

Candidate's Name \_\_\_\_\_ Phone # \_\_\_\_\_  
Catechist's Name \_\_\_\_\_ Room # \_\_\_\_\_

## LEVEL 7 Workbook CALLED TO WITNESS



***Living the Sacramental Commitment  
Confirmation preparation process***



## **Level 7**

Dear Confirmation Candidates, Parents and Sponsors:

***May the grace and peace of God our Father,  
the Love of Jesus his Son  
and the communion of the Holy Spirit  
be with you on your journey.***

Welcome to the St. James Confirmation preparation process. Preparation for Confirmation is a process. Note that **process** is defined as an action going forward: perhaps in that spirit may substitute another word—**journey**. **Process or Journey** is a forward movement of a person that brings him/her closer to their destiny, their goal. The *Catechism of the Catholic Church* (1309) explains that the preparation for Confirmation “should aim at leading the Christian toward a more intimate union with Christ and a more lively familiarity with the Holy Spirit.”

The concept or **Process or Journey** is a powerful one for people of faith because the act of process, the very journey in and of itself, becomes our point of encounter with God. In truth, Process or Journey offers us new experiences, teaches us new insights, and introduces us to new people that bring us closer to God and His Church through study and practice of the Catholic faith.

*“Through the sacrament of Confirmation, those who have been born  
anew in Baptism receive the inexpressible Gift, the Holy Spirit,  
by which they are endowed. . . with special strength. . .  
Moreover, having received the character of the sacrament,  
they are bound more intimately to the Church and they  
are more strictly obliged to spread and defend the  
faith both by word and by deed as  
true witnesses of Christ.”  
~Rite of Confirmation*

***As every journey involves planning and mapping out of the course, we would like to suggest a spiritual pre-planning activity. Would you, the Confirmation candidate, with your family and/or sponsor, read the following Scripture passages:***

***From the book of Genesis, Chapter 12 verses 1-9, the calling of Abram.***

***From the Gospel of John, Chapter 1 verses 35-42, the calling of the first disciples.***

You are embarking on something bold! So, before you begin, take the time to pray and reflect upon the process, the journey, that you are about to undertake. Ask the Holy Spirit to be your guide and strength throughout the process.

On a practical point, these workbooks will be your guide to understanding the life commitment you make to the Church in the reception of the Sacrament of Confirmation. They will help you to expand your knowledge and understanding of faith in God. They will also give you the opportunity to put into practice all that you have learned on your journey.

Your workbook will be checked during the year. This will assist us in monitoring your work as well as giving you an opportunity to show your interest in deepening your commitment. These workbooks 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.

A handwritten signature in cursive script, reading "Louise DiCarlo".

Director of Faith Formation

# ***LIVING THE SACRAMENTAL COMMITMENT***

## ***LEVEL 7***

### ***Confirmation Preparation Process***

#### ***Guidelines and Expectations***

Each Confirmation candidate enrolled in our parish Confirmation Preparation Process will receive the following workbooks:

**Level 7: CALLED TO WITNESS**

**Level 8: ALIVE IN OUR FAITH**

The workbooks are designed to complement the candidate's weekly instruction as presented by his/her catechist. Therefore, the workbook ***CALLED TO WITNESS*** will be presented to the Confirmation candidate in the fall as he/she enters the preparation process. The workbook ***ALIVE IN OUR FAITH*** will be offered to the candidate upon completion of the ***CALLED TO WITNESS*** workbook.

The format of these workbooks consists of various projects, to be completed at the candidate's own pace. The projects can be done in any order, although certain projects will have specific dates and/or time frames designated to them.

Each project is explained in detail throughout the workbook. Read through it all and plan out your journey. During the year you will be asked to hand in your workbook for review by your catechist. He/she will go through your workbook and mark off your completed projects and return the workbook to you. Please see pages 4 and 5 for review dates and project schedule.

It is our hope that candidates, their parents and their sponsor will work together on projects contained in these workbooks.

## **THE SACRAMENT OF RECONCILIATION**

The Sacrament of Reconciliation (Penance) 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 (Confession)**

**Every** Saturday afternoon 4:00-4:45 p.m. in the back of the church **OR** in the Rectory upon request **as well as** the other occasions during the year when the parish offers special times to celebrate this sacrament. (For example during Advent and Lent.)

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 also **presumed to be regularly attending and participating in the Sunday gathering of the disciples—the Eucharist (Mass)**.

**Project #5 will be an Afternoon Prayer Service on the theme of Reconciliation that will include the opportunity for the Level 7 candidates to receive the sacrament of Reconciliation.**

### **REVIEW OF WORKBOOKS**

**To be reviewed by the Candidate's Catechist throughout the year and handed in to the Director of Faith Formation at the end of the first year.**

**For: Level 7**

**Dates to be handed in for review:**      December 2017  
February 2018  
April 2018

In order to move to the next level of the Confirmation preparation process, all workbooks must be completed and submitted/mailed to the Director of the Faith Formation Program no later than **June 1, 2018**.

## **Level 7 Table of Contents**

### ***Projects***

### ***To be completed by:***

<input type="checkbox"/>	#1	Your Baptism History	December
<input type="checkbox"/>	#2	Baptism workshop/Attend a baptism	January
<input type="checkbox"/>	#3	Reflections on our Patron Saint	February
<input type="checkbox"/>	#4	Prayer Experience	Any review date
<input type="checkbox"/>	#5	Reconciliation Reflection	April
<input type="checkbox"/>	#6	Service / Ministry	April
<input type="checkbox"/>	#7	Reflections on Eucharist	Every review
<input type="checkbox"/>	#8	Confirmation Sponsor	April review
<input type="checkbox"/>	#9	Ministry Team Interview	April review

# **Project #1**

## **Baptism**

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," "entrance into the community of faith."

The gift of faith comes to you from God through the Church and the community of believers, 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 help you to understand this gift by their lived example, so that one day you would be able to accept it 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.

Ask your parents to tell you about the day you were baptized. What were their hopes and dreams for you in faith?

Ask for a copy of your baptismal certificate and fill in all of the following information:

**BAPTISMAL NAME** \_\_\_\_\_

**CHURCH OF BAPTISM** \_\_\_\_\_

**DATE OF BAPTISM** \_\_\_\_\_

**PRIEST OR DEACON** \_\_\_\_\_

**SPONSORS/GODPARENTS** \_\_\_\_\_

- 1. Ask your parents to write a letter to you** stating how they will continue their promise, made at your baptism, to help you grow in faith and in love of God. **(Attach it to the next page)**
- 2. Ask one of your godparents to write a brief note** to you about how they feel about being your godparent. **(Attach it to the next page)**
- 3. 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 on the next page.**



***Staple all your letters to this page***

***About my Baptismal name:***

*(Write about your family member's or the saint's virtues and character traits)*





## **Project #4 Prayer/Devotion experience**

*In preparation for the reception of Confirmation, each candidate should strive to deepen his/her own faith, develop his/her own prayer life and participate in the communal prayer services of the parish community.*

*In this stage of the Confirmation Preparation process (Level 7), the candidate is required to attend ONE of the following*

### **◆PARISH PRAYER EXPERIENCES**

**◆Recitation of evening prayer: (Check the bulletin):**

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**◆Advent or Lent Evening Prayer:** \_\_\_\_\_

**◆Holy Hour with Adoration of the Blessed Sacrament (First Friday of the Month 8 to 9pm in Church):**

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**◆Stations of the Cross:** \_\_\_\_\_

**◆Teen Stations of the Cross:** \_\_\_\_\_

*The candidate is asked to write a reflection on the particular Prayer Experience he/she attended*



**Project #5**  
**Prayer Service on the theme of**

**The Sacrament of Reconciliation** (Penance) 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. Although many young people struggle with this sacrament because they do not understand it, it is important for all Catholics to participate 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.

Each Confirmation candidate is **strongly encouraged** to celebrate this great sacrament of God's healing forgiveness and love often during the course of his/her journey.

**RECONCILIATION**

Each candidate is **required to attend** the sacrament at least once during his or her Level 7 year.

**Thoughts, impressions, comments about the evening:**

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## **Project #6**

### **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) He said. Thus, when we help others, we are following Jesus' example and are *Living out the Sacramental Commitment of our Initiation into Jesus—Baptism, Confirmation and Eucharist*.

In preparation for the reception of the Sacrament of Confirmation each candidate is asked to plan and participate in a service/ministry project consisting of at least 20 hours, 10 of which must be for the church.

The service/ministry project can be planned from a variety of activities from our parish community, local community or from a personal experience and ***must be done during the time you work with this workbook. You may not use hours you did in previous years.***

The following are suggestions for planning this activity:

#### **◆SOUP KITCHEN**

- help set up
- run a food drive to replenish the pantry

#### **◆ALTAR SERVERS**

- be an active participant in this ministry

#### **◆TEEN READERS FOR CHILDREN'S LITURGY OF THE WORD**

- be an active participant in this ministry

#### **◆YOUTH CHOIR/INSTRUMENTALIST**

- be an active participant in this ministry

#### **◆RELIGIOUS EDUCATION/FAITH FORMATION**

- be a catechist's aide

#### **◆PARISH FACILITIES**

- plan a day to work around the parish property, cleaning up the grounds, gardening, etc. (You could gather a group of friends & parents to work with you)

#### **◆OTHER ACTIVITIES**

- ◆- You may come up with your own ideas or join in those planned by various parish ministries (Parish Social Ministry, Blood Drives, etc.)





## **PROJECT #7**

### ***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 (priest) 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 (4) Sunday Masses during the year:***

- ◆ ***(1) Mass during Advent***
- ◆ ***Christmas Mass***
- ◆ ***(1) Mass during Lent***
- ◆ ***Easter Mass***

**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. ***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 6 Epiphany

Time: 9:30 Mass

Celebrant (Priest's Name): \_\_\_\_\_

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

### ***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.***

#### ***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 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?*

*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.*

*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.*









## **PROJECT #8 CONFIRMATION SPONSOR**

*The final choice of a sponsor for Confirmation will take place in Project #1 of the Level 8 Workbook*

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 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**
- ◆ **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 him/her an opportunity to join you during this journey, rather than just having him/her "check up" on you about fulfilling your obligations.

It is our hope that when you choose a sponsor for Confirmation you will look to 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.

**FOR NOW** - we would only ask you to consider two or three people you would consider asking to be your sponsor. Who are they? What is special about them that you would consider asking them to be your sponsor? On the next page, please write about your choices.

## **WHOM MIGHT YOU CHOOSE AS YOUR SPONSOR**

NAME: \_\_\_\_\_ RELATION: \_\_\_\_\_

CHARACTERISTICS: \_\_\_\_\_

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WHY WOULD YOU CHOOSE THEM: \_\_\_\_\_

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NAME: \_\_\_\_\_ RELATION: \_\_\_\_\_

CHARACTERISTICS: \_\_\_\_\_

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WHY WOULD YOU CHOOSE THEM: \_\_\_\_\_

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NAME: \_\_\_\_\_ RELATION: \_\_\_\_\_

CHARACTERISTICS: \_\_\_\_\_

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WHY WOULD YOU CHOOSE THEM: \_\_\_\_\_

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## ***Project #9*** ***Ministry team interview***

The Sacrament of Confirmation is the final initiation for each candidate into the Catholic Church. Being fully initiated means becoming involved in the community of faith.

As an opportunity to become more aware of the ministries within the parish each candidate is asked to interview one of the ***Ministry Team members*** from the list below:

Priests	Deacons	Knights of Columbus	Respect Life
Peace & Justice	Nocturnal Adoration	Adult Choir	
Junior Choir	Youth Ensemble	Youth Mass Liturgical Ministers	
Ministers of Consolation	Bereavement Ministry		
Wedding Ministry	Rosary Altar Society	Rosary Makers	
Recitation of Evening Prayer	Men's Breakfast	Religious Education	
Sacred Steps Book Club	Ministers of Hospitality		
Extraordinary Ministers of the Eucharist	Readers	Ushers	
Informed & Involved Catholics for Freedom of Religion			

### ***Here are some suggestions for the interview:***

- ◆Ask how they involved in their ministry
- ◆As what their ministry is all about
- ◆Find out what is exciting about their ministry
- ◆Ask them about how they feel their ministry is a sign of their Confirmation
- ◆Create at least four (4) of your own questions to ask during the interview

*The Ministry Team member may have a few questions to ask you during this time, so don't be surprised if they ask you a question or two!*

**Please write a summary of your interview on the following page**



# **BASICS**

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

## **SIGN OF THE CROSS**

In the name of the Father, and of the Son, and of the Holy Spirit. Amen

## **OUR FATHER**

Our Father, who art in heaven, hallowed be thy name. Thy kingdom come, thy will be done, on earth, as it is in heaven. Give us this day our daily bread and forgive us our trespasses, as we forgive those who trespass against us. And lead us not into temptation, but deliver us from evil. Amen.

## **HAIL MARY**

Hail Mary, full of grace, The Lord is with you. Blessed are you among women, and blessed is the fruit of your womb, Jesus. Holy Mary, mother of God, pray for us sinners, now and at the hour of our death. Amen.

## **GLORY**

Glory to the Father, and to the Son, and to the Holy Spirit, as it was in the beginning is now, and will be forever. Amen

## **ACT OF CONTRITION**

My God, I am sorry for my sins with all my heart. In choosing to do wrong and failing to do good, I have sinned against you whom I should love above all things. I firmly intend, with your help, to do penance, to sin no more, and to avoid whatever leads me to sin.

## **HOLY WEEK**

- Palm Sunday                      Jesus enters Jerusalem
- Spy Wednesday                 Judas Iscariot makes arrangements to betray Jesus for 30 pieces of silver
- Holy Thursday                    Jesus celebrates the last supper with the twelve apostles
- Good Friday                        Jesus is tried and condemned to die upon the cross by the Roman Governor, Pontius Pilate, as a criminal. INRI is the charge: Jesus of Nazareth, King of the Jews
- Holy Saturday                     Jesus is in the tomb
- Easter Sunday                     Jesus rises from the dead
- Ascension Thursday             40 days after Easter, day Jesus ascended into heaven
- Pentecost                            50 days after Easter, the sending of the Holy Spirit upon the Apostles as Jesus promised. The empowerment of the Church to give witness to Jesus as Lord

## **THE PROFESSION OF FAITH      (THE NICENE CREED)**

I believe in one God, the Father almighty,  
maker of heaven and earth, of all things visible and invisible.  
I believe in one Lord Jesus Christ, the Only Begotten Son of God,  
born of the Father before all ages.  
God from God, Light from Light, true God from true God,  
begotten, not made, consubstantial with the Father;  
through him all things were made.  
For us men and for our salvation he came down from heaven,  
and by the Holy Spirit was incarnate of the Virgin Mary, and became man.  
For our sake he was crucified under Pontius Pilate,  
he suffered death and was buried,  
and rose again on the third day  
in accordance with the Scriptures.  
He ascended into heaven and is seated at the right hand of the Father.  
He will come again in glory to judge the living and the dead  
and his kingdom will have no end.

I believe in the Holy Spirit, the Lord, the giver of life,  
who proceeds from the Father and the Son,  
who with the Father and the Son is adored and glorified,  
who has spoken through the prophets.

I believe in one, holy, catholic and apostolic Church.  
I confess one Baptism for the forgiveness of sins  
and I look forward to the resurrection of the dead  
and the life of the world to come. Amen.

## **THE APOSTLES' CREED**

**I believe in God**, the Father Almighty, Creator of heaven and earth;  
and in Jesus Christ, His only Son Our Lord,  
Who was conceived by the Holy Spirit, born of the Virgin Mary,  
suffered under Pontius Pilate, was crucified, died, and was buried.  
He descended into Hell; on the third day He rose again from the dead;  
He ascended into Heaven, and seated at the right hand of God, the Father  
almighty; from there He will come to judge the living and the dead.  
I believe in the Holy Spirit, the holy Catholic Church, the communion  
of saints, the forgiveness of sins, the resurrection of the body and life  
everlasting.  
Amen.

## THE TWO 'SECTIONS' of the BIBLE

Old Testament: Hebrew (Jewish) Scriptures

New Testament: Christian Scriptures

**The Bible is a "Library" of books:** 73 in all: 46 in the Old Testament and 27 in the New Testament.

**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 MYTHS (stories as in Genesis 1-11), Poetry, Psalms, historical books as in Chronicles, Samuel, Kings), Proverbs, Prophetic books (as in Isaiah, Jeremiah) and the 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, epistles (letters written by St. Paul to various Christian communities, historical (Acts of the Apostles) and apocalyptic (Revelation).

### THE FOUR EVANGELISTS (writers of the Gospels)

Matthew, Mark, Luke and John

### THE ORDER the GOSPLES WERE WRITTEN

Matthew, Mark/Luke and John

### THE SEVEN SACRAMENTS

Initiation (3): Baptism, Confirmation, Eucharist

Healing (2): Reconciliation, Sacrament of the Sick

Service (2): Holy Orders, Marriage

Reconciliation is also known as Penance and/or Confession

Eucharist—A Greek word meaning thanksgiving it is used as the proper word for The ritual action we more commonly call the Mass (which is itself a Latin word Taken from the last action in the Eucharist—the blessing and dismissal; in Latin called mission). The *Eucharist* is the Christian Passover—life in and through the Blood of Christ and His sacrifice upon the Cross.

## **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;*

*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.*

Candidates 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 \_\_\_\_\_