

Candidate's Name: \_\_\_\_\_ Phone #: \_\_\_\_\_

Catechist's Name: \_\_\_\_\_ Room #: \_\_\_\_\_

*GRADE 8*

*WORKBOOK*

*ALIVE IN OUR FAITH*



*LIVING THE SACRAMENTAL COMMITMENT*

*Confirmation Preparation Process*

*St. Mary's Parish, Manhasset, New York*

Unpublished Work © 1998 Revised 2000 St. Frances de Chantal Parish Wantagh, New York  
Revised 2002 Cure of Ars Merrick, New York  
Revised 2008 St. Mary's Parish Manhasset, New York

## ***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]*

*God is Spirit, and those who worship him must worship in Spirit and truth.*  
*[John 4: 24]*

These words speak of the power we receive to be ***Alive in the Spirit*** and hence ***Alive in Our Faith***. It is the power of the Spirit that enables us to continue on our Faith Journey. 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 God's 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 your Faith Journey. 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 to Jesus and the Roman Catholic Church. 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. Mary's will be praying for you as your Faith Journey continues.

May the Cross of Jesus strengthen you and the Holy Spirit enlighten your mind and heart with God's Truth.

## ***THE SACRAMENT OF RECONCILIATION***

The Sacrament of Reconciliation (Penance/Confession) is one of the few sacraments that we can receive more than once in our lifetime. It is a wonderful experience of 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.

It is important for all Catholics to participate in this sacrament regularly. Jesus told his apostles, "Whose sins you shall forgive they are forgiven . . ." This established the apostles, and today, priests, as the representatives within the Christian family invested with the power of forgiving sins in Jesus' name.

### **Our parish celebrates the Sacrament of Reconciliation (Penance/Confession)**

*Every* Saturday afternoon 4:00 – 4:45 p.m. in the church

**OR** other special occasions during the church year, for example during a Parish Mission, before Christmas and during Holy Week.

Each Confirmation candidate is expected to celebrate this great sacrament of God's healing forgiveness and love in the course of his/her Journey of preparation. Advent and Lent are good times to seek God's forgiveness through the sacrament of Reconciliation/Penance.

## ***THE EUCHARIST – SUNDAY MASS***

Eucharist (Holy Communion) is another sacrament that we receive more than once in our lifetime. At the Last Supper Jesus changed the bread and wine into His own Body and Blood. He told the disciples to "Do this in remembrance of me." That is what we do when we come to church on Sunday to celebrate Mass. We are doing what Jesus asked us to do.

On Sunday, we gather together as the Body of Christ, believing in the true presence of Jesus who continues to teach and guide us through the Liturgy of the Word and enliven us through our reception of His Body and Blood during the Liturgy of the Eucharist. It is one of the precepts of the Catholic Church that all Catholics attend Mass on Sundays and other Holy Days of Obligation.

Therefore, all candidates for the Sacrament of Confirmation are ***expected to be regularly attending and participating in the Sunday gathering of the disciples – the Eucharist (Mass).***

# ***REVIEW of the WORKBOOKS***

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*To be reviewed by the Director of Faith Formation or a Staff Member.*

To be recommended to the pastor for Confirmation, *all* Workbooks must be completed and submitted for final review stamp no later than **February 27, 2012**.

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<input type="checkbox"/> #4 Reflection on Gifts of Holy Spirit (page 9)	<b><i>February 27, 2012</i></b>
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*Outline of your Letter to the Pastor Requesting*  
**THE SACRAMENT OF CONFIRMATION**

[DATE]

Msgr. John McCann, Pastor  
St. Mary's Church  
1300 Northern Blvd.  
Manhasset, NY 11030

Dear Monsignor McCann,

*[Write your reasons for requesting the Sacrament. Who is Jesus Christ to you? Are you consciously meeting the guidelines for receiving Confirmation? Indicate why you believe that prayer, attending Mass each Sunday and Christian service is a necessary and vital part of being a confirmed Catholic.*

*If you have already decided on your Confirmation name or gifts/talents project, write about why you chose it.]*

[Candidate's Signature]

***Have your parents witness the letter with their signatures.***

***If available - have your sponsor witness the letter with his/her signature.***

**\*\*This letter should be typed or neatly handwritten on good stationery and placed in an envelope with the candidate's name on it.\*\***

*The candidate's letter of request is presented to the **Pastor and the parish community** during a weekend celebration of the Eucharist.*

***the 5:00 p.m. Mass  
on Saturday, November 19<sup>th</sup> or Sunday, November 20<sup>th</sup>, 2011.***

## ***Guidelines for Readiness for Confirmation***

*Confirmation is a sacrament that completes our baptism and makes us full members of the Catholic Church. As a sacrament of growing into mature Christian faith, it is not required by a specific age. The sacrament should be celebrated by those who show a readiness to make a personal commitment to live out their baptism because it is their own choice to respond to God's call.*

*Some signs of readiness include:*

- *A cooperative, responsible, Christian attitude toward all life, evidenced in class, at home and in the community.*
- *Prayer and regular participation in the sacramental life of the Church (attends Mass regularly.)*
- *Willingness to take responsibility for oneself, with regular class attendance, completion of assignments, and a growing knowledge of our Catholic faith.*
- *A willingness to recognize Christ in others; to serve and freely share one's gifts and talents with those in need, and respond with appreciation to those who do.*
- *The personal desire to receive Confirmation, to be in a relationship with God through Jesus Christ, and a determination to live out your faith in everyday life.*

*Do you show all the signs of readiness? How well would you meet these guidelines?*

## ***YOUR CONFIRMATION SPONSOR***

In choosing a sponsor, Church 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).**
- **a sponsor must be a practicing Catholic; a person who follows the commandments of God and participates in weekly Sunday Mass.**
- **a sponsor must not be bound by any 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 and Confirmation Liturgy.**
- **a positive and comfortable relationship with the candidate.**
- **A willingness to pray for and with the candidate, especially attending Mass together and discussing the Gospel**
- **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. It is our hope that as you choose a sponsor for Confirmation you look to someone who will be a good listener, a guide and a confidant; a person who is interested in not only your growth as a Christian, but willing to grow in faith along with you.





## *Gifts of the Holy Spirit Reflection*

The Gifts of the Holy Spirit are given to us at Baptism and strengthened at Confirmation. They help us live virtuous lives, persevere in our friendship with God, and guide us in our decisions and conduct so we become more like Jesus.

Wisdom, Understanding, Right Judgment, Knowledge, Courage,  
Reverence, Wonder and Awe

You have read about and discussed these gifts in class (Spirit Set Us Free p. 39.) Choose 2 to research further and discuss with your sponsor. Then write a reflection below on what each gift is and how you think it will be important in your life (with family, with community, career.) Do you know anyone who seems to have this gift? How does this gift lead the person to live his/ her life? (Attach paper if you need more room.)

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## ***REFLECTIONS on the CELEBRATION of EUCHARIST***

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. During the Liturgy of the Eucharist we offer our gifts to God and pray that they will be transformed by the power of the Spirit into the Body and Blood of Christ. We also listen carefully to the words of the Eucharistic prayer and pray the Our Father. We declare our belief that Jesus is truly present in the Eucharist we receive. How can we live this week in a way that reveals our belief in those prayers and our union with Jesus.

In the course of Grade 8, each candidate, with the help of his/her sponsor or parent(s), must write a reflection on the Gospel/homily and Eucharistic Prayer for three (3) Eucharistic celebrations—November, January and February.

Suggestions on how to write these papers:

- Bring a pad of paper with you to church and write down some thoughts or words you hear in the Gospel and homily. (***Do not bring your workbook***)
- 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.
- 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.
- What words from the prayers or songs during the Liturgy of the Eucharist seem important to you? How did you feel when you received the Body of Christ?
- 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 Faith Journey.***

## ***SAMPLE: SUNDAY MASS REFLECTION***

Date: January 6, 0000 Epiphany Time: 10:30 a.m. Mass

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Celebrant (Priest's Name): Msgr. McCann

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Gospel: (circle one) Matthew, Mark, Luke & John (Chapter & verse): 2:1-11

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### ***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.

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### ***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.

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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?

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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 to other people? I guess my gift is my time with family, especially when I help out at home. Also my being respectful of other people, especially if they are different from me.

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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.

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Receiving the Eucharist, I felt closer to Jesus. He has given Himself to me , I want to do something for Him. I really want to do something at home to show that I love and serve the Lord.

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## TALENTS / GIFTS PROJECT (10 Hours Service)

*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.*

*Remember your Talents & Gifts 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 good qualities, talents, gifts and skills! What service did you do last year that you really enjoyed and would be willing to do again this year? Remember Christian service includes caring for the needs of our family, neighborhood, school, church and larger community.*

1. 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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2. **If you did a major project 10 hours in length** explain why you chose this and exactly what you did. Talk about how this project brought you or others closer to God.

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## ***CONFIRMATION RETREAT EXPERIENCE***

***On separate paper*** please write a reflection on your retreat experience.

*What did you discover about Jesus, your Catholic faith, and also about yourself?*

*What part or activity of the day did you find most helpful or meaningful?*

*This is to be handed in during the prayer service on **Monday, January 9th.***