

# ***Living the Sacramental Commitment***

## ***Level II: Alive In Our Faith***

Dear Confirmation Candidates, Parents, and Sponsors:

*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 a member of His body, sharing everlasting life. [Rite of Baptism for Children]*

These words speak of the power we have as children of God and as members of His Body, the Church, ***Alive in Our Faith***.

Again, we ask that you take some time to pray and reflect upon this journey that you are about. Ask the Holy Spirit, the Advocate of Truth, to continue to be your guide and strength throughout the 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. As with the Level I workbook, it will also give you the opportunity to put into practice all that you have learned in your Faith Formation.

Both this Level II workbook and any incomplete projects from the Level I workbook must be submitted during the workbook review date that will be scheduled in early May (TBA). These workbooks should not be looked at as “tasks” to complete. Rather, they should be looked at as milestones on a faith journey that will lead you to the celebration of the Sacrament of Confirmation and beyond.

Know that the parish community of St. Lawrence the Martyr will be praying for you during this journey. May the Holy Spirit enlighten your mind and open your heart.



## Workbook Do's & Don'ts

### **Do:**

- hand write your reflection as neatly as possible.
- write in paragraph form. *At least* two paragraphs are expected for each reflection.
- write about your feelings and impressions in your reflections.



### **Don't:**

- type your reflection unless you have received permission to do so.
- dictate your reflection for someone else to write.
- reflect solely on the Gospel reading for your Mass reflections. The reflection should contain other elements of the Mass such as the homily, the music, the décor, and the prayers.
- write an instruction on a particular event/activity for your reflection. For example, don't tell me what Baptism is for the reflection on the Celebration of a Baptism.
- bullet point your notes and submit them as reflections. Reflections should be in complete sentences.

## ***Letters to the Pastor Requesting The Sacrament of Confirmation***

### ***Candidate's Letter***

*[DATE]*

Dear Father Brian,

*[Write your reasons for requesting the Sacrament of Confirmation. Tell Fr. Brian about any community service in which you have participated, and indicate to him why you believe that prayer, attending Mass each Sunday, and Christian service is a necessary part of being a confirmed Catholic.*

*Write about the Saint's name you chose for Confirmation and why you chose it.]*

*[Candidate's Signature]*

*\*\*This letter should be typed or neatly handwritten on nice stationery and placed in an envelope.*

### ***Parent's Letter***

Your parents should also write a letter addressed to Fr. Brian telling him why they feel you are ready to receive the Sacrament of Confirmation.

**Both the Candidate's Letter and Parent's Letter should be presented to Fr. Brian during the 8<sup>th</sup> Grade Class Mass (see class calendar for details).**

## ***GIFTS'/TALENTS' PROJECT***

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 received first at Baptism and strengthened at 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 Body of Christ, His Church.

What are your God-given talents and gifts? Talk with your parents and/or sponsor and make a list of your talents, gifts, and skills. Here are some examples:

Love	Knowledge	Leadership	Generosity	Cooperation
Teaching	Encouragement	Music	Honesty	Justice
Caring	Organization	Compassion	Sports	Dancing Creativity
Patience	Understanding	Artistic	Reading	
Kindness	Faith	<i>and many, many more.....</i>		

### ***Gifts and Talents Reflection***

**PART 1** In preparation for this project, each candidate is required to read the following excerpt in the Bible from the Letter of St. Paul to the Corinthians (1Cor. 12: 4-11). On the lines that follow, write your reflection on what you think it means for you and your life.

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**PART 2** After careful reflection, what do you consider to be your God-given gifts and talents and how can you share them with others?

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## ***MINISTRY DISCERNMENT***

The Sacrament of Confirmation completes the initiation for each candidate into the Catholic Church. Being fully initiated means becoming an active and involved member of the faith community.

As an opportunity to become more aware of the ministries within the parish, each candidate is asked to research one parish ministry. Before you do, we ask that you first take this short Ministry Discernment Inventory to assess areas of ability and interest. These gifts/talents may be different than those reflected upon in Project #2 and, to be sure, there are many more than what is mentioned here.

### **Step 1: What am I good at? (Choose 1 or more)**

- Empathy:** Feeling what it's like to be in the other person's situation.
- Visioning:** Imagining new and exciting ways to accomplish something.
- Organizing:** Figuring out, organizing, and managing the details of a project.
- Listening:** Listening and letting others know what I'm hearing.
- Supporting:** Working "behind the scenes".
- Communicating:** Speaking easily with others individually or in a group setting in a clear, informative, engaging manner.
- Faith-Sharing:** Having a strong belief in God and the Church's mission and the willingness to share it with others.
- Welcoming/Hospitality:** Welcoming others and helping them know they make a difference.
- Facilitating:** Helping others share thoughts, discuss issues, and resolve conflicts.

### **Step 2: Where do I have strong convictions, feel real energy? (Choose 1 or more).**

- Advocacy:** Where people cannot help themselves or speak for themselves about basic needs.
- Compassion:** Where people are troubled because of tragedy, disappointment, or sickness.
- Celebration:** Where people can celebrate faith with openness, strength, and enthusiasm.
- Evangelization:** Where people want to know, understand, and live faith better.
- Stewardship:** Where our resources of time, talent, and treasure are cared for wisely in keeping with the Church's mission.
- Justice:** Where people apply faith to examine and approach social issues.
- Assistance:** Where the Church's mission is enabled and carried out as service and care.

**Step 3: With these abilities, qualities, convictions, what area(s) of ministry is/are a good fit for me?** Look at the lists provided on the next page and see which ministries are a good fit for your abilities and interests.

## What am I good at?

**Empathy:** Lector, Parish Outreach Volunteer, Minister of Consolation, Ministry of Praise

**Visioning:** Liturgy Committee, Church Decorating Committee, Vacation Bible School Volunteer

**Organizing:** Usher, Liturgy Committee, Catechist, Hospitality Committee, CYO

**Listening:** Catechist, Parish Outreach Volunteer, Ministry of Consolation, Respect Life Volunteer, Contemplative Prayer Group.

**Supporting:** Altar Server, Sacristan, Altar Linen Guild, Alb Launderer, Church Decorating Committee, Catechist Assistant

**Communicating:** Lector, Festival Choir, Youth Choir, Cantor, Instrumentalist, Catechist, Vacation Bible School Volunteer, Baptismal Preparation Team,

**Faith-Sharing:** Catechist, Catechist Assistant, Eucharistic Minister, Lector, Festival Choir, Youth Choir, Cantor, Instrumentalists, Vacation Bible School Volunteer, Baptismal Preparation Team

**Welcoming/Hospitality:** Usher, Liturgy Committee, Parish Outreach Volunteer, Hospitality Committee

**Facilitating:** Catechist, Catechist Assistant, Baptismal Preparation Team, Parish Outreach Volunteer

## Where do I have strong convictions/feel real energy?

**Advocacy:** Parish Outreach Volunteer, Respect Life Volunteer

**Compassion:** Parish Outreach Volunteer, Respect Life Volunteer

**Celebration:** Eucharistic Minister (EM), Altar Server, Lector, Usher, Festival choir, Youth Choir, Cantor, Instrumentalist, Church Decorating Committee, Vacation Bible School Volunteer, Charismatic Prayer Group, Contemplative Prayer Group, Ministry of Praise, Family Life Committee, Knights of Columbus/Columbiettes

**Evangelization:** Catechist, Catechist Assistant, Vacation Bible School Volunteer, Baptismal Preparation Team, Respect Life Volunteer, CYO, Family Life Committee

**Stewardship:** Parish Outreach Volunteer, Knights of Columbus/Columbiettes

**Justice:** Parish Outreach Volunteer, Respect Life Volunteer

**Assistance:** Altar Server, Eucharistic Minister (EM), Usher, Sacristan, Altar Linen Guild, Catechist Assistant, Hall Monitor, Parish Outreach Volunteer Minister of Consolation, Hospitality Committee, CYO

**Your Assignment:** After taking this Ministry Inventory, is there a ministry that might be a good fit for you? Choose one. Strive to learn more about this ministry. Go to the St. Lawrence website, [www.stlawrencesayville.org](http://www.stlawrencesayville.org) and click on "Getting Involved" on the red ribbon at the top of the page. Explore each of the subcategories in that drop-down menu and/or the subcategories in the drop-down menu for "Outreach and Support Groups". On the next page, write a reflection on how your gift(s) can be used in working in this ministry.



## **REFLECTIONS ON THE CELEBRATION OF EUCHARIST**

*The Sunday Celebration of the Eucharist is at the heart  
of the Church's Life.*

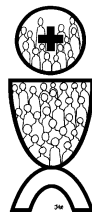
*(Catechism of the Catholic Church, #2177)*

The Sunday Celebration of the Eucharist (**Mass**) is the gathering of the faithful to pray and give thanks and praise to God. The Mass is our primary source of renewal for our life in Christ. In the Mass, we are once again welcomed into the community of the faithful, called to communion with others and service to others, and nourished by the Bread of Life. We are sent forth to exemplify the Good News of the Gospel in our everyday lives.

You are to write a reflection on **FIVE** Sunday Masses (Saturday Vigil (evening) Mass is also acceptable) from ANY Season in the Church Calendar Year. For those of you who have not, as yet completed the reflections on Sunday Eucharist for the Level I Workbook, please note that the Sunday Masses you choose to reflect upon for this workbook **must** be different from the Sunday Masses chosen for the Level I Workbook. The obligation to attend Mass in-person has been reinstated for those people who are in good health and not struggling with a compromising health condition. **Therefore, your reflections are to be of Sunday Masses you ATTEND.** Reflections on Masses viewed online or on TV will not be accepted.

### **Each of the five reflections should include responses to the following:**

- Describe some of the things you noticed in Church, for example, the liturgical color, the actions of the priest, the role of the altar servers, or the songs that were sung.
- What was the Gospel reading about? **YOUR REFLECTION MUST CONTAIN MORE THAN A RE-TELLING OF THE GOSPEL READING.**
- Write one lesson you heard the priest or deacon teach during the homily at Mass.
- What can you do this week to put into action the message of the Gospel reading?



# ***SUNDAY MASS REFLECTION***

*Date Attended:* \_\_\_\_\_

*Celebrant (Priest's Name):* \_\_\_\_\_ *Catholic Church* \_\_\_\_\_



*Reflection:*

# ***SUNDAY MASS REFLECTION***

*Date Attended:* \_\_\_\_\_

*Celebrant (Priest's Name):* \_\_\_\_\_ *Catholic Church* \_\_\_\_\_



*Reflection:*

# ***SUNDAY MASS REFLECTION***

*Date Attended:* \_\_\_\_\_

*Celebrant (Priest's Name):* \_\_\_\_\_ *Catholic Church* \_\_\_\_\_



*Reflection:*

# ***SUNDAY MASS REFLECTION***

*Date Attended:* \_\_\_\_\_

*Celebrant (Priest's Name):* \_\_\_\_\_ *Catholic Church* \_\_\_\_\_



*Reflection:*

# ***SUNDAY MASS REFLECTION***

*Date Attended:* \_\_\_\_\_

*Celebrant (Priest's Name):* \_\_\_\_\_ *Catholic Church* \_\_\_\_\_



*Reflection:*

## **REFLECTION ON THE CARE OF THE SICK**

### **A Corporal Work of Mercy**

*Background:*

#### ***The Gospel of Matthew 25: 31-40***

The final judgment scene in Matthew's gospel offers the criteria of what the Church holds to be the Corporal Works of Mercy. Jesus' reply is the key element, "Amen, I say to you, whatever you did for one of these least brothers of mine, you did for me."

#### ***The Letter of James 5: 13-16***

Jesus' desire to comfort us and restore us to health is reflected in the healing touch of the Sacrament of the Anointing of the Sick: "may the Lord in his love and mercy help you with the grace of the Holy Spirit. May the Lord who frees you from sin save you and raise you up." [*Pastoral Care of the Sick*]

This Sacrament of the Anointing of the Sick unites those who are sick to the passion of Christ, offering them strength, peace and courage to endure their sufferings in hope rather than to yield to discouragement, despair and anguish. It is first and foremost for those who are seriously ill but any member of the Church whose health is seriously impaired by sickness or old age or who is facing surgery may and should request this anointing.

#### **On the Corporal Work of Mercy: The Care of & Visitation to the Sick**

The Church has various ways by which this work of mercy is accomplished. Foremost is the primacy of prayer, both public and private, for the one who is sick and/or ill. ***In the public realm of prayer*** the Church expresses her concern for the one who is ill or sick in the Sacrament of the Anointing of the Sick, and primarily in and through the prayers offered in the Eucharist (Mass). ***Privately***, the Church (which is always understood as the living Church, the Body of Christ, composed of all the baptized) accomplishes this work of mercy by the individual believer praying for one who is sick or ill and/or visiting them in their home, hospital, etc.

#### **Your Assignment (choose one of the three options):**

Attend one of the parish's Sacrament of the Anointing of the Sick or learn about the Sacrament of the Anointing of the Sick at *Busted Halo - Sacraments 101: The Anointing of the Sick* at <https://www.youtube.com/watch?v=hEppjWNO2y4>. As you watch, lift up in prayer someone you know who is sick and in need of prayer. Imagine them receiving this healing sacrament.

**OR**

Pray the Rosary or the Stations of the Cross with your family, lifting up prayers for anyone who is sick or injured.

**OR**



## ***REFLECTION ON CHOSEN "CHALLENGES OF THE WEEK"***

*Chosen* is the name of your Confirmation Preparation Program. Following each *Chosen* lesson, you will be asked to select a challenge to complete to help you apply that week' lesson. **The lesson challenges can be found in your CHOSEN textbook.** From the challenges you have selected over the course of the year, reflect upon five of them and answer the following questions about each of the five challenges:

- Describe what you did and why you choose this challenge.
- What did you learn about yourself while completing the challenge?
- Did the challenge have an effect on another person? If so, what was the effect?
- While meeting the challenge, did you learn something about God and/or your faith life?
- How did it feel to complete the selected challenge?

Challenge 1 \_\_\_\_\_

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Challenge 2 \_\_\_\_\_

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