

Candidate's Name: _____ *Phone #:* _____

Catechist's Name: _____ *Room #:* _____

Level 2 - GRADE 8

WORKBOOK

ALIVE IN OUR FAITH



LIVING THE SACRAMENTAL COMMITMENT

Confirmation Preparation Process

Our Lady of Victory Parish, Floral Park, New York

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 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, 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 Our Lady of Victory 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 3:00 pm – 3:45 pm in the church.

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

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).***

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REVIEW of the WORKBOOKS

Your completed projects will be reviewed by your Catechist/Teacher on the date it is due. In order to move to the next level of the Confirmation preparation process, ***all*** projects must be completed and submitted to the Director of Religious Education no later than **April 4, 2017**.

NAME:

Teacher:

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) 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:

- **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.**
- **Present in the life of the candidate (either by living locally or by communicating regularly).**

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 confidante; 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 YOUR CONFIRMATION SPONSOR

In preparation for the reception of the Sacrament of Confirmation, you must finalize your choice of a sponsor.

STUDENT NAME: _____

SPONSOR NAME: _____

RELATIONSHIP: _____

SPONSOR'S PARISH: _____

If your sponsor is registered at Our Lady of Victory, please have them sign this statement:

I, _____ affirm that I am a practicing Catholic and attend Mass regularly. I accept the role of sponsor for _____. I promise to participate in this candidate's preparation, to continue living my Catholic faith, to be of support to this candidate, and to remember the candidate in my prayers.

Sponsor's Signature

If your sponsor is not from OLV, please have him/her complete the attached Testimony of Designated Sponsor sheet and have it signed from their home parish.

Teacher's name: _____

Name:

Teacher:

SPONSOR INTERVIEW

Interview your Sponsor and write a summary of it below.

Some suggestions for the interview:

- 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 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?

Name:

Teacher:

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?

Having reflected on the guidelines for readiness to receive the Sacrament now write a letter to the pastor requesting the sacrament. You can use the outline on the following page.

Name:

Teacher:

THE SACRAMENT OF CONFIRMATION

[DATE]

Reverend Thomas M. Fusco, Pastor
Our Lady of Victory Church
2 Floral Parkway
Floral Park, NY 11001

Dear Father Tom,

[Write your reasons for requesting the Sacrament. Who is Jesus Christ to you? Have you experienced God's presence in your life? 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.****

Name:

Teacher:

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 manifested to us in the Sacrament of Confirmation unleashes for us our God given talents and gifts, and 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 talents, gifts and skills! I'm sure you have many, for example:

Knowledge	Leadership	Generosity	Teaching
Encouragement	Music	Caring	Organization
Compassion	Sports	Dancing	Creative Writing
Patience	Reading	Kindness	Faith

and many, many more

This year let your service project be based on the gifts/talents God has given you. Previous service experience should help you to know where and how you can best serve God and the community while still enjoying yourself.

For example: Have you been blessed with gifts of caring, compassion and patience? Perhaps you, your family and friends would like to organize a visit to a Nursing Home. There you could share your *talents, gifts and skills* such as singing, dancing or playing a musical instrument, and bring joy and happiness to someone who may be lonely.

Perhaps you have an organizing or leadership *talent, gift and skill* that could allow you to organize a yard cleanup for an elderly person on your block, or an area of the community, etc.

Some of you volunteered many hours of your time at VBS this summer. Could you turn your love of Soccer, Football or Basketball etc. into an opportunity of sharing and giving to others?

Remember, no money needs to be involved in any of these projects, but in some cases it could become a donation to the St. Vincent DePaul Society.

Name:

Teacher:

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.

GIFTS AND TALENTS REFLECTION

2. *Upon completion of your project, write about it, telling exactly what you did and what talents, gifts and skills 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!*

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 Level 2/Grade 8, each candidate, with the help of his/her parent(s), must write a reflection on the Gospel/homily for three (3) Eucharistic celebrations—one in Ordinary Time (October and November), one in Advent, and one during the Christmas Season. *There are designated pages in this workbook for your reflection.*

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.

- 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 am Mass

Celebrant (Priest's Name): Father Tom

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.

What did you get out of the Gospel and Homily?

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?

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.

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.

How did Mass make you feel today?

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

MASS REFLECTION for a Sunday in Advent

Name:

Teacher:

Date:

Time:

Celebrant (Priest's Name):

Brief Summary of the Gospel:

What did you get out of the Gospel and Homily?

How did mass make you feel today?

MASS REFLECTION for the Christmas Season

Name:

Teacher:

Date:

Time:

Celebrant (Priest's Name):

Brief Summary of the Gospel:

What did you get out of the Gospel and Homily?

How did Mass make you feel today?

Name:

Teacher:

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/Awe

You have read about and discussed these gifts in class. Choose one to research further. Then write a reflection below on what this 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?

BASICS

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

OUR BISHOP'S NAME: Bishop William F. Murphy,
Bishop of Rockville Centre

OUR PASTOR'S NAME: Fr. Thomas Fusco

THE LITURGICAL SEASONS OF THE YEAR OF GRACE

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 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 Gloria, 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 colors 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 the joy of the season. Celebrations in this season: Ascension Thursday, *forty days after Easter and 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 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
2. Understanding
3. Knowledge
4. Right Judgment
5. Courage
6. Reverence
7. Wonder and Awe

THE FOUR MARKS OF THE CHURCH

One, Holy, Catholic, Apostolic

THE WORKS OF MERCY THE VIRTUES

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

Theological

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

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

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 Apostles 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 Mary's 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

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 in the Temple

SORROWFUL

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

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

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, our hope
To you do we cry, poor banished children of Eve;
to you do we send up our sighs,
mourning and weeping in this vale of tears.

Turn, then, most gracious advocate,
thyne 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 worth of the promises of your Son. Amen

