

# *Level 8 Workbook*

## *Living the Sacramental Commitment*

### *Confirmation Preparation Process – Year Two*



**Candidate's Name:**

**Catechist's Name:**

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

# ***Level 8 Workbook***

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

### ***Confirmation Preparation Process – Year Two***

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 schoolteachers 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. 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.

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.

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.

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.

**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

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**Please return each activity in this workbook to our office as soon as it is complete.**

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

<b><i>Activities</i></b>	<b><i>Due Date</i></b>
#1 <b>Confirmation Covenant</b> (Signed by candidate and parents)	
#2 <b>Confirmation Information Form and Confirmation Fee \$100 Photo of student</b> (3x5 or 4x6 headshot) for Confirmation Banner	
#3 <b>Testimony of Designated Sponsor</b>	
#4 <b>Sponsor Interview</b>	
#5 <b>Saint Report</b>	
#6 <b>Confirmation Interview (in class)</b>	
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#8 <b>Letter to the Pastor</b>	
#9 <b>Christian Service</b>	
#10 <b>Mass Reflections (6 reflections)</b>	
#11 <b>Confirmation Retreat – MANDATORY</b>	
#12 <b>Special Events – MANDATORY</b>	

**To resolve any potential discrepancies with our record keeping, please make a copy of all paperwork 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:** \_\_\_\_\_

Teacher's Name \_\_\_\_\_

## #2- Confirmation Information Form

Please print clearly the information requested below and return the completed form together with all required documents as soon as possible.

Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_

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

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

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

Church of First Holy Communion: \_\_\_\_\_

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

Father's Name: \_\_\_\_\_

Mother's First and Maiden Name: \_\_\_\_\_

Confirmation Name Chosen: \_\_\_\_\_

Sponsor's Full Name: \_\_\_\_\_

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

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

**Confirmation Fee of \$100.00 is due with this form.  
Also due: a photo (3x5 or 4x6 headshot) of the Confirmation  
Candidate for the banner that will hang in the church on the day  
of the Sacrament.**

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For Office Staff: Fee \_\_\_\_\_ Check # \_\_\_\_\_ Cash \_\_\_\_\_

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

Teacher's Name \_\_\_\_\_

### **#3- Testimony of Designated 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.

**On the back of this page, you will find the Testimony of Designated Sponsor Form for your sponsor to complete.**

**The form must be stamped and sealed by your sponsor's home parish.**



## DIOCESE OF ROCKVILLE CENTRE

### TESTIMONY OF DESIGNATED SPONSOR

*The role of sponsor is an important one for the Sacraments of Baptism and Confirmation. Today some may see the role as honorary, but the Church sees the sponsor, popularly called a godparent, as a fully-initiated Catholic who actively supports the newly Baptized or Confirmed by good example and instruction in the Christian life.*

*In order to be admitted to the role of sponsor, the law of the Church directs that a person must be designated specifically by the parents of the infant or the individual who is to be baptized or confirmed. To be a sponsor, a person must be a Catholic, at least sixteen years of age, and have already received the Sacraments of the Most Holy Eucharist and Confirmation. In addition, he or she must be leading a life in harmony with the faith and not be bound by a canonical penalty.*

I, \_\_\_\_\_, declare that I have been chosen to act as a sponsor for \_\_\_\_\_, who is to receive the Sacrament of Baptism/Confirmation on \_\_\_\_\_ at the Church of \_\_\_\_\_ in \_\_\_\_\_.

In assuming this responsibility, I testify that:

- **I am at least sixteen years of age.**
- **I have received the Sacraments of Baptism, Confirmation, and Eucharist.**
- **I am living a life in harmony with the teachings of the Catholic Church in faith and morals.**

Understanding the role of sponsor as prescribed by the Church and aware of the obligations and responsibilities of this role, I attest that I am willing and able to accept the role of sponsor in the Catholic Church.

By my signature, I solemnly swear that I fulfill all of the requirements to be a sponsor as described above. I attest to the truth of this statement, so help me God.

\_\_\_\_\_  
Date

\_\_\_\_\_  
Designated Sponsor

\_\_\_\_\_  
Parish

\_\_\_\_\_  
Pastor/Delegate

Parish Seal:

Revised 1/1/2016

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

## **#4- Sponsor Interview**

**Interview your Sponsor and write their answers below. You can use the back of this page, or a separate page if you need more space.**

1. Do you have a favorite place to pray or a favorite time to pray? What are some of your favorite prayers or ways to pray? Do you have a routine or schedule for praying regularly? When you find it difficult to pray regularly, how do you maintain your relationship with God?

2. What name did you choose for Confirmation and why? What personal connection have you made with "your saint"? When or how do you call upon "your saint" or another saint to help you on your journey through life?

3. Do you find that today's culture makes it difficult to live out your faith in your everyday life? How do you overcome these obstacles?

4. Confirmation is making a commitment to involve yourself in your Parish community. Besides attending Mass and receiving the Eucharist regularly, how do you participate in the life of your Parish? What advice do you have for me to become an active member of my Parish family after Confirmation?

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

## **#5- Your Confirmation Patron Saint Research**

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.

Names have always been an important part of our faith. God Himself said, “Do not fear, for I have redeemed you; I have called you by name: you are mine” (Isaiah 43:1).

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 who you want to be like.**

Some ideas to help you choose your Confirmation Saint:

- a Saint who shares your first or middle name
- a Saint whose feast day is your birthday or the date of your baptism
- a Saint who shares the name of a family member who inspires you to be a better person
- the Patron Saint of a hobby, activity, goal, nationality, or anything else that is very important to you
- a Saint who has similar personality traits to you, or who has faced similar struggles as you

**Read the biographies of the Saints whose names you are considering until you find a story that inspires you, and to whom you feel a deep connection.**

**Once you've selected a Confirmation Patron Saint, on a separate piece of paper, WRITE a one-page (both sides) essay about the Saint who shares your Confirmation name.**

**Follow the guidelines on the back of this page.**

Your saint essay should include:

- The saint's life story
- How he/she lived
- What made them a Saint?
- What makes them a good role model for you?
- Are they the patron of any special cause?
- What personal connection do you make with this Saint? How did his/her story resonate with you, or have a special meaning for you?

**This essay must be written in your own words.  
Do not copy and paste information from a website,  
or have your parents write the essay for you.**

**Throughout your faith journey towards Confirmation, you will be asked to share information about the Saint whose name you chose for Confirmation. Be prepared to use the information you gathered for this activity to answer the questions you will be asked in the future about your Saint.**

## # 6- Confirmation Interview

*As schedule on the Religious Education Calendar*

### 1. WHAT IS CONFIRMATION? WHY DO YOU WANT TO RECEIVE IT?

- You are confirming your Baptismal promises, your commitment to God and to practicing your faith in your own voice and of your own free will. Your parents presented you to the church at Baptism and spoke for you, so it was their choice for you to become a member of the Church. Now, you are confirming that you want this for yourself.
- You are making a promise to God that you are committed to developing a deep and personal relationship with Him. You are promising that you will be an active practicing Catholic. You are committing to a lifestyle of living out your faith and follow Jesus' teachings in your everyday life
- You are joining a community of faith therefore you have a responsibility to that community to involve yourself in the life of your parish by actively participating in parish activities including weekly Mass.
- You are also receiving the Gifts of Holy Spirit: wisdom, understanding, knowledge, right judgment, counsel, fortitude (courage), piety (reverence) and Fear of the Lord (wonder and awe). If your heart and mind are truly open to receiving these gifts, they will guide you and help you to make the right choices, and to stay faithful to God throughout your whole life.

### UNACCEPTABLE ANSWERS:

1. **We do not receive Confirmation so we can “get married in the Church”.** Confirmation and Marriage are two separate sacraments that have nothing to do with each other. Confirmation must be received based on its own value, and not considered a stepping-stone to another sacrament.
2. **We do not receive Confirmation so we can make “all our sacraments”.** Sacraments are not something we collect like baseball cards or sport trophies, and it is very unusual for someone to receive all seven sacraments.
3. **We do not receive Confirmation to “graduate from religion” or “to complete religious instructions”.** Living our faith is a lifelong journey. After Confirmation we continue to learn about our faith from sources outside of this program (such as Mass and Bible Study).
4. **We do not receive Confirmation because “our parents or grandparents expected it”.** Confirmation must be **your** choice, not just your parent's choice for you. You are confirming your Baptismal promises and your personal relationship with God using your own voice. You are becoming a full member of the Catholic Church of **your own free will**.
5. **We do not receive Confirmation to “become an adult in the church”.** Confirmation is not a right-of-passage associated with age, maturity or adulthood. **It is a lifestyle.** After Confirmation, we take on the responsibility for developing our faith, for nurturing a personal relationship with God, for making good choices in our life, and for living out our faith as a practicing Catholic.

**2. AS A BAPTIZED AND CONFIRMED CATHOLIC, HOW WILL YOU LIVE OUT YOUR FAITH IN YOUR DAILY LIFE? Some ideas:**

- Attend Mass each week.
- Behave consistently with love for neighbor in all things. Jesus is with you always, so act accordingly – do not do things that you would be embarrassed to do in front of Jesus.
- Base your thoughts, words, and actions on what you know to be morally right or wrong
- Make decisions based on the teachings of Christ and His Church.
- Be a sign of the light of Christ to everyone you meet.
- Pray often and nurture a personal relationship with God.
- Be an active member of your parish community. Participate in parish activities. Develop friendships with other members of your parish family.
- Use sacramentals such as holy water, the rosary, holy cards, statues, crucifixes, etc.
- Fast, abstain and give alms during Lent.
- Receive Reconciliation at least once a year
- Perform acts of service to others. Practice stewardship (giving of your time, talents, and treasures to your parish family)
- Attend and participate in continued learning about our faith.
- Invite others to attend Mass or participate in other parish activities with you.

**3. What name did you choose as your Confirmation name? Why did you choose this name? What personal connection did you make with this Saint? Give some details about your Saint from your Saint report.**

**It is a diocesan requirement that all candidates are interviewed as part of the Confirmation Preparation Process.**

**These interview questions are designed to assess the student's readiness to receive the Sacrament of Confirmation.**

**Students should already be familiar with these topics as they are included in the weekly lessons and have been thoroughly discussed in class.**

## **#7- 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 the apostles, and priests today, as the representatives within the Christian family invested with the power of forgiving sins in Jesus' name.

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

**Confessions are held in our Parish on: Saturdays 4pm until 5pm, or by appointment (call the rectory to make an appointment with a priest).**

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.

**One of the requirements for Confirmation is that the candidate is in a state of grace. Therefore, each Confirmation candidate in Level 8 needs to receive Penance and reflect upon the healing power of forgiveness before receiving the Sacrament.**

**Consult the Religious Education calendar for the scheduled date for Level 8 students to receive the Sacrament of Penance during their regular class time.**

**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.

## **#8 – Letter to the Pastor Requesting the Sacrament of Confirmation**

You have the free will to respond to God's call to live your faith more deeply, to actively worship, witness and serve God, and participate in your parish community as a confirmed Catholic.

If you wish to receive the Sacrament of Confirmation, you need to write a letter to your Pastor stating your desire and requesting the Sacrament using the following outline as your guide:

Date

Dear Monsignor Lisante,

Paragraph 1: Introduce yourself. Tell something about your family and your background.

Paragraph 2: Request the Sacrament. Give several reasons why you desire, by your own free will, to be confirmed.

Paragraph 3: Write about your Confirmation name, why you chose it, and something special about the Saint who shares the name you chose.

Paragraph 4: Explain how you prepared for the Sacrament. Talk about your community service or your retreat experience. Explain why you believe having a prayer life, attending Mass each week, and Christian service is a necessary and vital part of being a confirmed Catholic. Or, talk about how you've developed your personal relationship with God.

Paragraph 5: Describe how you will continue your life as an active and practicing Catholic under the guidance of the Holy Spirit. How will you use the Gifts of the Holy Spirit to achieve this? How will use your God-given talents to serve God and your community?

Conclude the letter and sign the letter using your complete signature

**Have your parents witness the letter with their signatures, and if possible have your sponsor witness the letter too!**

**Do not have your parents write this letter for you.  
It must be in your own words.**

**This letter should be handwritten or typed and placed in an envelope.**

**On the envelope, write      To: Monsignor James P. Lisante  
From: (YOUR FULL NAME)**

## **#9- 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 8 student will perform 10 hours of Christian Service between July and February of the current 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)
- Serve as a youth lector at one of our Family Masses (see Donna – 1 hour per Mass)
- 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's Name \_\_\_\_\_

## **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's Name \_\_\_\_\_

## **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: \_\_\_\_\_

## **#10 - 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.**

## **#11 Confirmation Retreat:**

**It is a diocesan requirement that all candidates participate in a retreat as part of their Confirmation Preparation Process.**

Please consult the Religious Education Calendar for the date of your retreat.

Students should leave their books and any distractions at home. Phones must be turned off and stowed away in church. No gum chewing. We also ask that they use the bathroom before the retreat begins, to minimize the need to leave the retreat once it begins.

**Attendance is mandatory! Please avoid absences, late arrivals or early dismissals.**

**In the extreme case that your child cannot attend, please notify me as soon as possible so I can arrange for your child to attend a Confirmation Retreat in another parish. Since it is a diocesan requirement, this is not something they can miss.**

## **#12 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.

**Please consult the Religious Education Calendar for the Tentative Schedule of Special Event Experiences for the current school year.**



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