

**Candidate's Name:** \_\_\_\_\_

**Teacher/Catechist Name:** \_\_\_\_\_ **Room #** \_\_\_\_\_

# ***Grade 7 PROJECT BOOKLET YOU ARE CHOSEN 2025/2026***



*Our Lady of Victory Parish, Floral Park, New York*

***“It was not you who chose me, but I who chose you and appointed you to go and bear fruit that will remain...” Jn 15:16***

Greetings Confirmation Candidates!

This is certainly an exciting time for you and your families as you begin your journey toward receiving the Sacrament of Confirmation! The Confirmation preparation process at Our Lady of Victory Parish is a 2-year program.

During your Confirmation journey these next two years, you will learn more about Jesus and His Church. It is our hope and prayer that in addition to obtaining knowledge about our Faith, you will also begin to develop a personal relationship with Jesus. This relationship should only continue to grow over your lifetime, forming you into the genuine disciples Jesus wants you to be!

Confirmation, like the other Sacraments of Initiation (Baptism and Holy Eucharist), is not so much about us choosing God as it is about Him choosing us! Always remember: **YOU ARE CHOSEN!**

Over the course of this two-year preparation period, you will be invited to hear and then to respond with faith to the Voice of God, Who has called each of us to become His sons and daughters... simply because ***“He first loved us”*** (1 Jn 4:19).

## ***YOUR CONFIRMATION BOOKLET***

Students, this booklet will be your supplement to understanding the life commitment you will make to Jesus and the Roman Catholic Church when you receive the Sacrament of Confirmation. During this 7<sup>th</sup> grade year, in addition to your religion classes in school, you will also be a part of out-of-classroom Catholic experiences. Some of these may include attending a prayer service, interviewing your parents about your Baptism, receiving the Sacrament of Reconciliation or attending a Holy Hour. After each of these experiences, you will be given the opportunity to reflect upon what you learned and how it affected you. In the long run, this will help you put into practice and think about what it means to be a disciple of Jesus.

Your assignments will be collected on their due dates throughout the year. Due dates are listed in the Table of Contents on page 7. **On a practical note, we ask that each reflection be at least one typed page unless**

**otherwise specified.**

While this will assist your teachers/catechists in monitoring your work, it will, more importantly, give you an opportunity to think about what it really means to live as a teen committed to Jesus and to be a participating member of His Church. These booklets should not be looked upon as “tasks” to get done, but rather, as road signs on your faith journey that will all point you to the celebration of the Sacrament of Confirmation.

Know that the parish community of ***Our Lady of Victory*** will be praying for you during your faith journey. May the Holy Spirit enlighten your mind and open your heart.



# ***YOU ARE CHOSEN***

## ***Confirmation Preparation Guidelines and Expectations***

Each Confirmation candidate enrolled in the Our Lady of Victory Confirmation Preparation will receive the following booklets:

***Grade 7: YOU ARE CHOSEN***

***Grade 8: CHOSEN: YOUR JOURNEY TO CONFIRMATION***

The booklets are designed to complement the classroom instruction given by your teachers/catechists and contain the instructions needed for your reflections. As previously stated, **each reflection should be typed and be at least one page.**

The format of these booklets consists of various projects to be completed by the candidate. Projects have specific due dates attached to them.

Each project is explained in detail throughout the booklet. Read through it all and plan out your journey. During the year you will be asked to submit your completed work to your teacher (OLV Students) or to the Faith Formation Confirmation Coordinator (Faith Formation/Kellenberg Students). Please see page 7 for the project schedule and the due date for each project.

It is our hope, Candidates, that you will work together with your parents and/or your sponsors on projects contained in these booklets.

## ***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 burdens from their hearts.

It is important for all Catholics to participate in this sacrament regularly. As is the case with all the other Sacraments, we receive special graces from the Sacrament of Reconciliation which strengthen us to live as disciples of Jesus. This Sacrament is considered a Sacrament of Healing. Through the priest acting in the Person of Jesus, this Sacrament heals our souls of sin and enables us to live more freely as children of God.

**Our parish celebrates the Sacrament of Reconciliation (Penance/Confession) every Saturday afternoon from 3:00pm–3:45pm in the church and on other special occasions during the Church year, for example during the seasons of Advent and Lent.**

**Students**, it is expected that you will receive the Sacrament of Reconciliation during your journey to Confirmation. While you will be given the opportunity to receive this Sacrament during the school year, we also encourage you to receive at other times in order that you may receive the special graces which this Sacrament can provide to you.

## ***THE EUCHARIST – SUNDAY MASS***

The Holy Eucharist (Holy Communion) is another sacrament that we can and should receive more than once in our lifetime. In fact, the Church encourages us to receive the Holy Eucharist as often as possible! 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. Not only are we doing what Jesus commanded us to do but we are giving Him the worship to which He is entitled as our Lord and Savior!

Jesus also told the people of His time, "*whoever eats My Flesh and drinks*

*My Blood remains in Me and I in him.*” On Sunday, when we gather as the Body of Christ at Mass, we listen to and learn from God’s Word during the Liturgy of the Word. During the Liturgy of the Eucharist, we believe that Jesus becomes truly present to us when the priest changes the bread and wine into Jesus’ Body and Blood during the Consecration. When we receive Holy Communion, Jesus comes to each of us in a most personal and intimate way. Through this Sacrament, Jesus gives each of us His Grace to help us be the person He created us to be. That is why the Church requires all Catholics to attend Mass on Sundays and on other Holy Days of Obligation.

**Students, as candidates for the Sacrament of Confirmation, you are expected to attend and participate in Mass each Sunday (or attend the Saturday evening vigil Masses) and on all Holy Days of Obligation. In truth, what better way to prepare for the Sacrament of Confirmation than to receive Jesus in Holy Communion each week!**

## TABLE OF CONTENTS

### Projects

### To be completed by:

- |  |                   |
|--|-------------------|
| ● Your Baptism History<br>Pages 8-9        | October 29, 2025  |
| ● Our Blessed Mother Reflection<br>Page 10 | December 10, 2025 |
| ● Prayer Experience Reflection<br>Page 11  | January 28, 2026  |
| ● Reconciliation Reflection<br>Page 12     | March 11, 2026    |
| ● Service Ministry Reflection<br>Page 13   | April 1, 2026     |

**\*\*\*\*For OLV STUDENTS your completed projects must be handed in and reviewed by your teacher on the date due determined by your teacher.** To move to the next level of the Confirmation preparation process, **all** projects must be completed by the end of the 7<sup>th</sup> Grade school year.

**\*\*\*\* For KELLENBERG STUDENTS your completed projects must be handed in and reviewed by the Confirmation Coordinator of OLV's Faith Formation Office by the date that it is due as shown above.** To move to the next level of the Confirmation preparation process, **all** projects must be completed no later than the last due date of **April 1, 2026.**

**Name:** \_\_\_\_\_ **Teacher/Catechist:** \_\_\_\_\_

## ***YOUR BAPTISM HISTORY***

In the Sacrament of Baptism, the Church welcomes children and adults into the faith community. In infant Baptism, the priest or deacon asks the parents, “What do you ask of God’s Church for your child?” The response to this is “faith,” “baptism,” or “entrance into the community of faith.”

The gift of faith comes to you from God through the Church, your family and the parish family. The gift of faith must be accepted if it is to be truly a gift for you. At Baptism, your parents and godparents accepted this gift in your name. They promised to nurture you in the faith of the Church and to help you understand this gift by their lived example with the hope that one day you would embrace our Faith for yourself.

The Sacrament of Baptism is the first step of our Faith Journey. It is probably one of the most important steps of that journey.

**1. Ask your parents about your Baptism and answer these questions which are continued on page 9: (please print)**

*a. Why did they want to baptize you? What were their hopes and dreams for you in faith?*

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**Continued on page 9**



b. *When and where were you baptized?*

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c. *Who are your godparents and why did they choose those two people as your godparents?*

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**2. Ask your parents** why they gave you the name they gave you. Was it in honor of a family member or a favorite saint? **Write about who you are named for below.**

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**About my Baptismal name:**

*(Write about the family member or the saint's virtues and character traits or why your parents chose the name.)*

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## ***OUR BLESSED MOTHER REFLECTION***

Mary, the Mother of God and our Blessed Mother is known under many different titles which honor her. In fact, our Parish was established under one of her titles, Our Lady of Victory. That means that Mary as the patroness of our Parish is our Protector and Supporter. Research the story of Our Lady of Victory or any other title of the Blessed Mother and write an essay/reflection on what you learned about Mary and what it means to you.

**\*\*\*Please submit your essay on at least one typed page. \*\*\***

## ***PRAYER EXPERIENCE REFLECTION***

Prayer, the lifting up of our minds and hearts to God, is essential for the spiritual life of anyone who is a disciple of Jesus and is necessary for anyone who is preparing to receive the Sacrament of Confirmation.

Students now is the time to start to develop good spiritual habits: get into a regular prayer routine, explore different ways of praying (i.e.: say a Rosary, read your Bible), learn to pray “on the go” and find the time to participate in the communal prayer services of our parish community. During this stage of the Confirmation preparation process you are required to attend one of the following:

### **Examples:**

**Adoration of the Blessed Sacrament (Holy Hour)**

**School held Liturgies (Our Lady of Victory/Kellenberg students)**

**Stations of the Cross**

**Students**, please write a reflection on the Prayer Experience you attended. What happened and how did you feel or respond to what was happening?

**\*\*\*Please submit your reflection on one typed page\*\***

## ***RECONCILIATION REFLECTION***

Based on your recent experience of Reconciliation, how would you explain the Sacrament to a non-Catholic friend? You can include: how you prepare for the Sacrament, what happens when you go to Confession and what does the priest do? How do you feel after the Sacrament? Why is it important to go to Confession?

**\*\*\*PLEASE SUBMIT YOUR REFLECTION ON AT LEAST ONE PAGE TYPED\*\*\***

## **SERVICE MINISTRY PROJECT**

The Sacrament of Confirmation is our call to serve the Church and community just as Jesus served the people around Him. Jesus' whole life was an example of service to others. *"I am among you as one who serves"* (Luke 22:27). When we help others, we are following Jesus' example, and we are living out the Sacramental Commitment of our Initiation into the Church - Baptism, Confirmation and Eucharist.

In preparation for the reception of the Sacrament of Confirmation each candidate is asked to assist in planning and participate in ***service ministry experiences***.

The service/ministry experience can be planned from a variety of activities from our parish community, local community or from personal experience ***and must be done during the time you work with this booklet.***

The following are suggestions for planning this activity:

### **PARISH ACTIVITIES**

- You may come up with your own ideas or join in those planned by the various Ministries of the parish, for example: Mercy Workers or Respite Nights.

### **LOCAL COMMUNITY**

- Boy / Girl Scouts: Are you involved in community service projects connected with scouting?
- School Clubs: Are there clubs you belong to through the school or in our local community that do service projects for or in the local community?
- Assisting elderly neighbors who may need help.

***\*\*\*\*For Faith Formation Students: you may use 4 "Challenge of the Week" service-oriented projects about which to write about.\*\*\*\****

Upon completion of each experience, write a reflection describing what the experience was about and how it strengthened your commitment in following the example of Jesus.

# BASICS

*The Candidate is required to know this material by heart!*

OUR FATHER  
HAIL MARY  
SEVEN SACRAMENTS

ACT OF CONTRITION  
APOSTLES' CREED  
THE TEN COMMANDMENTS

## HOLY WEEK:

- **Palm Sunday:** Jesus enters Jerusalem.
- **Spy Wednesday:** Judas Iscariot plans to betray Jesus for 30 pieces of silver.
- **Holy Thursday:** Jesus celebrates the Last Supper with His twelve Apostles.
- **Good Friday:** Jesus is tried and sentenced to die on the cross by Roman governor, Pontius Pilate. INRI is the charge: Jesus of Nazareth, King of the Jews.
- **Holy Saturday:** Jesus' Body is in the tomb, but His Spirit went to the realm of the dead to free the righteous souls who were awaiting redemption.
- **Easter Sunday:** Jesus rises from the dead (The Resurrection)
- **The Ascension:** 40 days after Easter, Jesus returns to Heaven.
- **Pentecost:** 50 days after Easter, the Holy Spirit descends upon the Apostles and the Blessed Mother as Jesus promised. This day is considered the birth of the Church.

## THE TWO books of the BIBLE:

**Old Testament:** Hebrew Scriptures

**New Testament:** Christian Scriptures

**The Old Testament** is the story of God's Covenant with His people (Jewish). The key event for the Jewish people, which revealed God's love for them, is

the **EXODUS** from their slavery in Egypt. In this story we find the Passover, the Red Sea, the giving of the Ten Commandments, Moses and the promise of a land flowing with milk and honey, which was to be their own- The Promised Land.

**The Old Testament** books are a collection of stories (as in Genesis 1-11), poetry, psalms, historical books (as in Chronicles, Samuel, and Kings), proverbs, prophetic books (as in Isaiah, Jeremiah) and apocalyptic books (as in Daniel).

**The New Testament** is the story of God dwelling in the flesh, Jesus, and the final action of God to reconcile humanity to Himself through Jesus' Life, Death and Resurrection (The Paschal Mystery).

**The New Testament** books are a collection of gospels (Matthew, Mark, Luke and John), epistles (letters written by St. Paul and other Apostles to various Christian communities), and historical accounts (Acts of the Apostles) and apocalyptic (Revelation) writings.

## **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;*

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

*I will attend Mass every Sunday and on all Holy Days of Obligation;*

*I will receive the Sacrament of Reconciliation before my Confirmation;*

*I will commit to daily prayer especially for growth in faith, hope and love;*

*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.*

**Candidate's Signature:** \_\_\_\_\_

**PRINT Candidate's Name:** \_\_\_\_\_