

St. Therese of Lisieux

Confirmation II Preparation Workbook

Candidate's Name _____ Phone Number _____

Catechist's Name _____

CALLED TO WITNESS



ALIVE IN OUR FAITH

CONFIRMATION PREPARATION PROCESS

ALIVE IN OUR FAITH

Confirmation II

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 has 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 been given: to be alive in the Spirit. They are words that speak of God's covenant of new birth, life and empowerment to us. 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 earth. This is how we worship God in spirit and truth, and this is how we keep the promise of our baptism.

And so we begin our second year of Confirmation Preparation: **Alive in Our Faith.** We ask you to 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 and will be checked during the year. This will assist us in monitoring your work as well as give you an opportunity to show your interest in deepening your commitment. This workbook should not be looked at as "tasks" to get done; but rather, as milestones on a faith journey that will lead you to the celebration of the Sacrament of Confirmation.

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

Rev. Michael Rieder

Pastor

Ms. Suzanne Lieder

Director of Religious Education

THE SACRAMENT OF RECONCILIATION

The Sacrament of Reconciliation is one of the few sacraments that we can receive more than once in our lifetime. In fact, it is a sacrament we should receive often. It is a wonderful experience of God's mercy and love for each of us. It is like receiving a hug from Jesus! 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):

Every Saturday afternoon **4:00 until 4:40** p.m. in the Church or upon request.

Our parish also offers other occasions during the year such as an Advent Day of Reconciliation or a Lenten Day of Reconciliation. This Advent:

Saturday, December 19th 2:00 until 4:40 p.m.

Monday, December 21st 7:00 p.m. Penance Service

WE WILL PROVIDE DATES FOR THE LENTEN PENANCE SERVICE

Each Confirmation candidate is **strongly encouraged** to celebrate this great sacrament of God's healing forgiveness and love in the course of his/her journey of preparation. All candidates are **presumed to be regularly attending and participating in the Sunday gathering of the disciples – the Eucharist (Mass).**

REVIEW OF WORKBOOKS

Candidate's Workbooks will be reviewed by the Director on the following dates:

First Review:	February 13, 2010
Second Review:	March 21, 2010
Third Review:	April 30, 2010
Interviews:	May 2nd and/or 9th, 2010

CONFIRMATION II

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#2 Sponsor Interview (page 7)	March 30 th Review	_____
#3 Your Confirmation Name (page 8)	April 30 th Review	_____
#4 Reflection a Work of Mercy (page 10)	Any Review Date	_____
#5 Confirmation Retreat Project (page 11)	April 30 th Review	_____
#6 Stations of the Cross (page 12)	April 30 th Review	_____
#7 Talents/Gifts Project (pages 13-14)	April 30 th Review	_____
#8 Reflections on Eucharist Ash Wednesday (page 17) Holy Thursday (page 18) Good Friday (page 19) Easter Sunday (page 20)	Every Review Date	_____
#9 Letter Requesting Confirmation (page 21)	Presented to the Pastor at Mass	
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PROJECT #1 – Confirmation Sponsor

During the preparation for the reception of the Sacrament of Confirmation, each candidate must choose a sponsor. A sponsor's role is that of one companioning the candidate throughout the preparation time.

In choosing a sponsor, the Church's law gives us some requirements that must be met:

- **A sponsor must be at least sixteen years old.**
- **A sponsor must be a fully initiated Catholic (one who has celebrated Baptism, Confirmation, and Eucharist) who “leads a life in harmony with the faith and the role to be undertaken.”**
- **A sponsor must not be a parent of the one to be confirmed.**

It is also important to reflect on the following characteristics when choosing a sponsor:

- **Local residency, to ensure consistent involvement throughout the Confirmation process.**
- **A positive and comfortable relationship with the candidate.**
- **A willingness and capacity to engage in the Confirmation process as a means of enhancing his or her own growth as a Catholic Christian adult.**

The person you choose for your sponsor should be willing to participate with you in the preparation for the sacrament. If they are not able to, you may consider choosing someone to act as a “proxy” for the preparation period. Inviting your sponsor to prayer nights, community service projects, and the Confirmation Commitment Prayer Service will give your sponsor an opportunity to join you during this journey, rather than just having your sponsor “check up” on you about fulfilling your obligations.

It is our hope that when you choose a sponsor for Confirmation you will look for someone who will be a good listener, a guide and confidant; a person who is interested in not only your growth as a Christian, but willing to grow in faith along with you.

YOUR CHOICE FOR CONFIRMATION SPONSOR

In preparation for the reception of the Sacrament of Confirmation, each candidate must **finalize** their choice of a sponsor by March 30th.

NAME _____

RELATIONSHIP _____

ADDRESS _____

*Ask your Sponsor to write a personal **letter of promise** accepting the responsibility to accompany you, as a Confirmation candidate, through this journey of faith.*

Attach the sponsor's letter to you below:

PROJECT #4

A WORK OF MERCY

Background:

Refer to the Gospel of Matthew 25:35-40

This is the final judgment scene in Matthew's gospel, which offers the criteria for what the Church holds to be the Corporal Works of Mercy. We especially reflect on Jesus' words: "as often as you did it to the least of these who belong to me, you did it to me."

Refer to the Letter of James 4:14-17

This story clearly tells us that faith alone will not save us; but rather **we must do good works!** In fact we are more like to prove that we have faith by the way we live our lives –by our good works.

The Church has various ways by which the works of mercy can be accomplished. Foremost is the primacy of prayer, both public and private, for those in need. **In the public realm of prayer** the Church expresses her concern for the one who is ill weekly at Mass during the prayers of the faithful at Mass; the church also expresses her concern for the one who is ill by offering the sacrament of the Anointing of the Sick.

Privately, the Church (which is us, you and me, the baptized faithful who are the Body of Christ) accomplishes this work by the Corporal Works of Mercy and by the Spiritual Works of Mercy. In preparation for the reception of Confirmation, **the Candidate is required to reflect ONE of the following:**

The Corporal Works of Mercy

1. Feed the hungry.
2. Give drink to the thirsty.
3. Clothe the naked.
4. Shelter the homeless.
5. Visit the sick.
6. Ransom the captive.
7. Bury the dead.

The Spiritual Works of Mercy

1. Instruct the ignorant.
2. Counsel the doubtful.
3. Admonish sinners.
4. Bear wrongs patiently.
5. Forgive sinners willingly.
6. Comfort the sick.
7. Pray for the living and the dead.

PROJECT #6

The Stations of the Cross

Journey, Cross and Crucifixion

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

The Candidate is asked to write a reflection on his/her participation in this 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 leading/following the stations?

PROJECT #7

TALENTS/GIFTS 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 is manifested to us in the Sacrament of Confirmation which 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. This means that we are all required to use our God given talents to help each other.

Remember your Talents & Gifts project is not just a “thing to get done” for Confirmation preparation—but it should be 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! Here are some examples:

Love	Knowledge	Leadership	Generosity
Cooperation	Teaching	Encouragement	Music
Honesty	Justice	Caring	Organization
Compassion	Sports	Dancing	Creative Writing
Spontaneity	Patience	Understanding	Reading
Kindness	Faith	Hopefulness	Being Positive

And many, many more!

Within the timeframe of March 1st, you are asked to identify and decide **HOW** you will share and use your talents, gifts and skills with others.

For example: Have you been blessed with the gifts of caring, compassion and patience? Perhaps you, your family and friends would like to help the homeless? We have two vehicles for this: Maureen’s Haven and the East End Soup Kitchen. Your catechist and the director can give you information about these as well as our weekly bulletin.

Perhaps you have an organizing or leadership talent, gift and skill that could allow you to organize a spring clean up for the church and school property or the beach! Perhaps you and your catechist would like to organize a car wash! . . . so many ideas

Remember, no money need be involved, but you may wish to do a project as a group. Some examples of this would be to raise money for Regina Residence, Maureen’s Haven or for children in a poor country.

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)

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

GIFTS AND TALENTS REFLECTION

2. Upon completion of your project, write about it, telling exactly what you did and what talents, gifts and skill you used and shared with others. Don’t leave anything out! Finally, in just a few sentences tell how this project brought you closer to God.

PROJECT #8

Reflections on the Celebration of the 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 so that we may take the Word with us as we leave the Church. One way for us to truly live out the Word of God is to spend time reflecting on what these words mean to us.

Each candidate, with the help of his/her parent(s), must write a reflection on the Gospel and homily for four Eucharistic Celebrations during the year:

Mass or Service on Ash Wednesday

Holy Thursday Mass of the Lord's Supper

Good Friday Service

The Easter Vigil or Easter Sunday Mass

There are designated pages in this workbook for your reflection for each of the above.

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. **Please do not bring your workbook to Mass.**
- 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 has to do with your life today.

- When you get home, write your reflection in your workbook 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.

SAMPLE: SUNDAY MASS REFLECTION

Date: January 6th Feast of the Epiphany

Time: 10:30 Mass

Presider (Priest's Name): _____

Gospel Evangelist: Matthew Citation (chapter & verse) 2:1-11

Brief Summary of the Gospel:

The Magi came 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 leads 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? Whenever I pray, I know Jesus hears me. He has answered many of my prayers; my grandparents taught me to trust in Him always.

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 family, especially when I help out at home. Also my being respectful of other people, especially if they are different from me. Some of my gifts are also that I am a good listener; a good athlete; and a good friend.

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.

REFLECTION ON HOLY THURSDAY MASS

Date: _____ **Time:** _____

Celebrant (Priest's Name): _____

Gospel Evangelist: _____ **Citation (Chapter & Verse):** _____

Brief Summary of the Gospel:

What the Gospel means for you: How does the Gospel challenge or inspire you and your lifestyle?

What sacrament did Jesus institute on this day?

PROJECT #9

Outline of your letter to the Pastor Requesting

THE SACRAMENT OF CONFIRMATION

Date

Rev. Michael Rieder

St. Therese of Lisieux

Montauk, NY 11954

Dear Father Mike:

(Write your reasons for requesting the Sacrament. Tell Father about your service projects and indicate why you believe that prayer, attending Mass each Sunday, and Christian service are a necessary and vital part of being a confirmed Catholic.)

(Write about your Confirmation name and why you chose it.)

Sincerely yours,

Candidate's Name

Have your parents witness the letter with their signatures.

Have your sponsor witness the letter with his/her signature.

This letter should be typed, printed on 8 1/2 x 11 paper, and placed in an envelope with the Candidate's name on it.

BASICS



The Candidate is required to know this material by heart!

OUR POPE’S NAME: Pope Benedict XVI, Bishop of Rome

OUR BISHOP’S NAME: Bishop William F. Murphy

OUR AUXILIARY BISHOP’S NAME: Bishop John Dunne, Bishop Peter Libasci, Bishop, Bishop Paul Walsh.

OUR PASTOR’S NAME: Rev. Michael Rieder

THE LITURGICAL SEASONS OF THE YEAR

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

Christmas Season: This season begins at the Mass on Christmas Eve and ends on the feast of the Baptism of the Lord. The color of vestments for this season is white or gold, signifying a time of joy at the presence of Christ. Symbols of the season are the Creche and the Angel’s Star (the Epiphany Star).

Lent: The season begins on Ash Wednesday, forty days before Easter, and ends on the Thursday of Holy Week. The color of vestments for this season 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 it’s 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 color of this season’s 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 (those preparing to become Catholic).

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 color of vestments for this season is white or gold signifying joy. Celebrations in this 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 am the Lord your God, you shall not have strange gods before me.
2. You shall not take the name of the Lord your God in vain.
3. Remember to keep holy the Lord's Day.
4. Honor 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 against your neighbor.
9. You shall not covet your neighbor's wife.
10. You shall not covet your neighbor's goods.

The Seven Sacraments

(Three sacraments of Initiation) Baptism, Confirmation, Eucharist

(Two sacraments of Healing) Reconciliation, Sacrament of the Sick

(Two sacraments of Service) Holy Orders, Marriage

The Beatitudes

1. Blessed are the poor in spirit, for theirs is the kingdom of heaven.
2. Blessed are they who mourn, for they shall be comforted.
3. Blessed are the meek, for they shall inherit the earth.
4. Blessed are those who hunger and thirst for justice, for they shall be satisfied.
5. Blessed are the merciful, for they shall obtain mercy.
6. Blessed are the pure in heart, for they shall see God.
7. Blessed are the peacemakers, for they shall be called sons of God.
8. Blessed are those who are persecuted for righteousness sake, for theirs is the kingdom of heaven.
9. Blessed are you when people revile you and persecute you and utter all kinds of evil against you falsely on my account. Rejoice and be glad, for your reward is great in heaven.

The Corporal Works of Mercy

1. Feed the hungry.
2. Give drink to the thirsty.
3. Clothe the naked.
4. Shelter the homeless.
5. Visit the sick.
6. Ransom the captive.
7. Bury the dead.

The Spiritual Works of Mercy

1. Instruct the ignorant.
2. Counsel the doubtful.
3. Admonish sinners.
4. Bear wrongs patiently.
5. Forgive sinners willingly.
6. Comfort the sick.
7. Pray for the living and the dead.

The Seven Gifts of the Holy Spirit

Wisdom	Understanding	Knowledge	Right Judgment
Courage	Reverence	Wonder and Awe	

The Four Marks of the Church

One, Holy, Catholic and Apostolic

THE VIRTUES

Theological

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

Cardinal

1. Prudence (Right Judgment)
2. Justice
3. Fortitude (Steady Strength)
4. Temperance (Moderation)

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.

Candidate's Covenant

As a Confirmation candidate, I agree:

To continue to cooperate to the best of my ability with the parish program preparing me for the sacrament of Confirmation;

To participate wholeheartedly in all classes and activities; and to attend Mass regularly.

To complete the workbook projects that help me to learn to experience more fully what it means to live a Catholic life;

To try to the best of my ability to place my gifts and talents at the service of others;

To accept more responsibilities in my family, my parish and my community;

To pray for continued growth in faith, hope and love.

Candidate signature _____

Parent's Covenant

As a parent of a candidate I will:

Assist my son/daughter as they prepare for the sacrament of Confirmation through my prayers and good example;

Support their efforts to complete the workbook projects that provide concrete experiences of an active role in parish life.

Parent's Signature _____

