



SAINT MARY ROMAN CATHOLIC CHURCH PARISH RELIGIOUS EDUCATION PROGRAM

Look to Him and be radiant

"I encourage you to be renewed in the joy of that first encounter with Jesus."

POPE FRANCIS

CONFIRMATION STUDY GUIDE

SAINT MARY
ROMAN CATHOLIC CHURCH



One Faith • One Family • One Spirit

**Saint Mary Roman Catholic Church
Office of Religious Education
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PREP 2023-2024 SCHOOL YEAR

"I encourage you to be renewed in the joy of that first encounter with Jesus."

POPE FRANCIS

Dear Parents,

By reception of the Sacrament of Confirmation, your child will become a fully initiated member of the Catholic Church. For this important step in faith formation, formal preparation begins in the 6th grade level and continues through the 7th grade level of religious education. It is our hope that this preparation will enable your child to reflect on and understand the significance of Confirmation. Please note that some of the activities call for parental/sponsor involvement in addition to prayer and spiritual guidance.

The time schedule has been designed to help your child accomplish the required tasks with ease and without pressure. Your child's teacher will check due dates and collect papers as necessary.

It is our hope that this will be a time of great growth in the faith and in the joy of the Spirit for your family. Please read the contents given you, discuss them as a family, and begin preparation for the Sacrament of Confirmation in an attitude of faith and joy. Our parish community joins you in prayer.

What Is the Sacrament of Confirmation?

Baptism, Confirmation, and Holy Eucharist are called, "Sacraments of Initiation." Through these sacraments, we become members of the Catholic Church, a community of Spirit-filled people who have been saved by Christ and who witness Christ's love in the world. As one of the Sacraments of Initiation, Confirmation impresses the candidate with a special character, or permanent mark on the soul. The candidate is enriched by the gifts of the Holy Spirit, bound more perfectly to the Church, and strengthened in faith. He or she is enabled to witness more courageously to Christ and to spread and defend the faith.

The Role of those to Be Confirmed

Those to be confirmed must be suitably instructed and properly disposed. They must be willing to be involved in the preparation program with the intention of remaining faithful to Christ and His Church.

We join you in praying for God's blessing on our children as they prepare for the Sacrament of Confirmation. We hope that the days ahead will be joyful in anticipation of the coming of the Holy Spirit.

IMPORTANT DATES AND TIMES

- **Confirmation Presentation - October.** We kindly require **all Level 6 Candidates attend.** The Candidates, sponsors and parents should sit in the front pews of the church. After communion they will be prayed over and presented to the parish by Father Cox as individuals preparing to become fully initiated into the Catholic Church. Anyone in Level 7 or in RCIT who missed this mass last year must attend.
- **MINI – RETREAT – Saint Mary Annual Forty Hours - 7:00 PM held Sunday, Monday and Tuesday in October in our church.** Attendance is mandatory for all Level 6, Level 7 and RCIT Confirmation Candidates and their Parents. All Saint Mary School and PREP students in sacramental formation in 6th and 7th grades are required to attend the Solemn Closing on Tuesday evening in person with their parents as part of their Sacramental retreat. All Saint Mary School and PREP students not in sacramental formation should attend one of these evening services in person with their parents. Please wear Church attire and be seated by 6:45 PM.
- **Parent Faith Formation Sessions –** Mandatory attendance by all Level 6 Parents. These 30-minute sessions will be held via Zoom, and attendance will be taken. You may choose from a variety of topics, and we require you to attend three sessions. Any parent in Level 7 or in RCIT who missed attending these sessions last year must attend.
- **Confirmation Retreat – Level 7 Candidates.** More information to follow.

Included is information for your child's sponsor. Please pass this information along as soon as possible, so they are aware of their commitment. Your child and their sponsor are encouraged to seek out and work on acts of mercy together. Please stress to your child the importance of choosing a sponsor who will mentor them and help them grow in their Catholic faith.

The following is a summary of information that you will need to know to be able to work with your child in helping to prepare him/her to receive the Sacrament of Confirmation. Although not required, please invite the sponsor to attend your child's Confirmation Presentation to the parish.

1. **Confirmation Name** - Begin to discuss Confirmation names with your child. Names must be of a Saint and the children must be prepared to discuss why they chose that Saint. They will be asked to write a report on the Saint that they have selected.
2. **Acts of Mercy** - Each candidate will be asked to complete **THREE** Acts of Mercy. Examples of service for the candidates will be provided, and the type of service they do should be directly related to the Corporal or Spiritual Works of Mercy, which are listed in this study guide. Service should be completely offered to God and no payment should be accepted. Whenever possible, the sponsor should work with the child on their Acts of Mercy. When the sponsor is not available, the parent should take the sponsor's place.
3. **Confirmation Retreat for 7th grade students** - It is very important that your *child* attend the sacramental religious retreat prior to receiving the Sacrament of Confirmation. This retreat is required for the preparation of the Sacrament of Confirmation. The retreat gives the candidate time to reflect on what the Sacrament means to them. The retreat is both a spiritual and fun day for the candidates. More information will follow later in the year.
4. **Sponsor** - A sponsor for your child should be selected as soon as possible. The sponsor must meet certain requirements, but specifically they should be a good witness to the Catholic Faith. Whenever possible, service should be done with the sponsor and candidate together. The sponsor should be someone who can mentor the child in the Catholic Faith throughout your child's life.

Confirmation is a very important sacrament. Upon receiving this sacrament, your child will become fully initiated into the Catholic Church. Being initiated means starting a new journey and when your child is initiated into the Catholic Church, they start their new and exciting journey of faith.

God bless,



Mary Goudswaard
Coordinator, Religious Education
Principal of PREP

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FOR PARENTS - SACRAMENTAL PROGRAM

"As Primary educators of their children, parents, along with sponsors, are to be intimately involved in Catechesis for Confirmation." - National Catechetical Directory

Our sacramental program includes Confirmation catechesis of both parents and candidates. Catechesis for the Candidates is a two-year program beginning in the 6th level and concluding in the spring of their 7th level of Religious Education.

CONFIRMATION

Requirements of Candidate:

- ❖ Must be baptized
- ❖ Must attend Mass on Sundays and Holy days
- ❖ Must be in the Seventh religious education level or higher
- ❖ Must have successfully completed two years of Confirmation preparation
- ❖ Must have satisfactory attendance record
- ❖ Must have a sufficient knowledge of the faith and successfully completed the mission of service
- ❖ Must have attended a spiritual directed sacramental retreat
- ❖ Must have attended the mini-retreat 40 Hours Eucharistic Devotion
- ❖ Must request to receive the Sacrament
- ❖ Must have a sufficient understanding of what Confirmation means to the best of their ability

Requirements of Parent/Guardian:

- ❖ Must be registered in the parish
- ❖ Must support the teachings of the Church
- ❖ Must attend Mass on Sundays and Holy days
- ❖ Must be personally involved in the preparation of their children
- ❖ Must attend three virtual Faith Formation Sessions
- ❖ Must attend the mini-retreat 40 Hours Eucharistic Devotion

Requirements of Sponsor:

- ❖ Must be a Catholic who has received all the sacraments of initiation: Baptism, Confirmation, and Holy Eucharist
- ❖ Must provide a certificate of eligibility with a church seal stating that they are recommended by their pastor as a fit candidate to be a sponsor. This certificate must be dated **no more than 6 months prior to Confirmation**.
- ❖ Must be 16 years of age or older
- ❖ Desirable that this person be the same as the godparent for Baptism.

- ❖ May **NOT** be a parent of the candidate.
- ❖ If a proxy is necessary, they must fulfill ALL the same requirements as for the sponsor, including a letter of eligibility and may not be a parent
- ❖ Must attend Religious Education Symposium

Readiness for the reception of a sacrament is more than the age/class level of the child. Parents, staff and the child share discernment of readiness. The pastor will be consulted if postponement of a child's reception of a Sacrament is deemed advisable.

Confirmation is a Sacrament of Initiation and is therefore a beginning and not an end to religious education. It is expected that parents continue to enroll their children in religious education classes after they have been confirmed. This will help them as they mature in their teen years and into young adulthood, to continue to be guided in the understanding and practice of their faith.

As Primary educators of our children, we the parents will be intimately involved in Catechesis and preparation for Confirmation. We agree to the requirements of the Confirmation sacramental program as stated and formally request that our child be registered for Confirmation preparation classes.



Dear Confirmation Sponsor,

I hope this letter finds you well. Congratulations on being chosen as a Sponsor for the Sacrament of Confirmation. I am sure it was because of the witness of your Catholic Faith that the candidate has chosen you. What a special honor! Enclosed you will find a copy of the Requirements of a Sponsor. This will help you understand some of the responsibilities of this important role.

We hope that you will have a renewed appreciation of the importance of the Sacrament of Confirmation in your own life and in the life of the Christian community. There are a few requirements for a sponsor but only one simple duty: To help someone follow Christ. None of us accomplishes this on our own. Among its many gifts, Confirmation reminds us that we can only live the life of Christ by accepting the Spirit of Christ and letting the Spirit work in us, day by day. Sponsors are called to live the Christian life, being consciously aware that what they do and say affects others. The role you have been invited to accept is more than merely ceremonial, so a fundamental question should be asked: *"Will my own integrity allow me to stand at the Altar and make a public profession, so that the Faith expressed in words is also a Faith in practice in my daily life?"*

The role of a sponsor is not one of catechist or teacher, but more a ministry of presence, example and companionship on this journey. Like the disciples on the road to Emmaus, the sponsor and candidate should spend time recognizing the activity of the Lord in their lives. As sponsor, you can help the candidate recognize God in their daily life and recognize God's call to improve his or her life. I suggest that you call often and ask your candidate questions. Ask what your candidate is learning. Find out what they are asked to do to prepare to celebrate Confirmation? What is the timeline of our parish's preparation process? Ask about what you, as a sponsor, are required to do. What are you, as a sponsor are *encouraged* to do?

Sponsors are required *to be present* at the following:

✠ **One Confirmation Practice**

✠ **Celebration of Confirmation**

Sponsors are *required* to obtain from their own parish, a **certificate or letter of eligibility to be a confirmation sponsor**. This certificate will need to have their parish seal affixed to it. You will need to visit your parish office to obtain this certificate, **no more than six months prior to Confirmation**. Make sure that this certificate has your candidate's name on it, and then mail it to Saint Mary Roman Catholic Church at the address listed on the cover page.

One of the expectations of the candidate is to complete three Acts of Mercy. The acts of mercy completed should be directly related to the Corporal and/or Spiritual Works of Mercy. Sponsors are encouraged to share in as many acts of mercy opportunities as possible. We recommend that the sponsor and candidate work on all acts of mercy together to help create a special bond throughout the year. Please use these as teaching moments for the candidate. We ask you to show them HOW and teach them WHY we do acts of mercy for others as we put our faith into action. *Remember, they chose you as their sponsor, which translates to selecting a very special person in their life.* Acts of Mercy opportunities can be found anywhere you and the candidate choose. Although certainly not required, Saint Mary Parish offers many different opportunities to take advantage of for you and the candidate. When it is not possible for you to do Acts of Mercy together, acts of mercy should be completed with their parents and then communicated back to you.

As a sponsor, you please talk to and connect with the candidate often throughout the year to discuss the candidate's progress. Many sponsors have not only grown closer to the candidates through their sharing but also learned regular sponsor-candidate interaction with a specific task or question, helps people make a faith connection. The connection you make could and hopefully will change the life of the candidate. God Bless you and all you will do this upcoming year.

Blessings,



Mary Goudswaard

Coordinator, Religious Education
Principal of PREP

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FOR SPONSOR - SACRAMENTAL PROGRAM

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(National Catechetical Directory)

Therefore, our sacramental program includes catechesis of both parents and children.

CONFIRMATION

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- ❖ Must have satisfactory attendance record
- ❖ Must have a sufficient knowledge of the faith and successfully completed the mission of service
- ❖ Must have attended a spiritual directed sacramental retreat
- ❖ Must have attended the mini-retreat **40 Hours Eucharistic Devotion**
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- ❖ Desirable that this person be the same as the godparent for Baptism
- ❖ May **NOT** be a parent of the candidate.
- ❖ N.B. If a proxy is necessary, they must fulfill ALL the same requirements as for the sponsor, including a letter of eligibility and *may not be a parent*
- ❖

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PRAYERS TO KNOW

Sign of the Cross

In the name of the Father, and of the Son,
and of the Holy Spirit. Amen.

LORD'S PRAYER

Our Father, who art in heaven,
hallowed be thy name;
thy kingdom come,
thy will be done
on earth as it is in heaven.
Give us this day our daily bread,
and forgive us our trespasses
as we forgive those who trespass against us;
and lead us not into temptation,
but deliver us from evil.
Amen.

HAIL MARY

Hail Mary, full of grace,
the Lord is with you.
Blessed are you among women,
and blessed is the fruit of your womb, Jesus.
Holy Mary, Mother of God,
pray for us sinners,
now and at the hour of our death.
Amen.

GLORY BE TO THE FATHER (DOXOLOGY)

Glory be to the Father,
and to the Son,
and to the Holy Spirit.
As it was in the beginning,
is now, and every shall be,
world without end.
Amen.

ACT OF CONTRITION

My God,
I am sorry for my sins with all my heart.
In choosing to do wrong
and failing to do good,
I have sinned against you
whom I should love above all things.
I firmly intend, with your help,
to do penance,
to sin no more,
and to avoid whatever leads me to sin.
Our Savior Jesus Christ
suffered and died for us.
In his name, my God, have mercy.

PRAYER TO THE HOLY SPIRIT

Breathe into me, Holy Spirit,
that my thoughts may all be holy.
Move in me, Holy Spirit,
that my work, too, may be holy.
Attract my heart, Holy Spirit,
that I may love only what is holy.
Strengthen me, Holy Spirit,
that I may defend all that is holy.
Protect me, Holy Spirit,
that I always may be holy.
Amen.

PRAYERS TO KNOW *continued*

NICENE CREED

I believe in one God,
the Father almighty,
maker of heaven and earth,
of all things visible and invisible.

I believe in one Lord Jesus Christ,
the only begotten Son of God,
born of the Father before all ages.
God from God, Light from Light,
true God from true God,
begotten, not made, consubstantial with the Father;
through him all things were made.
For us men and for our salvation
he came down from heaven,
and by the Holy Spirit was incarnate of the Virgin Mary,
and became man.

For our sake he was crucified under Pontius Pilate,
he suffered death and was buried,
and rose again on the third day
in accordance with the Scriptures.
He ascended into heaven
and is seated at the right hand of the Father.
He will come again in glory
to judge the living and the dead
and his kingdom will have no end.



I believe in the Holy Spirit, the Lord, the giver of life,
who proceeds from the Father and the Son,
who with the Father and the Son is adored and glorified,
who has spoken through the prophets.

I believe in one, holy, catholic and apostolic Church.
I confess one baptism for the forgiveness of sins
and I look forward to the resurrection of the dead
and the life of the world to come.
Amen.

GOD'S LAW OF LOVE – THE TEN COMMANDMENTS

The Great Commandment:

You shall love the Lord, your God, with all your heart, with all your mind, with all your strength and you shall love your neighbor as yourself.

The Ten Commandments

1. I am the Lord your God: you shall not have strange gods before me.

- Do I give time every day to God in prayer?
- Do I put my trust in superstitions, good luck charms, rather than God alone?
- Have I rejected any Church teaching or denied that I was a Catholic?

2. You shall not take the name of the Lord your God in vain.

- Have I used the words "God" or "Jesus" in anger or irreverently?
- Have I used foul or ugly language? Have I wished evil on another?

3. Remember to keep holy the Lord's Day.

- Have I missed Mass on Sunday or any holy day of obligation?
- Do I arrive at church late or leave early?
- Do I try to be reverent and pay attention during Mass?
- Do I avoid unnecessary work on Sunday?
- Do I make Sunday a day of prayer or rest?
- Have I received Holy Communion with a mortal sin on my soul?

4. Honor your father and your mother.

- Do I respect and obey my parents?
- Have I dishonored or mistreated them by word or deed?
- Am I willing to help around the house, or must I be nagged a hundred times?
- Do I try to get along with my brothers and sisters?
- Am I a tattletale or bully?
- Do I give a good example, especially to younger siblings?
- Do I respect others in authority: priests, nuns, police, old people, and baby-sitters?

5. You shall not kill.

- Do I beat up others or hurt their bodies?
- Do I say cruel things, or make fun of others to hurt their feelings?
- Do I say mean things about others behind their backs?
- Have I stopped speaking to anyone?
- Do I encourage others to do bad things?
- Do I try to love all people, born and unborn?

6. You shall not commit adultery.

- Do I treat my body and other people's bodies with purity and respect?
- Do I look at the internet, television shows, movies, or pictures that are bad?
- Am I modest in my speech and the clothes I wear?

7. You shall not steal.

- Have I taken things that were not mine from a store or another person?
- Have I destroyed or misused another person's property for fun?
- Do I return things that I borrow? In good condition?

8. You shall not bear false witness against your neighbor.

- Am I honest in my school work?
- Do I tell lies to make myself look good?
- Do I tell lies to protect myself from punishment?
- Do I tell lies that make another person look bad or get them in trouble?
- Do I gossip about others?

9. You shall not covet your neighbor's wife.

- Do I allow my parents to spend time with one another, or do I get jealous and want them to pay attention only to me?
- Do I get mad when I have to share my friends?
- Are there kids I will not play with or be mean to because they look different?

10. You shall not covet your neighbor's goods.

- Am I jealous or envious of the things or abilities that others have?
- Am I thankful to God and my parents for what they have given me?
- Do I share the things I have with my family, friends and poor people?



THE SEVEN SACRAMENTS

A sacrament is an outward sign of grace given to us by Jesus Christ and preserved by the Church for the purpose of participating in the life of God.

Sacraments of Initiation

1. **Baptism** - makes us members of the Church; washes away original sin and heirs to the Kingdom of Heaven.
2. **Eucharist** – Is the Body, Blood, Soul and Divinity of Jesus Christ spiritual food which nourishes our faith life and strengthens us in our daily life and decisions.
3. **Confirmation** - completes the grace of Baptism by a special outpouring of the gifts of the Holy Spirit.

Sacraments of Healing/Reconciliation

4. **Reconciliation** - confessing our sins to a priest, who takes the place of Jesus, to receive forgiveness from God and be reconciled with the Church.
5. **Anointing of the Sick** - anointing by the priest of someone who is ill or of advanced age for and physical healing.

Sacraments of Commitment

6. **Holy Orders** - men ordained by the bishop to serve the people of God, as a deacon, priest, or Bishop.
7. **Matrimony** - covenant or partnership of life between a baptized man and woman, for their well-being and for the procreation and education of children.



THE LITURGICAL YEAR AND SEASONS

ADVENT

We prepare for Christ's coming over a 4-week period • Liturgical Color is VIOLET
(3rd week of Advent is called *Gaudete Sunday*- Liturgical Color is changed to ROSE, which signifies JOY)

CHRISTMAS SEASON

12 Days of celebration beginning on Dec. 25th • Liturgical Color is WHITE

EPIPHANY

Begins approx. January 6th up to 9 weeks • Liturgical Color is WHITE

LENT

40 days of preparation for Easter (plus Sundays)
Prayer/Service, Fasting, and Almsgiving (give to the poor) • Liturgical COLOR is VIOLET
(4th Sunday of Lent is called *Laetare Sunday* - Liturgical Color is changed to ROSE, which signifies JOY)

HOLY WEEK

Begins on Passion Sunday (Palm Sunday) • Liturgical Color is RED
Includes the **The Easter Triduum**

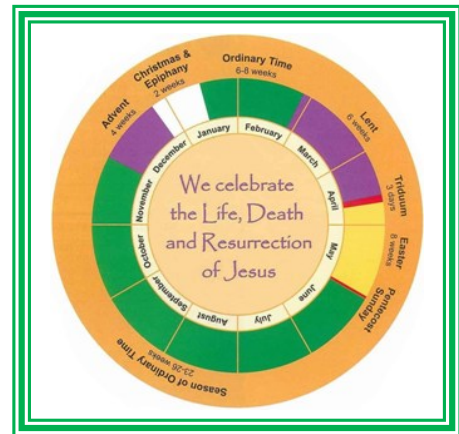
- Holy Thursday
- Good Friday Liturgical Color is White
- Holy Saturday Liturgical Color is Red

EASTER SEASON

50 Days following Easter beginning on Easter Sunday
Includes the Ascension of our Lord
Liturgical Color is WHITE
Concludes on Pentecost Sunday (the birthday of the Church)
Liturgical Color for Pentecost is RED

ORDINARY TIME

The largest part of the liturgical year
Liturgical Color is GREEN



HOLY DAYS OF OBLIGATION

- **Solemnity of Mary, Mother of God – January 1st** (we honor our Blessed Mother Mary, the Mother of God).
- **Ascension Thursday** - 40 days from Easter (Jesus ascends into heaven).
- **Assumption of Mary - August 15th** (Blessed Mother Mary was taken into heaven body and soul).
- **All Saint's Day - November 1st** (We honor all the saints in heaven).
- **Immaculate Conception - December 8th** (Blessed Mother Mary was free from sin from the first moment of her life).
- **Christmas – December 25th** (We celebrate the birth of Jesus).

THE VIRTUES

Theological Virtues

Faith, Hope and Love are called *Theological Virtues* because they come from God and lead to God.

Faith is the ability to believe in God and give our lives to him. It allows us to trust God completely and to accept all that God has revealed and taught us.

Hope is the desire for all the good things God has planned for us. Hope gives us the ability to believe that God will always be with us and that we will live with God forever in Heaven.

Love is the way we think about God and how we act toward him and others.

"So faith, hope, love remain, but the greatest of these is love."- 1 Corinthians 13:13

Cardinal Virtues

Prudence, Justice, Fortitude and Temperance are called *Cardinal Virtues* because they are human virtues, which we learn through education and doing good things.

Prudence is the ability to decide what is good and then choose to do it. It makes you stop and think before you act.

Justice is the respect we show for the rights of others and giving them what is rightfully theirs. A just person thinks of others and their needs and tries to be fair to everyone.

Fortitude is the courage to do what is right, even when it is very hard to do. It gives you strength to walk away from temptations that you face every day.

Temperance is the ability to balance what we want with what we need. It teaches us self-control.

THE GIFTS OF THE HOLY SPIRIT



*In the Sacrament of Confirmation is when we receive the seven gifts of the Holy Spirit.
They complete and perfect the virtues of those who receive them.*

WISDOM

Wisdom helps us to have a better idea of God's plan for us by being attentive, through prayer and experiences of life, to the guidance of the Holy Spirit. The ability to help you see things as they truly are in an open-minded manner. Wisdom helps us recognize God's presence in all people, places and things.

UNDERSTANDING

Understanding helps us to see others through the eyes of Christ. A heart that accepts, cares, listens, understands and forgives. We grasp the meaning of what we believe and act in ways that show our Christian faith makes a difference.

COUNSEL (Right Judgment)

Counsel helps us to act as we know God would want us to and to help others do the same. The ability to help you make good and wise decisions according to God's rules. It also helps us to guide others and to seek the guidance of others when we need it.

FORTITUDE (Courage)

Fortitude helps us to live and proclaim the Gospel message even in face of ridicule and contempt. Gives us the courage and strength to do what is right in spite of challenges.

KNOWLEDGE

Knowledge urges us to exercise our mind and will to learn God's plan for the world and us. Knowledge shows us how the truths of our faith give direction to our lives.

PIETY (Reverence)

Piety helps us to find the sacred in all things. Gives you the ability to have a deep respect for God, for others and for all creation.

FEAR OF THE LORD (Wonder and Awe)

Fear of the Lord helps us to recognize and rejoice in God's glory filling all creation. A sense of the greatness and majesty of God coupled with deep realization of His nearness.

THE FRUITS OF THE HOLY SPIRIT

*The fruits of the Spirit are perfections
that the Holy Spirit forms in us as the first fruits of eternal glory.*

Love (charity) – We exhibit the virtue of charity, or love, by our unselfish devotion and care for God and our neighbor.

Joy – We live with joy when we recognize that true happiness comes, not from money or possessions, but from knowing and following Christ.

Peace – We are freed from worrying about trivial things because of the inner peace we experience with God in our hearts. We work and pray for peace throughout the world.

Patience – We demonstrate patience by treating others with thoughtfulness and tolerance. We know that we can overcome the temptations and sufferings of life because God is always with us.

Kindness – We live the virtue of kindness by treating others, as we want to be treated.

Goodness – We exhibit goodness when we honor God by avoiding sin and always trying to do what we know is right.

Generosity – We demonstrate the fruit of generosity when we share our gifts and possessions with others.

Gentleness – Gentle people act calmly and avoid actions that might lead others to anger or resentment.

Faithfulness – We are faithful when we live out our commitment to the teachings of Jesus, the Scriptures, and the Catholic Church.

Modesty – We exhibit modesty by being pure in our thoughts, words, and dress.

Self-Control – We exercise self-control by working to overcome the temptations we face and by trying always to do God's will.

Chastity – We live the virtue of chastity when we use the gift of sexuality wisely, according to God's plan.

Gifts and Fruits of the Spirit information from: "Confirmation." Confirmation. RCL Benziger Publishing, LLC., 2011 Web. 15 July 2014. <http://faithfirst.com/RCLsacraments/confirmation/teens/older/gifts_spirit.html>

CORPORAL WORKS OF MERCY (BODY)

Feed the hungry • Give drink to the thirsty

These two works of mercy start out with the many little things we can do for others such as providing a hot meal or a cold cup of water for a loved one. Our care is extended to our community through programs for the elderly, the sick, and the needy. These programs would be ineffective without food donations, cash contributions, and volunteered time. Mercy can be expressed through our support of national and religious relief organizations, as well as being involved in self-help projects and supporting small businesses that benefit the needy.

Clothe the naked

Our Savior Jesus Christ told us in the Gospels that if a person has two coats, he should give one away. Perhaps, the need to clothe the naked is not apparent in your immediate neighborhood, but it does exist elsewhere. Contribute to your local shelter, maternity clothing drop-off centers, and Bishops' appeals for the needy and refugees in your area.

Shelter the homeless

The unemployed living in abandoned cars or on the streets are in desperate straits, and agencies which help them need both material and spiritual support. Aging relatives may become homeless when they are forced to leave their homes or apartments. They're often made to feel unwelcome or ignored in the homes of their kin. Remember the refugees transplanted to a foreign country, tenants forced out of their apartments by fire or eviction, the battered wife or unwed mother on her own; they are all homeless and in need of shelter, companionship, and help in resettlement.

Comfort the imprisoned

Helping captives or the imprisoned is not limited to joining a prison ministry or volunteer organizations. Some people are imprisoned within the walls of their own homes -- such as the handicapped, the sick, the elderly, and the new mother with little or no help. For them, comfort may be provided by a visit, a shopping trip, and a helping hand once a week, or merely a short chat on the telephone.

Visit the sick

Hospital calls or a weekly visit to a nursing home are sometimes viewed with the concern, "Am I really helping?" Put yourself in their place. A short visit to a hospital room, a prayer said at a neighbor's bedside, or time and talent shared at a local nursing home are sources of blessing for the person being visited and for those who volunteer.

Bury the dead

Plague-ridden body's no longer litter the streets. Modern funeral practices have taken the details of caring for the dead out of our hands. But the personal expression of sympathy, a hug or handshake at the vigil or funeral service, or any assistance to a grieving family are important to them. Religious ceremonies remember the dead and celebrate their passing into eternal life. We are also expected to support the living in their sorrow. There is not one of us who will not grieve the loss of a loved one at some time, so let us show we care and make others' burdens a little lighter.

SPIRITUAL WORKS OF MERCY (SOUL)

Convert the Sinner

Of course, the Holy Spirit actually does the converting, but we participate by pointing those we know toward God.

Instruct the Ignorant

This assumes that we are not ignorant – it puts the burden of learning on us, so we can instruct those who have misconceptions about God.

Counsel the Doubtful

Love of others starts with concern for their souls. By helping others have faith, we increase our faith.

Comfort the Sorrowful

In a fallen world, there is much sorrow. By taking the time to comfort those who grieve and suffer, we help them to see God in the world.

Bear Wrongs Patiently

This is perhaps, the toughest issue for most of us, but it goes directly to Christ: Turn the other cheek.

Forgive Injuries

Not only must we bear wrongs and injuries, we must forgive those who inflict them on us. True forgiveness requires work on our own soul and a solid love of God.

Pray for the Living and the Dead. This is an easier work and requires just time – take a minute in your daily prayer to pray for those who have died and those who struggle for God (or don't)! We should all be doing this anyway.



THE BEAUTITUDES

*The Beatitudes teach us how to find everlasting happiness with God.
They teach us the many ways that God blesses us when we live as Jesus calls us to live.*

1. Blessed are the poor in spirit, for theirs is the kingdom of heaven.

The poor in spirit are people who know they need God. They believe that all good things are made by God. They trust in God. They care about people in need and work for justice for everyone.

2. Blessed are they who mourn, for they will be comforted.

The mourning are people who suffer because of evils around them. They are sad because others suffer from evil. They try to change the things that bring sadness and that make people suffer. It reminds us of how much we need God, who will heal us.

3. Blessed are the meek, for they will inherit the land.

The gentle are people who trust in God. They believe that God helps us to overcome evil in the world. Be gentle and kind with all of God's creation. Bullying, teasing, and violence never lead to success or happiness.

4. Blessed are those who hunger and thirst for righteousness, for they will be satisfied.

People who hunger and thirst for honesty, kindness are people who want God's will to be done. They do everything they can so that all people will share in the good things that God made for us.

5. Blessed are the merciful, for they will be shown mercy.

People who show mercy are people who care about the feelings of others. They show love, understanding, and concern for those around them. They are kind to all God's creatures. They feel sorry for people who are hurt. They forgive people who have hurt them.

6. Blessed are the pure of heart, for they will see God.

The pure of heart are people who love God all their lives. They care about others and share things with them. They are not selfish. These people will see God. They will be with God forever.

7. Blessed are the peacemakers, for they will be called children of God.

The peacemakers are people who try to bring peace where there is none. They are fair to others and show love for them. They are called children of God because God is the God of peace.

8. Blessed are they who are persecuted for the sake of righteousness, for theirs is the kingdom of heaven.

Stand up for what is right, even though it may be hard or lonely for you to do. When you are made fun of for putting God first, his greatness is made known to others.

9. Blessed are you when they insult you and persecute you and utter every kind of evil against you (falsely) because of me.

When you follow the Ten Commandments, your reward is greater and much deeper than an immediate good feeling.

SIN

Why is it so difficult to do what is right?

"You are free to eat from any of the trees of the garden except the tree of knowledge of good and bad. From that tree you shall not eat; the moment you eat from it, you are surely doomed to die" - Genesis 2:16-17

Adam and Eve, our first parents, choose to turn away from God and listened to the tempter who lied to them. God gave us free will and the ability to choose good and bad and he will not interfere with us.

Original Sin

The sin of Adam and Eve is called *Original Sin*. Each of us is born with *Original Sin*. "By his sin Adam, as the first man, lost the original holiness and justice he had received from God, not only for himself, but for all human beings" (CCC, No.416). *Original Sin* is washed away through the Sacrament of Baptism, which strengthens us against the power of sin and death. We are reconciled to God and made members of His Holy Church through the Sacrament of Baptism.

Two Types of Sin

1. **Venial Sin** – is sin that weakens our relationship with God. *Venial sin* is not as serious as Mortal sin. How can *venial sin* be removed from our soul? *Venial sin* can be removed by attending Mass or through the Sacrament of Reconciliation.
2. **Mortal Sin** – is sin that breaks our relationship with God and others. *Mortal sin* is very serious, and the person must know how serious the sin is and chooses to do the sin anyway. For example, murdering another human being is a *mortal sin*.
 - ❖ Three things must be present to make a sin a *mortal sin*.
 - a. Serious matter
 - b. Full knowledge of how serious the sin is
 - c. Full consent knowing how serious the sin is and you freely choose to do it anyway
 - ❖ How can *mortal sin* be removed from your soul? The Sacrament of Reconciliation is the only way *mortal sin* is removed from your soul. The Sacrament of Reconciliation repairs our relationship with God and give us the grace we need to help us change our ways to live good and holy lives.
 - ❖ Sin begins in your heart and mind. There is good news, though. For every sin (Vice), there is a Virtue to help you live good and holy lives.

Seven Capital Sins (Seven Deadly Sins)	Seven Lively Virtues
Lust	Chastity
Greed	Generosity
Envy	Gratitude
Gluttony	Temperance (self-control)
Sloth	Zeal
Anger	Gentleness
Pride	Humility

SACRAMENT OF RECONCILIATION

When you sit down with the priest, make the sign of the cross.
(In the name of the Father, and of the Son, and of the Holy Spirit)

BLESS ME, FATHER, FOR I HAVE SINNED.
IT HAS BEEN _____ (how long) SINCE MY LAST CONFESSION.
THESE ARE MY SINS:

(Tell the priest your sins with honesty and sorrow.)

I AM SORRY FOR THESE AND ALL MY SINS.

The priest may talk with you about your sins and give you some advice.

The priest will give you a penance to help make up for your sins and to change your heart.

Priest will now ask you to say the Act of Contrition.

Act of Contrition

My God, I am sorry for my sins with all my heart. In choosing to do wrong and failing to do good, I have sinned against you whom I should love above all things. I firmly intend, with your help, to do penance, to sin no more, and to avoid whatever leads me to sin. Our Savior Jesus Christ suffered and died for us. In his name, my God, have mercy.

After the Act of Contrition, the priest will give you Absolution. At the end of the Absolution, make the sign of the cross and say **"Amen!"**

The priest says: "Give thanks to the Lord, for He is good."

You answer: **"His mercy endures forever."**

Don't forget to say, **"Thank you!"** To the priest!

You may go back to your pew and carry out the penance the priest gave you.

PARTS OF THE MASS

Introductory Rites

The beginning of Mass. The rites help us get ready to hear God's Word and receive Jesus Christ in Holy Communion.

- ✠ **Entrance Song**
- ✠ **Penitential Act** – Includes a prayer of sorrow for our sins and a petition, or request, for God's mercy.
- ✠ **Gloria** - Hymn of praise
- ✠ **Collect Prayer** - Our coming together and asking for God's grace.

Liturgy of the Word

Reading from the Old and New Testaments proclaimed from the Lectionary for Mass.

- ✠ **First Reading** - Comes from the Old Testament
- ✠ **Responsorial Psalm** - Comes from the Book of Psalms in the Old Testament
- ✠ **Second Reading** - Comes from the New Testament
- ✠ **Gospel Reading** - Comes from one of the four Gospels Matthew, Mark, Luke or John, proclaiming the Good News of Jesus.
- ✠ **Homily** - The priest or deacon helps us understand how to relate the message of the Gospel to our everyday lives.
- ✠ **Profession of Faith** - Proclaim the truths of our Catholic faith.
- ✠ **Prayer of the Faithful** - Prayers for our needs and the needs of the world.

Liturgy of the Eucharist

Gifts of bread and wine are brought to the altar. The priest prays that God will accept our sacrifice. During the Eucharistic Prayer, the bread and wine are consecrated and become the Body, Blood, Soul and Divinity of Jesus Christ.

- ✠ **Presentation and Preparation of the Gifts** - A Chalice and a paten are placed on the Altar. The gifts of bread and wine are presented to the priest.
- ✠ **Prayer over the Offerings** - Priest prays that our sacrifice may be acceptable to God.
- ✠ **Eucharistic Prayer** - The Eucharistic prayer begins with the Holy, Holy, Holy. The most important part of the Eucharistic prayer is the Consecration, when the Bread and Wine truly become the Body, Blood, Soul and Divinity of Jesus Christ. The end of the Eucharistic prayer is praise to the Trinity. Our response is AMEN – I believe!
- ✠ **Communion Rite** – Includes the Our Father, Sign of Peace, Lamb of God and receiving Holy Communion. After receiving Communion, there is a period of silence to give thanks to God and the Communion Rite ends with the Prayer after Communion.
- ✠ **Concluding Rites** - Includes the Dismissal. The priest or deacon tells us to go out and spread the Good News of the Gospel.

PRECEPTS OF A CATHOLIC CHRISTIAN

The Five Precepts (Duties) of a Catholic Christian (per the Catechism of the Catholic Church: There are two other duties listed in the catechism, which are not listed as precepts).

1. To attend / participate in Mass on Sundays and Holy Days of Obligation.
2. Observe the days of abstinence and fasting.
3. Confess sins to a priest, at least once a year.
4. To receive Our Lord Jesus Christ in the Holy Eucharist at least once a year during the Easter season.
5. To contribute to the support of the church/provide for the needs of the church.

HOW DO YOU GIVE WITNESS THAT YOU ARE A CATHOLIC?

There are many ways a person shows that they are Catholic.

1. Attends Mass each week
2. Makes the sign of the cross in public
3. Uses sacramentals such as holy water, the rosary, holy cards, statues, crucifixes, etc.
4. Fasts, abstains, gives alms during Lent, and does acts of penance on Fridays during the year.
5. Receives Reconciliation at least once a year
6. Practices stewardship (giving of your time, talents, and treasures to the church)
7. Attends or participates in some type of continued learning about the faith
8. Asks others to attend Mass or other Catholic activities
9. Is conscious of his/her thoughts, words, and actions regarding what is right and wrong
10. Behaves consistently with love for neighbor in all things
11. Makes decisions based on the teachings of Christ and His Church.
12. Others _____

RELIGIOUS LEADERS

Our Pastor = Reverend James M. Cox
Our Archbishop = Most Reverend Nelson Perez
The Pope = Pope Francis

RITE OF CONFIRMATION WITHIN THE MASS

Introductory Rites

Liturgy of the Word

Sacrament of Confirmation

Presentation of Candidates by Pastor (Candidates stand /congregation is seated.)

Homily by the Bishop

Renewal of Baptismal Promises (Bishop and Candidates)

Laying on of Hands (all stand) then, sit.

Anointing with Chrism –

Candidates come forward two by two with sponsors and stand as near to the Bishop as possible.

The sponsor stands behind the candidate with his/her right hand on the candidate's shoulder and clearly and audibly say only, "N. (The Confirmation Name)"

The bishop anoints you by using oil of Chrism to make the Sign of the Cross on your forehead while saying your Confirmation name and

Bishop: "Be sealed with the gift of the Holy Spirit."

Candidate: "Amen."

Bishop: "Peace be with you."

Candidate: "And with your spirit."

The Bishop washes his hands after the anointing. After the last candidate is confirmed, the Bishop is approached by the servers, with the ewer of water and the basin along with lemon, bread and a towel, ready for the washing of his hands.

Universal Prayer follows the anointing with Chrism and is introduced and concluded by the Bishop.

Liturgy of the Eucharist

Concluding Rite



FOUR MARKS OF THE CHURCH

ONE

One Church because there is only one Christ.

One Baptism

One Faith

One Worship – the mass

One Government – The Pope

HOLY

The Church is holy because Christ is holy.

CATHOLIC

Catholic means that the church is universal.

The Church is universal because it has everything that is needed for Salvation.

The Good News of the Gospel is preached to everyone.

APOSTOLIC

Apostolic refers to Jesus' twelve Apostles.

The Church was founded by Jesus and carried on by the Apostles.

The Apostles:

Peter

Andrew

James

John

Thomas

James

Philip

Bartholomew (or Nathaniel)

Matthew

Simon

Jude (or Thaddeus)

Judas Iscariot (betrayed Jesus)

SALVATION

Jesus saved us through his suffering on the cross, death, and resurrection. We are always safe with Jesus.

One day we hope to share eternal life with him. Salvation is a gift from Jesus. How we live our lives is our thanks to Jesus for the gift of Salvation that he gave us.

QUESTIONS AND ANSWERS

If called on by the Bishop to answer a question, *stand* and begin your answer with *"YOUR EXCELLENCY"*

- | | |
|--|--|
| 1. Who is a Christian? | A Christian is a follower of Jesus Christ. |
| 2. When did you become a Christian? | I became a Christian at Baptism. |
| 3. What is a Sacrament? | A Sacrament is an outward sign, instituted by Christ, to give grace. |
| 4. What is the purpose of the Sacraments? | The purpose of the Sacraments is to:
sanctify us, build up the Body of Christ,
and to give worship to God. |
| 5. Do Sacraments always give grace? | Yes, the Sacraments always give grace, if we receive them properly. |
| 6. What is meant by receiving the Sacraments properly? | A person should be in the state of grace -
no mortal sin on your soul. |
| 7. What are the Sacraments of Initiation? | The Sacraments of Initiation are Baptism, Confirmation, and Holy Eucharist. |
| 8. What is Confirmation? | Confirmation is a Sacrament of Initiation by which baptized persons receive the gift of the Holy Spirit enabling them to witness to Jesus Christ both in word and deed. |
| 9. Why are Baptism, Confirmation and Holy Eucharist Sacraments of Initiation? | Baptism, Confirmation, and Holy Eucharist are called Sacraments of Initiation because they celebrate Christian Initiation. It is through these visible action (Sacraments) that a person becomes a member of the Church. |
| 10. How are the Sacraments of Baptism, Confirmation, and Holy Eucharist visible signs of initiation? | Christians are reborn in Baptism, strengthened by Confirmation, and sustained by the food of the Eucharist. |
| 11. Who is the Holy Spirit who comes to us in Confirmation? | The Holy Spirit who comes to us in Confirmation is God, the third person of the Blessed Trinity, equal to the Father and the Son. |
| 12. What are the effects of the Sacrament of Confirmation? | The effects of the Sacrament of Confirmation are an increase in sanctifying grace, and an indelible spiritual character that helps the one who receives it to publicly profess and defend the faith. |
| 13. When did the Holy Spirit come upon the Apostles? | The Holy Spirit came upon the Apostles on Pentecost in the form of tongues of fire. |

QUESTIONS AND ANSWERS *continued*

14. Who is the usual minister of Confirmation? The Bishop is the usual minister of Confirmation.
15. What is the symbolism of the Bishop's hat and staff? The Bishop's hat is called a miter and it is a sign of his office. The staff is called a crozier and it is a symbol of a shepherd caring for his sheep.
16. How does the Bishop confirm? The Bishop extends his hands over those to be confirmed, prays that they may receive the Holy Spirit, anoints their foreheads with chrism in the form of a cross
17. What are the Gifts of the Holy Spirit? The Gifts of the Holy Spirit are wisdom, understanding, right judgment, courage, knowledge, reverence, and wonder and awe.
18. What does the Bishop say when he confirms? As the Bishop anoints the forehead of the person to be confirmed, he says: **Be sealed with the Gift of the Holy Spirit.** The candidate answers: **Amen.** The Bishop then says: **Peace be with you;** and the candidate answers: **And with your Spirit.**
19. What is chrism? Chrism is the oil blessed by the Bishop on Holy Thursday. It is a sign of the strength the Holy Spirit gives us to carry out our mission for Jesus.
20. Why does the Bishop anoint the forehead with chrism in the shape of a cross? The Bishop anoints the forehead with chrism in the shape of a cross to show that our mission as followers of Jesus Christ will sometimes be difficult and we may have to suffer.
21. How should we prepare for the Sacrament of Confirmation? We should prepare for our reception of the Sacrament of Confirmation first of all by praying to the Holy Spirit, participating in service projects, and studying about our faith.
22. Why are there sponsors at Confirmation? Sponsors present the person to be confirmed to the Bishop for anointing. They are also to help and support the confirmed person in their daily witness to Christ in their lives.
23. What is required to be a sponsor? To be a sponsor for Confirmation, a person must be at least 16 years of age and a practicing Catholic.

SELECTION OF A CONFIRMATION NAME

Another step in your catechesis for Confirmation is the selection of a Confirmation name. When you were baptized, you parents were asked, "What name do you give your child". Traditionally, that was the name of a saint – someone in heaven to be a special friend to you and to be your guide throughout life.

In Confirmation, your sponsor will say (using your Confirmation name), "I present _____ for the Sacrament of Confirmation" and the Bishop will address you by this name and say, "Be sealed with the gift of the Holy Spirit".

Whether you use your Baptismal name, a name of a special relative, or choose a new one, it is important that you learn as much as possible about the saint whose name you will share.

Do you have a favorite saint? Why? Is there a Saint who is the patron of a favorite activity? Don't simply choose a "name you like." Choose a name with special significance.

Be sure to specify the SPECIFIC Saint. For example, distinguishing between St. Thomas Aquinas and Thomas the Apostle or St. Francis de Sales or St. Francis of Assisi is very important. Be specific in choosing which will be your Confirmation name.

The name you choose must be a canonized Christian Saint. A canonized Christian Saint is a man or a woman who has displayed heroic virtue and is recognized as a Saint by the Catholic Church.

SAINT REPORT

Saint Report






Level 6 (1st year of Confirmation Catechesis) will start researching Saints for your confirmation name and submit a rough draft no later than **March 25**.

Level 7 (2nd Year of Confirmation Catechesis) and those teens enrolled in CIT will submit Final Saint Report no than **January 15**.

Report Specifications

- At least two pages; preferably typed. Cover page is not included. No Photos embedded in your report. Works cited must be on its own separate page.
- Double spaced and font size to be Arial size 12 or Times New Roman size 13.
- Cover shall include an enlarged photo of your saint and your saint's name listed underneath the photo. Include your full name in the lower right-hand corner of the Cover page.

SAINT REPORT *continued*

-  Bibliography: Use www.easybib.com to help you with your source citations. Skip a line between each resource.
-  Report should be in your own words, not copied or printed from the Internet. Plagiarism is not acceptable.
-  Parents and/or Sponsors should review the report with you.
-  Report should include Saint's Biographical information. Below are a list of questions, which will help you discover this information. These questions are only suggestions to help you successfully compile information. Your report cannot be in a question and answer format.
- When and where was your saint born? What was going on in the world during the time of their birth?
 - If the information is available, what was your Saint like when he or she was your age?
 - Did your Saint undergo a major conversion experience from living a poor Christian life to one of great virtue?
 - What virtues does your Saint possess?
 - Why is your saint a Saint?
 - What works or service is your Saint known for (missionary, teacher, doctor, etc.)?
 - What symbol(s), if any, is associated with your Saint?
 - What is your Saint's Feast Day? (if they have one on the Liturgical Calendar)
 - How did your Saint die? Were they a martyr? Martyr means Christians who died for their faith.
 - Is your Saint the patron of any group? Of what is he/she the patron saint of? Explain the reason/significance behind this group.
 - Discuss a specific devotion that is attributed to your Saint?
 - Why did you choose this Saint as your Confirmation Saint?
 - What about your Saint do you hope to imitate?
 - Are there any specific devotions attributed to this Saint? What are they? Explain.
 - Do you have any information about their canonization? When did it take place?
 - Why do you think the church named him/her a Saint?
-  The following questions must be answered in its own paragraph separate from the biographical information.
- Why did you select this Saint to represent your faith journey?
 - How is this person a good role model for you to follow as a confirmed Catholic?
 - How do you hope to imitate this Saint in your life?



SAINT WEBSITES

Listed below are some websites for you to use to find information about the Saints.

These web sites are to be used as a reference only for your Saint report.

Photocopied pages from any of these sites should not be submitted as your Saint report.

Please do not use Wikipedia.

Resources/Work Cited

Include books, sites, etc. from which you gathered any information about your Saint. The internet is not the only place to find information. Read books about your saint. Learn about your saint through religious literature. Reports are to be completed only by the candidate and in the candidate's own words.

www.catholicnewsagency.com/resources/saints

<https://lifeteen.com/blog/biggest-best-list-confirmation-saints-guys-girls/>

<https://www.ewtn.com/catholicism/saints>

<https://www.catholic.org/saints/>

<https://mycatholic.life/saints/>

GUIDELINES FOR CONFIRMATION ACTS OF MERCY COMPONENT

When we put our Catholic faith in action, we demonstrate our commitment to follow Jesus through a Catholic way of life. Such experiences are based on the Spiritual and Corporal works of mercy and, most of all, on the example of Jesus, who came to serve.

WHAT DOES PERFORMING ACTS OF MERCY SIGNIFY? THE CANDIDATES' ACTS OF MERCY SIGNIFY COMMITMENT TO GIVING WITNESS TO CHRIST IN DAILY LIFE

Acts of Mercy Requirements

- Each Candidate is required to complete **THREE Acts of Mercies** broken down into the following categories:
 1. One Parish Act of Mercy
 2. One Community Act of Mercy
 3. One Family Act of Mercy
- Each Candidate should expect to serve a minimum of 30 to 45 minutes for each Act of Mercy
- Each candidate is required to submit **THREE** reflection question sheets after completing each Act of Mercy. (see page 36/37)

MILESTONE DATES

Level 6 – 1st Year of Confirmation Catechesis

- ✠ December 21 – Complete #1 Act of Mercy
- ✠ January 10 - Submit #1 Act of Mercy Reflection Questions
- ✠ February 15 – Complete #2 Act of Mercy
- ✠ March 15 – Submit #2 Act of Mercy Reflection Questions

Level 7 – 2nd year of Confirmation Catechesis

- ✠ November 30 – Complete #3 Act of Mercy
- ✠ December 15 – Submit #3 Act of Mercy Reflection Questions

A modified schedule will be provided for those entering RCIT (Rite of Christian Initiation of Teenagers) at the discretion of the CRE (Coordinator of Religious Education).

Acts of Mercy Preparations

Before you choose an act of mercy, ponder these questions in your heart.

- What gifts do I possess and how can I use them to assist the Church in its mission to serve others?
- Does the act of mercy offer a service to a person, the parish, or the community, and is it being done out of love, without pay, without counting the costs?
- Is it charitable service primarily to the poor, the disadvantaged, elderly, or handicapped (those most in need in our neighborhood)?
- How is the Body of Christ strengthened through this act of mercy?
- Is this an area in which I can spiritually grow?

Parish Acts of Mercy Suggestions

- Assist with Parish activities or fundraisers (with parents or sponsor Saint Mary Feast, Christmas Bazaar, Lenten Dinners, etc.)
- Participate in Parish ground clean-up days (with parents or sponsor)
- Altar serve for special occasions (40 Hours, Stations of the Cross, Divine Mercy Holy Hour, etc.)
- Help the St. Vincent de Paul society at Saint Mary Parish (raise money, food drive, etc.)

Community Acts of Mercy Suggestions

- Volunteer at a soup kitchen
 - God's Kitchen Monday Soup Pottstown, 610.529.1150
 - May not be able to serve but may be able to help in different areas
- Volunteer to mow the lawn, clean, rake leaves or shovel snow for neighbors who need help. Make sure you let them know that you want NO COMPENSATION.
- Volunteer at a nursing home or with the Junior Legion of Mary
 - Greenfield 300 Perkiomen Ave Schwenksville, PA
 - Frederick Living 2849 Big Road (Rt 73) Frederick, PA
 - For both Greenfield and Frederick Living Nursing Homes, must have adult supervision. To arrange a visit or for more information and other works, please contact Susan Rodzewich at 215.527.1867
- Volunteer at SPCA or animal hospital
 - SPCA Quakertown
- Organize a food drive or help at a food pantry.
 - Manna on Main Street, Lansdale
 - St. Vincent de Paul Society Saint Mary Church
 - PAC'S 275 Church St. • Phoenixville, 610.933.1105 • www.pacsphx.org
- Attend Pro-Life March in Washington, D.C.
- Father Chuck's Challenge – Food for the Poor
- Baby Bottle Collection – to benefit Baby's Breath in Phoenixville
 - Contact Baby's Breath to see how you can help
 - Run for Life – www.ababysbreath.org
- Thanksgiving Dinner Baskets for St. Vincent de Paul at Saint Mary Church
- Easter Basket to be delivered to parishioners in nursing homes Saint Mary Church

Community Acts of Mercy Suggestions *continued*

- Breakfast bags for local food pantry or homeless shelters
- Clothing drive for homeless shelters
 - Food Pantry and Homeless Shelters
 - PACS Phoenixville Area Community Services – food pantry
 - Manna on Main Street, Lansdale – food pantry
 - The Ministries at Main Street Pottstown 610.970.2444

www.ministriesatmainstreet.org (click help projects on the left side)

- Good Samaritan Shelter – Phoenixville
- St. Mary's Franciscan Shelter 209 Emmett Street Phoenixville

www.stmarysfs.org

- Amigos de Jesus Orphanage – 126 Woodland Avenue, Malvern, PA 19355
<http://amigosdejesus.org> – look up their wish list and see how you could help
- Special Olympics – www.specialolympicsmontco.org
- Shooting Stars YMCA Royersford – Basketball Program
- The Perkiomen Watershed Conservancy – 610.287.9383

Family Acts of Mercy Suggestions

- Voluntarily do another family member's chores for a week
- Perform extra chores without pay and without being asked
- Visit grandparents and talk about your faith and let them share their faith with you. Ask about their Confirmation day. Show them you love them by doing some chores for them.
- Lead evening prayer with family for a week

How to Prepare to Answer Acts of Mercy Reflection Questions

- ✠ Before you begin, pray to the Holy Spirit to teach you to serve like Jesus would serve and to love like Jesus would love.
- ✠ Take a reflection journal with you to help you remember your observations/experiences while you are performing the acts of mercy.
- ✠ Review the reflection questions ahead of time so you can find those holy moments you would like to share.

NAME: _____

ACTS OF MERCY LOG SHEET

PARISH – (1)		INITIAL
_____	_____	<div></div>
ACT OF MERCY DESCRIPTION	DATE	
COMMUNITY – (1)		
_____	_____	<div></div>
ACT OF MERCY DESCRIPTION	DATE	
FAMILY – (1)		
_____	_____	<div></div>
ACT OF MERCY DESCRIPTION	DATE	

ACTS OF MERCY REFLECTION QUESTIONS

Confirmation Candidate Name _____ Date Submitted _____

Act of Mercy # _____

Acts of Mercy Name _____

Acts of Mercy Performed on _____ Date _____

I chose to do this Acts of Mercy because

Describe the Act of Mercy

What were the benefits of doing this Act of Mercy? (for both you and others)

How did the Act of Mercy help the person you were assisting?

What Gift(s) or Fruits of the Holy Spirit did this strengthen in you? How? Please refer to Confirmation Study Guide Page 16 & 17.

Which Spiritual or Corporal Work of Mercy are you modeling through this project? How?

Please refer to Confirmation Study Guide Pages 18 & 19.

As a Confirmed Catholic, do you see yourself serving others and living your life as a follower and servant of Christ in the years ahead? How do you see yourself serving others in the future?

Sponsor Signature: _____

Parent Signature: _____