

ALIVE IN OUR FAITH

Dear Confirmation Candidates, Parent(s) and Sponsor:

***God the Father of our Lord Jesus Christ has freed you from sin,
given you a new birth by water and the Holy Spirit,
and welcomed you into his holy people.
He now anoints you with the chrism of salvation.
As Christ was anointed Priest, Prophet, and King, so may you live
always as members of his body, sharing everlasting life.***
[Rite of Baptism for Children]

These words are words that speak of the power we have being ***Alive in the Spirit*** and hence ***Alive in Our Faith***. It is power that allows us to continue on the journey of the Cross. They are words that speak of God's covenant to us and of us, of new birth, life and empowerment. We journey as people who must pray for the needs of our sisters and brothers, who must speak the words of love before a world of hatred, and who must recognize the gifts God has given to us. These gifts are to be used to the best of our ability to continue the building up of His Kingdom upon the earth. This is how we worship God in spirit and truth, and this is how we keep the promise of our baptism.

Again, we ask that you take some time to pray and reflect upon the journey that you are on. Ask the Holy Spirit, the Advocate of Truth, to continue being your guide and strength throughout this process.

This *workbook* will be your guide to understanding the life commitment you make to the Church in the reception of the Sacrament of Confirmation. It will help you expand your knowledge and understanding of your baptismal life in God. It will also give you the opportunity to put into practice all that you have learned.

Your *workbook* will be checked during the year. This will assist us in monitoring your progress, as well as giving you an opportunity to show your interest in deepening your commitment. This *workbook* should not be looked at as a “task” to get done; rather, as a milestone on a faith journey that will lead you to the celebration of the Sacrament of Confirmation.

Know that the parish community of St. Christopher will be praying for you during this journey. May the Cross of Jesus strengthen you and the Holy Spirit enlighten your mind and heart with God's Truth. **Your journey continues!**

Table of Contents

Basics (pages 3-7)

Booklet will be handed in to your classroom teacher 2x as follows:

January 30th in class (hand in workbook with the first 4 projects completed) & **April 17th** (entire workbook completed and handed in). Students attending the Latin School may hand their booklet in at the Grade Level Mass on 2/4 and 4/8

Projects

- #1 Your Confirmation Name (page 8)
- #2 Choosing a Sponsor (pages 9-10)
- #3 Sponsor Interview & Certificate (pages 11-12)
This project has two parts and each one is required for the project to be considered complete.
- #4 Reflections on Eucharist (pages 13-16)
 - (1) One Mass in Ordinary Time
 - (1) One Mass in Advent*This project has two parts and each one is required for the project to be considered complete.*
- #5 Food Pantry Donations (page 17) to be handed in at Feb. 7 Grade Level Mass
- #6 Gifts/Talents Project (pages 18-22)
This project has two parts and each one is required for the project to be considered complete.
- #7 Lenten Reflections (pages 23-26)
 - (1) Stations of the Cross or
Creative Ministries (Living Stations)
 - (1) Mass During Lent*This project has two parts and each one is required for the project to be considered complete.*

BASICS

OUR POPE'S NAME: Pope Francis, Bishop of Rome

OUR BISHOP'S NAME: Bishop John O. Barres, 5th Bishop of Rockville Centre, Walter P. Kellenberg, Founding Bishop, John R. McGann, 2nd Bishop, James T. McHugh 3rd Bishop, and William F. Murphy, 4th Bishop

OUR PASTOR'S NAME: Father Nicholas Zientarski

THE LITURGICAL SEASONS OF THE YEAR:

Advent: The season begins four Sundays before December 25 and ends at the Mass on Christmas Eve. The seasonal color of vestments is violet, signifying a time of expectation. Symbols of the season are the Advent wreath, Advent calendar and the Jesse Tree.

Christmas Season: The season begins at the Mass on Christmas Eve and ends on the feast of the Baptism of the Lord. The seasonal color of vestments is white or gold, signifying a time of joy at the presence of Christ. Symbols of the season are the Crèche and the 'Angel's' Star / Epiphany Star.

Lent: The season begins on Ash Wednesday, forty days before Easter, and ends on the Thursday of Holy Week. The seasonal color of vestments is purple or violet signifying a time of penance and reflection. Symbols of the season revolve around the sense of starkness and absence; a sense of the desert. Hence, the starkness of Church decoration, the absence of holy water in the fonts, the absence of the Alleluia being sung, plus the focus on the celebration of the Sacrament of Reconciliation and most traditionally- ashes.

Triduum: These three days in which the Church remembers the Death and Resurrection of Jesus are the most important time of the Church's year. The Triduum begins on Holy Thursday evening with the Mass of the Lord's Supper, continues on Good Friday with the celebration of the Lord's Passion, reaches its high point on the evening of Holy Saturday at the Easter Vigil, and ends on the evening of Easter Sunday, the great feast of the Resurrection of the Lord. The seasonal color of vestments is in sequence of the days: white, red, white or gold signifying a time of joy, sorrow and sheer ecstasy in the victory of Christ. Symbols of the season are the return of the Alleluia, the return of holy water, the return, in abundance, of color and flowers, especially lilies and most traditionally in the celebration of Baptism and the reception of catechumens.

Easter Season: This season of fifty days, the *Great Easter*, begins on the Monday of Easter week and ends on the feast of Pentecost. The seasonal color of vestments is white or gold signifying joy of the season. Celebrations in the season: Ascension Thursday, *forty days after Easter*, Pentecost (the giving of the Holy Spirit, *fifty days after Easter*).

Ordinary Time: The season begins on the Monday after Pentecost and ends on the last Sunday of the year, the feast of Christ the King. The seasonal color of vestments is green signifying hope.

THE TEN COMMANDMENTS

1. I, the Lord, am your God: you shall not have (other) strange gods besides me.
2. You shall not take the name of the Lord in vain, for it is holy.
3. Remember to keep holy the Sabbath (Lord's) Day.
4. Honor (respect) your father and your mother.
5. You shall not kill.
6. You shall not commit adultery.
7. You shall not steal.
8. You shall not bear false witness (lie) against your neighbor.
9. You shall not covet (lust) your neighbor's wife.
10. You shall not covet (be jealous of) anything that belongs to your neighbor.

THE BEATITUDES

1. Blessed are the poor in spirit,
for theirs is the kingdom of heaven.
2. Blessed are they who mourn,
for they will be comforted.
3. Blessed are the meek,
for they will inherit the land.
4. Blessed are they who hunger and thirst for righteousness,
for they will be satisfied.
5. Blessed are the merciful,
for they will be shown mercy.
6. Blessed are the clean of heart,
for they will see God.
7. Blessed are the peacemakers,
for they will be called children of God.
8. Blessed are they who are persecuted for the sake of righteousness,
for theirs is the kingdom of heaven.

THE GREAT COMMANDMENT

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

THE SEVEN GIFTS OF THE HOLY SPIRIT

- | | |
|-------------------|-------------------|
| 1. Wisdom | 5. Courage |
| 2. Understanding | 6. Reverence |
| 3. Knowledge | 7. Wonder and awe |
| 4. Right judgment | |

THE FOUR MARKS OF THE CHURCH

One, Holy, Catholic, Apostolic

THE WORKS OF MERCY

SPIRITUAL

1. Share our knowledge with others
2. Give advice to those who need it
3. Comfort those who suffer
4. Be patient with others
5. Forgive those who hurt us
6. Give correction to those who need it
7. Pray for the living and the dead

CORPORAL

1. Feed the hungry
2. Give drink to the thirsty
3. Clothe the naked
4. Help the imprisoned
5. Shelter the homeless
6. Care for the sick
7. Bury the dead

THE VIRTUES

THEOLOGICAL

1. Faith (Belief)
2. Hope (Trust)
3. Charity (Love)

CARDINAL

1. Prudence (Right Judgment)
2. Justice
3. Fortitude (Constancy of Resolve)
4. Temperance (Moderation/Balance)

STATIONS of the CROSS

1. Jesus is condemned to death
2. Jesus takes up His cross
3. Jesus falls the first time
4. Jesus meets His Mother
5. Simon helps Jesus carry His cross
6. Veronica wipes the face of Jesus
7. Jesus falls the second time
8. Jesus meets the women of Jerusalem
9. Jesus falls the third time
10. Jesus is stripped of His garments
11. Jesus is nailed to the cross
12. Jesus dies on the cross
13. Jesus is taken down from the cross and placed in His Mother's arms
14. Jesus is buried in the tomb

THE ROSARY

A rosary has a cross, followed by one large bead and three small ones. Then there is a circle with five 'decades.' Each decade consists of one large bead followed by ten smaller beads. Begin the rosary with the sign of the cross. Recite the Apostle's Creed. Then pray one Our Father, three Hail Mary's, and one Glory to the Father.

To recite each decade, say one Our Father on the large bead and ten Hail Marys on the ten smaller beads. After each decade, pray the Glory to the Father. As you pray each decade, think of the appropriate Joyful, Sorrowful, Glorious, or Luminous Mystery, or a special event in the life of Jesus and Mary. Pray the Hail, Holy Queen as the last prayer of the rosary, finishing with the sign of the cross.

JOYFUL MYSTERIES

The Annunciation (*The angel Gabriel announces to Mary that she will bear a son*)

The Visitation (*Mary visits her cousin Elizabeth, mother of John the Baptist*)

The Nativity (*The birth of Jesus in Bethlehem.*)

The Presentation (*The presentation of Jesus in the Temple*)

The Finding of the child Jesus in the Temple

SORROWFUL MYSTERIES

The Agony in the Garden

The Scourging at the Pillar

The Crowning with Thorns

The Carrying of the Cross

The Dying on the Cross

GLORIOUS MYSTERIES

The Resurrection of Jesus from the dead

The Ascension of Jesus into Heaven

The descent of the Holy Spirit upon the Apostles (*Pentecost*)

The Assumption of Mary into Heaven

The Coronation of Mary, Queen of Heaven

LUMINOUS MYSTERIES

Jesus' Baptism in the Jordan
The Miracle at the Wedding at Cana
Jesus announces the Kingdom of God
The Transfiguration
The Institution of the Eucharist

HAIL HOLY QUEEN

Hail, Holy Queen, Mother of Mercy;
our life, our sweetness and our hope.
To thee do we cry, poor banished children of Eve;
To thee do we send up our sighs,
mourning and weeping in this valley of tears.

Turn, then, most gracious advocate,
thine eyes of mercy towards us;
and after this our exile, show unto us
the blessed fruit of thy womb, Jesus

O clement, O loving, O sweet Virgin Mary
Pray for us O holy Mother of God,
that we may be made worthy of the promises of your Son. Amen.

**"Please note that if you have any difficulty
with any part of this workbook, please contact
the Religious Education Office at 223-5813 or
Mr. LaRocca (Confirmation Coordinator)
directly at jaLarocca11@gmail.com".**

PROJECT #1

YOUR CONFIRMATION NAME

One of the traditional practices in the Church at the time of Confirmation is choosing a name that will remind you of this sacrament. Your prayerful reflection will help you determine that name.

- *You might want to choose the name of a saint who represents the type of Christian you wish to be.*
- *You might want to recommit yourself to your baptismal name, especially after you have reflected on its meaning and discovered some of the great people who shared your name in Christian history. After all, Confirmation is really the completion of the Baptism experience.*

Whether you decide to pick a new name or stay with your baptismal name, you will want to explore quite thoroughly the root meaning of the name, for as Scripture says, “Yahweh calls each of us by name.”

WHAT NAME WILL YOU CHOOSE? (Each candidate must research the name that he/she will choose and write a summary)

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For further info: www.catholic.org/saints

PROJECT #2

Confirmation Sponsor

A sponsor is a very important person in your preparation for Confirmation. According to Church Law (Catholic Canon Law), this person should be someone who:

- Is a **Catholic** who has already received the Sacraments of Baptism, Eucharist and Confirmation.
- Must not be bound by any Church penalty (i.e. married outside the Church, a civil marriage, divorced and remarried without an annulment).
- Parents ***cannot*** be the sponsor for their child for Confirmation.

We suggest you also reflect on these characteristics:

- Someone who listens, encourages and shows interest in your life and spiritual growth.
- Someone whose Catholic faith and values are visible in his/her own life.
- Someone who is willing to share his/her own experiences with you.
- Someone who is willing to fulfill the Sponsor's responsibilities.

Sponsor Responsibilities:

- ***Regularly communicate with the candidate throughout the program of preparation.***
- ***Encourage the candidate to attend Mass regularly and, when able, attend Mass with the candidate.***
- ***Commit yourself to pray daily for the candidate.***
- ***Accompany the candidate to his/her Confirmation Mass.***
- ***Continue as a support and influence to the newly confirmed person after Confirmation.***

For further info: www.usccb.org/nab

PROJECT #2

Confirmation Sponsor

CHOICE FOR YOUR CONFIRMATION SPONSOR

In preparation for the reception of the Sacrament of Confirmation, each candidate must ***finalize*** their choice of a sponsor.

PLEASE PRINT ALL INFORMATION:

SPONSOR NAME: _____

RELATIONSHIP: _____

PHONE#: _____

SPONSOR'S HOME PARISH: _____

PARISH ADDRESS: _____

SPONSOR INTERVIEW

Interview your Sponsor and write a summary of it below.

- How did your Sponsor feel when you asked him/her to be your Sponsor?
- Was he/she aware of the reasons why you selected him/her to be your Sponsor?
- According to your Sponsor, what does he/she think is the most important part of being a sponsor for Confirmation?
- How does he/she see himself/herself fulfilling this role?
- According to your Sponsor, what does it mean to live a good Catholic life?

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PROJECT #3 - Part II

Certificate of Eligibility

A certificate of eligibility must be obtained by your sponsor from his/her parish., and attested to by a priest/deacon of his/her parish. This is deemed a requirement by the Diocese and there are no exceptions. Please make sure that the Confirmation Candidate's name is also on the certificate.

PLEASE ATTACH THE CERTIFICATE OF ELIGIBILITY TO THIS PAGE.

PROJECT #4

REFLECTIONS on the CELEBRATION of EUCHARIST for a Mass in Ordinary Time and a Mass in Advent

***This project has two parts and each one is required
for the project to be considered complete***

The Sunday Liturgy (Mass) is the gathering of the faithful to pray and give praise to God. During the liturgy we hear the Word of God proclaimed, the celebrant or deacon shares his thoughts on the Word, and we are to 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.

In the course of this year, each candidate, with the help of his/her parent(s), must write a reflection on the Gospel and homily for three (3) Eucharistic celebrations — ***one*** in Ordinary Time, ***one*** in Advent, and ***one*** during the season of Lent. You must also write a reflection on your experience while praying the Stations of the Cross during Lent. ***There are designated pages in this workbook for your reflection.***

Suggestions on how to write these papers:

- 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 reflection
- Write down some thoughts or words you hear in the Gospel and homily.
- Discuss what you heard and wrote down on the way home in the car, asking everyone to participate.
- Ask yourself and your family- what the Scripture and homily have to do with your life today.
- When you get home, write your reflection while it is fresh in your mind.

Remember, this is a reflection paper; what you write is what you feel the Scripture is saying to you at this moment in your life's journey.

For further info: www.usccb.org/nab

PROJECT #4

"SAMPLE" - Mass Reflection

Date: January 6 (Epiphany) Time: 9:30 am Mass
Celebrant: Fr. Zientarski
Gospel Evangelist: Matthew Citation (Chapter & Verse) 2:1-11

Brief Summary of the Gospel:

The Magi come searching for the King of the Jews. They followed a star and found Jesus in the city of Bethlehem. They offered Him gifts of gold, frankincense and myrrh.

Reflection on what the Gospel means for you. How does it challenge you and your lifestyle?

It makes me ask the question of how faithful I am in following/searching for Jesus in my own life.

The Kings come to Jesus through a star whose light lead them. How do I come to Jesus, what leads me to Him? Parents, Church, friends, nature? What are the signs that direct me to Jesus and allow me to proclaim Him the King, the Lord and truth of my life?

The Gospel also makes me ask – “What are the gifts that I offer to Jesus?” “How willing am I to offer them to Jesus or other people?” I guess my gift is my time with my family, especially when I help out at home. Also my being respectful of other people, especially if they are different from me.

Most importantly it is to be like the Kings and listen to how God calls me to come to Him, to follow Him. So I know that it is important to make sure I pray every day and go to Mass.

PROJECT #4 - Part I
MASS REFLECTION for a SUNDAY IN ORDINARY
TIME

Date: _____ Time: _____

Celebrant (Priest's Name): _____

Gospel Evangelist: _____ Chapter/Verse: _____

Brief Summary of the Gospel:

Reflection on what the Gospel means for you. How does it challenge you and your lifestyle?

PROJECT #4 - Part II

MASS REFLECTION for Advent OR CHRISTMAS DAY

Date: _____ Time: _____

Celebrant (Priest's Name): _____

Gospel Evangelist: _____ Chapter/Verse: _____

Brief Summary of the Gospel:

Reflection on what the Gospel means for you. How does it challenge you and your lifestyle?

PROJECT #5

Food for the Food Pantry

At the Grade Level Mass on February 4th, you are asked to bring some non-perishable items for the food pantry and write a reflection about what you think (or know) about people who do not have enough to eat. How does it feel to help? What did you bring? How can you continue to help to feed the hungry in the future?

PROJECT #6

Gifts and/or Talents Service Project

***This project has two parts and each one is required
for the project to be considered complete***

Jesus has invited us to come and follow Him. To walk in His footsteps and follow His way of life means that we must reach out and serve others as He did- with care, concern, compassion and love. In order for us to do this, Jesus sent the Holy Spirit.

The grace of the Holy Spirit manifested to us in the Sacrament of Confirmation, unleashes for us our God given talents and gifts, our own special and unique ways of serving others. They are given for the building up of the Church, the Body of Christ. Similar to Year 1, each **Year 2** candidate is asked to participate in a service/ministry project consisting of **at least 10 hours**. This time, however, this service/ministry should be linked to your own God given gifts and talents. The 10 Hours **MUST** come from a combination of projects.

***Remember your Gifts & Talents project is not just a
'thing to get done' for Confirmation preparation-
rather it is a way of life, forever!***

So, what are ***your God given talents and gifts?*** Sit down with your parents and/or sponsor and make a list of your talents, gifts and skills! I'm sure you have many, for example:

Love	Knowledge	Leadership	Generosity
Cooperation	Teaching	Encouragement	Music
Honesty	Justice	Caring	Organization
Compassion	Sports	Dancing	Creativity
Writing	Patience	Understanding	Reading
Kindness	Faith	and many, many more	

***Within the time frame of September to March, you are asked to
identify and decide **HOW** you will share and use your talents,
gifts and skills with others and then **DO IT!!!*****

PROJECT #6 - PART I

Gifts and/or Talents Project

In preparation for this project, each candidate ***is required*** to read this excerpt from the ***Letter of St. Paul to the Corinthians (1 Cor. 12: 4-11)***.

Below write your reflection on what you think this parable means for you and your life.

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Project #6 - Part II

Community Service Reflection

(a copy of this page must be submitted for every project that you complete)

Candidate's Name: _____

Service Project: _____

Organization's Contact Person: _____

Phone Number: _____

Dates & Times Service Performed: _____

Signature of Contact Person: _____

(will not be accepted without this signature)

Describe your experience during the service project. What happened? What did you learn? What talents, gifts and skills did you use and share with others?

Student Signature: _____

Parent Signature: _____

Date: _____

(Extra copies are available in the Religious Education Office and Religious Education webpage: <http://stchrisreligion.weebly.com>)

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PROJECT #7

REFLECTIONS on the Stations of the Cross OR Creative Ministries (Living Stations) and a Mass during Lent

***This project has two parts and each one is required
for the project to be considered complete***

The Sunday Liturgy (Mass) is the gathering of the faithful to pray and give praise to God. During the liturgy we hear the Word of God proclaimed, the celebrant or deacon shares his thoughts on the Word, and we are to 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.

In the course of this year, each candidate, with the help of his/her parent(s), must write a reflection on the Gospel and homily for three (3) Eucharistic celebrations — ***one*** in Ordinary Time, ***one*** Christmas Mass, and ***one*** during the season of Lent. You will also write a reflection on The Stations of the Cross (Creative Ministries) during Lent. ***There are designated pages in this workbook for your reflection.***

Suggestions on how to write these papers:

- 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 reflection
- Write down some thoughts or words you hear in the Gospel and homily.
- Discuss what you heard and wrote down on the way home in the car, asking everyone to participate.
- Ask yourself and your family- what the Scripture and homily have to do with your life today.
- When you get home, write your reflection while it is fresh in your mind.

Remember, this is a reflection paper; what you write is what you feel the Scripture is saying to you at this moment in your life's journey.

PROJECT #7 - PART 1

REFLECTION for the STATIONS OF THE CROSS OR CREATIVE MINISTRIES Living Stations

(Tuesday, March 27th)

Journey, Cross and Crucifixion

It is required of all Confirmation candidates in Level II to experience the **Stations of the Cross during Lent.**

The candidate is asked to write a reflection on his/her experience.

- Was there a particular station that touched your heart? What struck you about that station?

- What did experiencing the stations help you to learn for your own life?

- What was your overall impression of the “Living Stations” experience?

Project #7

"SAMPLE" - Mass Reflection

Date: January 6 (Epiphany) Time: 9:30 am Mass
Celebrant: Fr. Zientarski
Gospel Evangelist: Matthew Citation (Chapter & Verse) 2:1-11

Brief Summary of the Gospel:

The Magi come searching for the King of the Jews. They followed a star and found Jesus in the city of Bethlehem. They offered Him gifts of gold, frankincense and myrrh.

Reflection on what the Gospel means for you. How does it challenge you and your lifestyle?

It makes me ask the question of how faithful I am in following/searching for Jesus in my own life.

The Kings come to Jesus through a star whose light lead them. How do I come to Jesus, what leads me to Him? Parents, Church, friends, nature? What are the signs that direct me to Jesus and allow me to proclaim Him the King, the Lord and truth of my life?

The Gospel also makes me ask – “What are the gifts that I offer to Jesus?” “How willing am I to offer them to Jesus or other people?” I guess my gift is my time with my family, especially when I help out at home. Also my being respectful of other people, especially if they are different from me.

Most importantly it is to be like the Kings and listen to how God calls me to come to Him, to follow Him. So I know that it is important to make sure I pray every day and go to Mass.

PROJECT #7 - PART 2

REFLECTION FOR A MASS DURING LENT

Date: _____ Time: _____

Celebrant/Priest's Name: _____

Gospel Evangelist: _____ Chapter/Verse: _____

Brief Summary of the Gospel:

Reflection on what the Gospel means for you. How does it challenge you and your lifestyle?
