about, feel a connection to, admire, and want to imitate.**

Your prayerful reflection will help you determine that name. Choose the name of a saint who represents the type of Catholic you wish to be, or a Saint who is the patron of a cause that is important to you, or the Saint who shares the name of a family member you wish to honor.

**You should not choose a Saint because you like his/her name.**  
**You should choose a saint that you want to be like.**

**The final choice of a Confirmation name will take place in the Year Two Workbook for Level 8 students. For now, you are just gathering ideas.**

Think of three Saints whose name you might consider taking as your Confirmation name. Fill in the form on the front and back of this page with information about each of those Saints. **Even if you have already chosen a Confirmation name, you should still fill in the form for three Saints.**

**This activity is an important part of your faith formation journey. Do not cheat yourself of the intended experience by writing general responses such as “he was a holy man” or “she followed Jesus”, or by having your parents fill in the form for you. Fill out the form completely, with detailed information about the Saint.**

**Name of Saint:** \_\_\_\_\_

Details of the Saint's life story (how he/she lived; what makes he/she a Saint):

What makes he/she a good role model for you?

What personal connection did you make with this Saint? How did his/her story have a special meaning for you?

Of what special cause(s) is he/she a patron?

**Name of Saint:** \_\_\_\_\_

Details of the Saint's life story (how he/she lived; what makes he/she a Saint):

What makes he/she a good role model for you?

What personal connection did you make with this Saint? How did his/her story have a special meaning for you?

Of what special cause(s) is he/she a patron?

**Name of Saint:** \_\_\_\_\_

Details of the Saint's life story (how he/she lived; what makes he/she a Saint):

What makes he/she a good role model for you?

What personal connection did you make with this Saint? How did his/her story have a special meaning for you?

Of what special cause(s) is he/she a patron?

## **#4- Confirmation Sponsor**

During the preparation for the reception of the Sacrament of Confirmation, each candidate must choose a sponsor. A sponsor's role is to be a model of faith and a supportive presence throughout the preparation process and beyond.

When you choose a sponsor for Confirmation, consider someone who is a good listener, a guide and confidant; a person who is interested in not only your growth as a Catholic-Christian, but is also willing to grow in faith alongside you.

In choosing a sponsor, the Church's law gives us some requirements that must be met:

- A sponsor must be at least sixteen years old.
- A sponsor must be a fully initiated Catholic (one who has celebrated Baptism, Confirmation and Eucharist in the Catholic church) who "leads a life in harmony with the faith and the role to be undertaken."
- A sponsor must not be bound by any Catholic Church penalty (i.e. married outside the Church (a civil marriage), divorced and remarried without an annulment.)
- A sponsor must not be a parent of the one to be confirmed.

It is also important to reflect on the following characteristics when choosing a sponsor:

- Local residency, to ensure consistent involvement throughout the Confirmation process
- A positive and comfortable relationship with the candidate.
- A willingness and capacity to engage in the Confirmation process as a means of enhancing his or her own growth as a Catholic-Christian adult.

The person you choose for your sponsor should be willing to participate with you in the preparation for the sacrament. Inviting your sponsor to Mass, community service projects, and other Confirmation activities will give him/her an opportunity to join you during this journey, rather than just having him/her "check up" on you about fulfilling your obligations.

**The final choice of a sponsor for Confirmation will take place in the Year Two Workbook for Level 8 students, so you can change your mind if you have a better idea for a sponsor later on. For now, you are just gathering ideas.**

Think of two or three people that you might consider asking to be your sponsor. Who are they? What is special about them that you would consider asking them to be your sponsor? **Even if you have already chosen a Confirmation Sponsor, you should fill out the form for at least two people.**

On the back of this page, please write about your choices.

Student's name \_\_\_\_\_ Teacher \_\_\_\_\_

### #4- Confirmation Sponsor

#### WHO MIGHT YOU CHOOSE AS YOUR SPONSOR

NAME: \_\_\_\_\_ RELATION: \_\_\_\_\_

CHARACTERISTICS: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

WHY WOULD YOU CHOOSE HIM/HER? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

NAME: \_\_\_\_\_ RELATION: \_\_\_\_\_

CHARACTERISTICS: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

WHY WOULD YOU CHOOSE HIM/HER? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

NAME: \_\_\_\_\_ RELATION: \_\_\_\_\_

CHARACTERISTICS: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

WHY WOULD YOU CHOOSE HIM/HER? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## **#5- Reconciliation**

The Sacrament of Reconciliation (Penance) is one of the few sacraments that we can receive more than once in our lifetime. This experience enables us to feel in a very personal way God's mercy and love for each of us. Many young people who receive this sacrament say that it lifts the burdens of their hearts.

Jesus told his apostles, "Whose sins you shall forgive, they are forgiven." This established that the apostles, and priests today, are the representatives Jesus gave the power of forgiving sins in His name.

Each Confirmation candidate is strongly encouraged to celebrate this great sacrament of God's healing forgiveness and love frequently during his/her journey.

Keep in mind that priests are bound by the seal of the Confessional never to reveal what they have heard during Confession. Therefore, whatever you say in the Confessional stays in the Confessional and remains strictly confidential.

**Each Confirmation candidate in Level 7 is required to receive Penance and reflect upon the healing power of forgiveness at least once during the school year.**

**Level 7 students are scheduled to receive the Sacrament of Penance in January or February during their regular class time. Consult the Religious Ed calendar for the exact date.**

**Attendance is Mandatory. If a student cannot attend Confession on their scheduled date, please call the Religious Education Office to arrange for a make-up date.**

## **BEFORE CONFESSION, EXAMINE YOUR CONSCIENCE**

### **How Much Do I Love God?**

- \*Do I pray to God? How Often?
- \*Do I thank God for His goodness to me?
- \*Do I use God's name with love? Have I used His name in the wrong way? Do I curse or swear?
- \*Do I celebrate Sunday by participating at Mass EVERY Saturday evening or Sunday? Have I missed weekly Mass for any reason other something serious, such as illness?
- \*Do I listen well to God's Word?
- \*Do I tell God I am sorry when I have failed to love?
- \*Do I ask God to help me?
- \*Have I truly been the person God expects me to be?

### **How Much Do I Love Others?**

- \*Do I listen to and obey those who care for me?
- \*Am I kind and loving to my family and others?
- \*Have I hurt anyone? Do I make up with those I hurt? Do I call others bad names or make fun of them?
- \*Was I too selfish to share things with others or to help them? Do I show respect for myself and others?
- \*Have I been pure in thoughts, words and actions? Do I choose good friends? Am I faithful to them?
- \*Am I careful not to waste God's gifts so that other people can enjoy them? Am I satisfied with what I have? Do I share with people in need?
- \*Am I honest? Have I taken something that was not mine? Did I return it? Did I damage anyone's property?
- \*Did I lie to anyone? Did I talk about others in an unkind way? Did I gossip or spread rumors?

## **PROCEDURE FOR CONFESSION**

1. Make the sign of the cross and say: "BLESS ME FATHER, FOR I HAVE SINNED – This is my first confession."
2. Confess your sins – Say what you did wrong, and how many times.
3. Listen to what the priest tells you.
4. Say the ACT OF CONTRITION loud enough for the priest to hear you.
5. Say "THANK YOU FATHER"
6. Return to a quiet place and say the penance (prayers) the priest gave you.

## **ACT OF CONTRITION**

O my God I am heartily sorry for having offended You, and I detest all my sins, because of your just punishment, but most of all because they offend You, my God, who is all good and deserving of all my love. I firmly resolve with the help of Your grace, to sin no more and to avoid the near occasions of sin. Amen.

## **#6- Christian Community Service**

We are called to serve the Church and community just as Jesus served the people around him. Jesus' whole life was an example of service to others. When we help others, we are following Jesus' example and are living out the commitment of our Baptism and Confirmation.

**As part of the Confirmation Preparation process, each Level 7 student will perform 10 hours of Christian Service between July and February of the school year.**

**Remember that Community Service is something you do from the kindness of your heart to help someone in the community without receiving any personal gain of any kind (including payment). This activity is specific for service given to our parish community, our local community, or your school community. Helping your family, while admirable and expected, does not count for this activity.**

### **Parish Outreach (through our office):**

- donations to the Thanksgiving Food drive (1 hour for a full bag of food and 2 hours for a complete basket – Maximum 2 hours total)
- Greeting cards for nursing home residents: (1 hour for every 4 cards made, up to a maximum of 3 hours). The cards can contain any message to let these seniors know that he or she is loved and valued, and not forgotten. Themes can be a general "Happy Summer", "Thinking of You", or "God Bless You" or can they be for any holiday such as Veteran's Day, Thanksgiving, Christmas, Valentine's Day, Easter, etc.

### **Knights of Columbus (through our office):**

- Participate in the Keep Christ in Christmas poster contest! **Everyone is asked to do this – the Knights are requesting a lot of posters!** (2 hours)

### **Other:**

- Serve as an altar server or youth lector at Mass (1 hour for each Mass served)
- Assist in our Religious Education program – classroom or office
- Hand-make a painted rock for our program's Kindness Rock Garden (3 rocks = 1 hour. Maximum 2 hours)
- Donation to our Christmas toy drive (1 hour)
- Clean your room, or another room in your house, with the goal of gathering clothes to donate to the poor.
- Assist a teacher at school with making photocopies, organizing the classroom, etc.
- Help a classmate or younger child (not in your family) with homework or studying (without pay)
- Help a classmate or younger child (not in your family) work on their sports skills (without pay)
- Volunteer for service activities offered through your public library or boy/girl scout troop
- Participate in a Walk to raise money for Breast Cancer or other illness (5 hours)
- Do yard work (rake leaves, shovel snow, gardening, etc), for an elderly or disabled neighbor (without pay)
- Volunteer time to clean up a local playground or park.
- **Collect Recyclables**, return to a recycling station and donate the deposits to a charity

**You are not limited to the suggestions listed above.**  
**If you have other ideas, please consult the religious education office.**

Student's name \_\_\_\_\_ Teacher \_\_\_\_\_

### **Christian Service**

Where did you perform this service? \_\_\_\_\_

Date: \_\_\_\_\_ Number of Hours: \_\_\_\_\_

Give a brief description of the service you performed:

Signature of Adult Supervisor: \_\_\_\_\_

Where did you perform this service? \_\_\_\_\_

Date: \_\_\_\_\_ Number of Hours: \_\_\_\_\_

Give a brief description of the service you performed:

Signature of Adult Supervisor: \_\_\_\_\_

Where did you perform this service? \_\_\_\_\_

Date: \_\_\_\_\_ Number of Hours: \_\_\_\_\_

Give a brief description of the service you performed:

Signature of Adult Supervisor: \_\_\_\_\_

Student's name \_\_\_\_\_ Teacher \_\_\_\_\_

## **Christian Service**

Where did you perform this service? \_\_\_\_\_

Date: \_\_\_\_\_ Number of Hours: \_\_\_\_\_

Give a brief description of the service you performed:

Signature of Adult Supervisor: \_\_\_\_\_

Where did you perform this service? \_\_\_\_\_

Date: \_\_\_\_\_ Number of Hours: \_\_\_\_\_

Give a brief description of the service you performed:

Signature of Adult Supervisor: \_\_\_\_\_

Where did you perform this service? \_\_\_\_\_

Date: \_\_\_\_\_ Number of Hours: \_\_\_\_\_

Give a brief description of the service you performed:

Signature of Adult Supervisor: \_\_\_\_\_

Student's name \_\_\_\_\_ Teacher \_\_\_\_\_

## **#7- Mass Reflections**

### **Attendance at Sunday Mass each week is an obligation of every Catholic.**

This is a responsibility your parents took on at your Baptism, and a responsibility you take on for yourself at Confirmation. Therefore, all students are expected to attend Mass regularly.

Sunday Mass is the gathering of the faithful to pray and give praise to God. During the liturgy we hear the Word of God proclaimed. Then, the priest or deacon shares his thoughts on the Word so that we may take the Word with us as we leave the Church.

One way for us to truly live out the Word of God is to spend time reflecting on what these words mean to us.

For this activity in the Confirmation Preparation process, each candidate must write a reflection on the Gospel and homily for **SIX Sunday Masses (or Saturday evening) of your choice.**

The following pages in this workbook are designated for you to write your Mass Reflection.

Some suggestions on how to write these reflections:

- Bring a piece of paper with you to church to write down some thoughts or words you hear in the Gospel and homily.
- Write down the Scripture reference (e.g. Luke 5:1-5) of the Gospel so you can refer back to it when you are writing your paper. **Remember, the gospels are only written by Mathew, Mark, Luke or John.** There are readings at Mass which are taken from other books of the Bible, but those are not the Gospel reading.
- On the way home in the car, discuss with your family what you heard during the Mass, and ask everyone to share their thoughts.
- Ask yourself and your family what the Scripture and homily have to do with your life today.
- When you get home, fill out your Mass Reflection sheet **while it is fresh in your mind.**
- **The reflection sheet must be written by you, not your parent.**
- **Your Mass Reflection sheets need to be based on a Mass that you personally attended. On-line Masses and Masses your parents attended without you cannot be used.**

## **#8 – Special Events**

Throughout the school year, retreat-like experiences will be scheduled during regular class time, which will take the place of the usual lesson for that day.

These may include special prayer services, guest speakers, and other spiritual activities. Some of these events may be open to parents, too!

Plenty of notice will be given in advance of these special events and attendance will be required.

Excused absences will be considered on a case-by-case basis at the discretion of the religious education office.

**Schedule of Special Event Experiences are listed on the  
Religious Education Calendar**



Carlo Acutis  
"God's influencer"  
Patron of Young People, Computer  
Programmers, and the Internet



Pier Giorgio Frassatti  
"Man of the Beatitudes."  
Patron of Young Adults, Mountain  
Climbers, and Skiers