



ST. MONICA  
CATHOLIC CHURCH

## *Confirmation Parent Booklet 2016-2017*

*"But you will receive power when the holy Spirit comes upon you,  
and you will be my witnesses in Jerusalem, throughout Judea and  
Samaria, and to the ends of the earth."*

*Acts 1:8*



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# Overview Of Confirmation

## What is Confirmation?

Confirmation is the sacrament instituted by Christ in promising to send the Holy Spirit (Jn 14:15-21) and attested to in the early Church (Acts 8:19), in which the Bishop or priest appointed by him invokes the gift of the Holy Spirit upon a baptized person and anoints them with holy chrism; the effect of which is the increase and strengthening of the grace the person received at their baptism.

## What are the effects of the Sacrament of Confirmation?

- It roots us more deeply in our identity as true sons and daughters of God our Father.
- It unites us more firmly to Christ
- It increases the gifts of the Holy Spirit (wisdom, understanding, knowledge, courage, right judgment, piety, & wonder and awe of the Lord) in our hearts.
- It binds us more perfectly to the Church which is Christ's Body.
- It gives us a special strength of the Holy Spirit to spread and defend the faith in word and action as true witnesses of Christ, to confess the name of Christ boldly, and never to be ashamed of the Cross.

Catechism of the Catholic Church #1303

## Why do we prepare for Confirmation like this?

*“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—his actions, his gifts, and his biddings—in order to be more capable of assuming the apostolic responsibilities of Christian life. To this end catechesis for Confirmation should strive to awaken a sense of belonging to the Church of Jesus Christ, the universal Church as well as the parish community. The latter bears special responsibility for the preparation of confirmands.”*

Catechism of the Catholic Church #1309

All the elements of our confirmation program are intended to be means through which our students are led “toward a more intimate union with Christ and a more lively familiarity with the Holy Spirit” so that they may be “more capable of assuming the apostolic responsibilities of Christian life.”

Service projects, retreats, prayer & devotional practices, attending Mass every week; all of these things are asked of our students with the above goal in mind, because it is through these channels that we grow closer to God who transforms us into saints!

# Overview of Program Requirements

## **What must be done right away?**

- Registration for the Confirmation Shift Conference (Retreat) by going online to St. Monica's website by clicking on Youth and Young Adults.

## **What events and programs should parents and/or students attend?**

- All parents are encouraged to attend 5 parent Faith Formation opportunities offered throughout the academic year. Calendar will be sent out via email at the end of the summer.
- 8th Grade Confirmation Shift Conference — *August 26, 27, 28 at Sky Ranch, Van TX*
- Confirmation Sponsor & Candidate Retreat — *February 11 at 9 a.m. Sabine Creek Ranch in Royse City, Texas*
- Confirmation Rehearsal — *March 23, 2017 at 6:30 p.m. in the D-Wing & Church*
- Confirmation Mass— *March 25, 2017 at 2 p.m.*

## **What projects and activities must I work on throughout the year?**

- Saint Project
- Spiritual Practices & Devotions
- Christian Acts of Service
- Weekly Mass Attendance
- Reconciliation (ongoing and prior to receiving Confirmation)

## **What must be turned in to my religion teacher?**

- Letter To The Bishop requesting to receive Confirmation
- Completed Confirmation record booklet
- Saint Project
- Service Reflection
- Spiritual Practices and Devotions
- Sponsor Form

*\*Confirmation teacher will announce due dates in class.*

## **What must be turned into the Parish office?**

- Confirmation Fee—*\$175 (Fee covers the costs of the Conference, speakers, reception, and supplies). Fee is due August 1, 2016.*

## *Expectations of Youth*

Part of the purpose of Confirmation preparation is to prepare youth to “be more capable of assuming the apostolic responsibilities of Christian life.” (Catechism of the Catholic Church #1309) Therefore, the youth participating in this program should strive to fulfill certain expectations asked of them to better enable them to assume the responsibilities associated with living out their faith.

### **Youth are expected to...**

- **PRAY DAILY.** Without seeking to be close to God in prayer, much of the other things expected of our youth will make little difference in the end. Pray for the Gifts of the Holy Spirit (wisdom, knowledge, understanding, courage, right judgment, reverence, and fear of the Lord) to help you as you prepare for Confirmation and live out your life as a Catholic Christian.
- **ATTEND MASS WEEKLY.** The celebration of the Eucharist is the center of our lives as Catholic Christians because that is where we encounter Jesus in a way that is unlike any other. It is critical that we attend Mass on Sundays to worship God and honor his commandment to “keep holy the Sabbath.”
- **ATTEND CLASS ON A REGULAR BASIS,** either through the Religious Education program on Wednesday evenings, religion classes at St. Monica School, or through a home study program. You are expected to attend class regularly.
- **ATTEND CONFIRMATION RETREAT.** A retreat can be a life changing experience and all youth are expected to attend a Retreat prior to being Confirmed. St. Monica School’s retreat will be held at the Pines Catholic Camp.
- **TAKE RESPONSIBILITY FOR COMPLETING ALL REQUIREMENTS OUTLINED IN THIS BOOKLET.** It is your responsibility to find a sponsor, complete and present their saint projects, seek out and participate in the Works of Mercy (service), write your letter to the bishop, regularly participate in Catholic spiritual practices and devotions, and complete your *Confirmation Record Booklet*.
- **GO TO CONFESSION BEFORE CONFIRMATION.**
- **ATTEND CONFIRMATION PRACTICE** with your sponsor in order to properly prepare for the Confirmation ceremony the following day.
- **ATTEND CONFIRMATION**

## *Expectations of Parents*

As parents, it is a great honor, privilege and responsibility to be entrusted by God with the souls of your children. Our Church teaches that the education of children in the faith by parents “happens when family members help one another to grow in faith by the witness of a Christian life in keeping with the Gospel” and that “family catechism precedes, accompanies, and enriches other forms of instruction in the faith” (Catechism #2226).

To this end therefore, we encourage all parents to view this time of Confirmation preparation as an opportunity to develop and strengthen their role as the primary educators and spiritual leaders of their children. Thus, we ask and encourage you as parents to commit yourselves to the following expectations for the benefit and support of your own spiritual life as well as that of your child(ren).

### **Parents are expected to...**

- **PRAY DAILY.** Without seeking to be close to God in prayer, much of the things we may do as parents will make little difference in the end. Pray for the Gifts of the Holy Spirit (wisdom, knowledge, understanding, courage, right judgment, reverence, and fear of the Lord) to help you aid your child in their faith journey as they seek to grow closer to the Lord.
- **ATTEND MASS WEEKLY.** Worshiping the Lord together is so important to the life of a family. The family is the “domestic church” and a “center of living and vibrant faith” (Catechism #1656). Please attend Mass on Sundays to pray for your family, yourselves as parents, and your children.
- **ATTEND CONFIRMATION ORIENTATION MEETING** In order to help your child(ren) through this preparation process, it is important that you are well informed about the program and the theology of Confirmation.
- **ATTEND AT LEAST 5 PARENT FAITH FORMATION OPPORTUNITIES THROUGHOUT THE YEAR AT ST. MONICA** One the next page is a list of parent faith formation opportunities that will be offered throughout the year.
- **HELP YOUR CHILD(REN) ON THIS JOURNEY.** Most of the requirements of this Confirmation program can be fulfilled by the youth if they take the responsibility and initiative. But sometimes they may need a reminder, some help, or guidance. Help them to remember to pray by praying with them. Help them to serve by serving with them. Help them to get to Mass by going with them.

# *Saint Project & Presentation*

## **What is the requirement for the Saint Project?**

You should research and choose a saint to be your patron who you can connect with and whose name will be used for you at Confirmation. You should then create a project in order to learn about and teach others about your chosen saint. This project can be a written report, Power Point presentation, short film, poster or display board, costume w/ monologue, or some other creative project. You will then present your saint project in class and to elementary school children. Lastly, you should fill out the Saint Profile in your Confirmation Record Booklet.

## **Why must I choose a Saint for Confirmation?**

One of the traditional practices at the time of Confirmation within the Church in the United States is to choose a saint to be one's patron and spiritual role model. All candidates should research and choose a saint with whom they have a connection. This saint should become someone you can learn about, ask for their prayers and intercession, and strive to emulate as a fellow member of the Body of Christ. You will put together a project of your choosing where you will be able to learn about and teach others about your saint which you will present to the parish community in November.

## **What information should be covered in my project?**

Each project should incorporate and answer the following questions in some way:

1. What is your saint's name?
2. When is their feast day?
3. Give a brief summary of their life.
4. What are some things they are well known for?
5. How/why did they become a saint?
6. What things are they the patron saint of?
7. What traditions or practices are associated with this saint?
8. Why is this saint important to Catholics?
9. Why did you choose this saint?
10. How do you hope to be more like your saint?

## **Saint Profile**

Once you have completed and presented your saint project, you are to fill out your Saint Profile in your Confirmation Record Booklet. Your Confirmation Record Booklet should be turned into the Confirmation teacher when she announces the due date.

# *Saint Project & Presentation*

## **Internet Resources for Choosing a Saint**

Use these websites to help you with choosing your saint and completing your project. We suggest thinking about something you're interested in or care about deeply and looking for a saint associated with that thing or activity.

- <http://saints.sqpn.com>
- [http://www.scborromeo.org/patron\\_s.htm](http://www.scborromeo.org/patron_s.htm)
- <http://catholic.org/saints>
- <http://www.ewtn.com/saintsHoly/>
- <http://www.saintwiki.com>
- <http://www.americancatholic.org/Features/Saints/patrons.aspx>
- [http://en.wikipedia.org/wiki/Patron\\_saints\\_of\\_occupations\\_and\\_activities](http://en.wikipedia.org/wiki/Patron_saints_of_occupations_and_activities)
- [http://en.wikipedia.org/wiki/List\\_of\\_Catholic\\_saints](http://en.wikipedia.org/wiki/List_of_Catholic_saints)
- <http://www.theworkofgod.org/Saints/>
- <http://www.jesus-passion.com/Saints.htm>
- <http://www.ourcatholicfaith.org/patronsaints.html>
- <https://www.facebook.com/CatholicSaintsPage>

## **What else do I need to know?**

- After Saint Project is done, students should fill out the Saint Profile in their Record Booklet.
- The name of the Saint you choose will be the name used for you at Confirmation.
- Any form of the name of Jesus or a title associated with him (such as *El Niño de Atchoa*) is considered inappropriate.
- Girls may choose a male Saint and vice versa.

# *Spiritual Practices & Devotions*

## **What is the requirement for spiritual practices & devotions?**

Using the chart provided in your Confirmation Record Booklet, *strive* to do at least 1 spiritual practice or devotion per day either individually or as a family and keep track of how many and which ones you do by utilizing that chart.

## **Why am I asked to participate in spiritual practices and devotions?**

**“The objectives for Confirmation preparation begin with a commitment to prayer, community involvement, and a search for deeper faith through continuing study and reflection.”**

### **Diocese of Dallas, Catechetical Policies**

This is accomplished through regular religious education classes and retreat experiences, but also through individual, family, and community experiences of prayer and living our Catholic Faith.

Therefore, during this time of preparation, you are encouraged to seek out and participate in both new and familiar spiritual devotions and practices to help you develop your spiritual life and relationship with God.

## **How do I keep track of this?**

In your Confirmation Preparation Record Booklet you will find a chart listing many common spiritual practices and devotions. Use this chart as a means of keeping track of your participation and spiritual growth throughout the year. Every time you participate in one of the listed activities, mark off a box in that row. By the end of the preparation process, you will have a visual representation of your spiritual growth and, hopefully will have discovered some new forms of prayer that you enjoy and will continue to practice regularly.

## **How many do I have to do?**

The simple answer: Enough to grow closer to God. And since we can *always* be closer to God than we currently are, this should be something you do on an ongoing basis, both now and for the rest of your life. **Maybe set a goal to try everything on the list at least once.** Find out which ones really help you feel closer to God and do those as often as you can.

# *Spiritual Practices & Devotions*

## **How will I be held accountable for doing these?**

During your classes at the church or school, you will be given time to share with your friends how these experiences have had an affect on your life, which ones you have particularly enjoyed, and how you have grown closer to God as a result. So be prepared to share! We also encourage you to do these together as a family and hold one another accountable for growing in holiness at home.

## **Spiritual Practices & Devotion Reflection**

As you engaged in spiritual practices and devotions, be sure to fill out the Spiritual Practices & Devotion Reflection in your Confirmation Record Booklet.

## **Great Resources for growing in your faith!**

On the following pages, you will find some instructions for some of the more common Catholic spiritual practices and devotions to help you if you have never done those before.

Also, below we have provided you with a list of online resources focusing on prayer, spiritual practices, and growing in your faith. Use them on your computer at home or your smart phone while on the go! We've even included links to several useful Catholic apps.

- *Daily Scripture*: <http://www.ucatholic.com/category/readings/>
- *Daily Catechism*: <http://www.ucatholic.com/category/catechism/>
- *Saint of the Day*: <http://www.ucatholic.com/category/saints/>
- *Daily Inspiration*: <http://goo.gl/INo3d> (Holy Spirit Interactive)
- *Tweets from the Pope*: <https://twitter.com/Pontifex>
- *Catholic Teen Resources*: <http://www.lifeteen.com>
- *Stations of the Cross Online*: <http://www.ewtn.com/devotionals/stations/face.htm>
- *Divine Mercy App for Apple Devices*: <http://goo.gl/aSvM5> (I-Tunes)
- *Mary App for Apple Devices*: <http://goo.gl/wblx0> (I-Tunes)
- *Catholic Prayers*: <http://www.catholic.org/prayers/>
- *Catholic Devotions*: [http://www.ewtn.com/Devotionals/prayer\\_saint.htm](http://www.ewtn.com/Devotionals/prayer_saint.htm)
- *The Bible Online*: [http://www.vatican.va/archive/ENG0839/\\_INDEX.HTM](http://www.vatican.va/archive/ENG0839/_INDEX.HTM)
- *Modern Catholic Music*: <http://www.spiritandsong.com/>
- *Confession Preparation App for Apple Devices*: <http://goo.gl/uMkds> (I-Tunes)
- *Creative Acts of Penance*: <http://lifeteen.com/weird-lent-ideas-that-will-make-you-holier/>

# The Divine Mercy Chaplet

## 1. Using regular rosary beads, start with the Sign Of The Cross:

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

## 2. On the first single bead say the Opening Prayer:

You expired, Jesus, but the source of life gushed forth for souls, and the ocean of mercy opened up for the whole world. O Fount of Life, unfathomable Divine Mercy, envelop the whole world and empty Yourself out upon us.

O Blood and Water, which gushed forth from the Heart of Jesus as a fountain of Mercy for us, I trust in You!  
(repeat this sentence 3x)

## 3, 4, 5. On the next group of three beads, say the Our Father at the first bead, the Hail Mary on the second, and Apostles' Creed on the third.

**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 thee. Blessed are thou among women and blessed is the fruit of thy womb Jesus. Holy Mary Mother of God, pray for us sinners now and at the hour of our death. 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; the third day he rose again from the dead; he ascended into heaven and is seated at the right hand of the Father; from thence he shall 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.

## 6. For every subsequent single bead pray the "Eternal Father" Prayer:

Eternal Father, I offer you the Body and Blood, Soul and Divinity of Your Dearly Beloved Son, Our Lord, Jesus Christ, in atonement for our sins and those of the whole world.

## 7. On every bead in the groups of 10, pray the "Sorrowful Passion" Prayer:

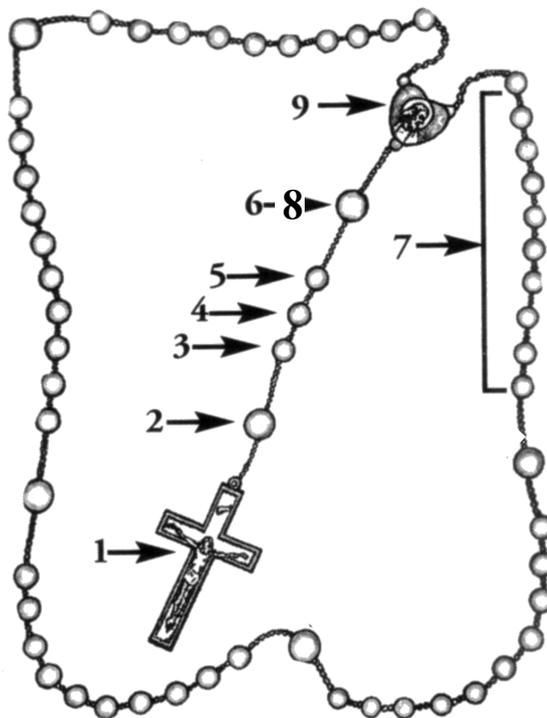
For the sake of His sorrowful Passion, have mercy on us and on the whole world.

## 8. Once you've gone around the whole ring of beads pray the "Holy God" Prayer three times and then the Closing Prayer.

Holy God, Holy Mighty One, Holy Immortal One, have mercy on us and on the whole world.

### Closing Prayer

Eternal God, in whom mercy is endless and the treasury of compassion — inexhaustible, look kindly upon us and increase Your mercy in us, that in difficult moments we might not despair nor become despondent, but with great confidence submit ourselves to Your holy will, which is Love and Mercy itself. Amen.



# The Rosary

## 1. Using regular rosary beads, start with the Sign Of The Cross and pray the Apostles' Creed

See previous page for prayer.

## 2. On the first single bead say the Our Father:

See previous page for prayer.

## 3. On the next three beads, pray the Hail Mary on each for an increase in Faith, Hope, and Love.

See previous page for prayer.

## 4. Between the set of three and the next single bead, pray the Glory Be and the Fatima Prayer.

Glory Be: Glory be to the Father and to the Son and to the Holy Spirit, as it was in the beginning, is now and ever shall be, world without end. Amen.

Fatima Prayer: O My Jesus, forgive us our sins, save us from the fires of hell, lead all souls to heaven, especially those in most need of Thy mercy.

## 5. Announce the First Mystery to me meditated on during the next set of 10 beads and pray the Our Father.

## 6. Pray a Hail Mary on each bead in the set of ten while meditating on the Mystery.

## 7. Pray the Glory Be and the Fatima Prayer.

## 8. Announce the next Mystery, pray the Our Father and continue as before.

## 9. Conclude by praying the Hail Holy Queen and Closing Prayer.

Hail, holy Queen, mother of mercy, our life, our sweetness, and our hope. To thee do we cry, poor banished children of Eve. To thee do we send up our sighs mourning and weeping in this valley of tears. Turn then, most gracious advocate, thine eyes of mercy toward us, and after this our exile show us the blessed fruit of thy womb, Jesus. O clement, O loving, O sweet Virgin Mary.

V. Pray for us, O Holy Mother of God

R. That we may be made worthy of the promises of Christ.

Let us pray. O God, whose only begotten Son, by His life, death, and resurrection, has purchased for us the rewards of eternal salvation. Grant, we beseech Thee, that while meditating on these mysteries of the most holy Rosary of the Blessed Virgin Mary, that we may both imitate what they contain and obtain what they promise, through Christ our Lord. Amen.

### The Joyful Mysteries

1. The Annunciation
2. The Visitation
3. The Nativity
4. The Presentation
5. The Finding of Jesus in the

### The Mysteries of Light

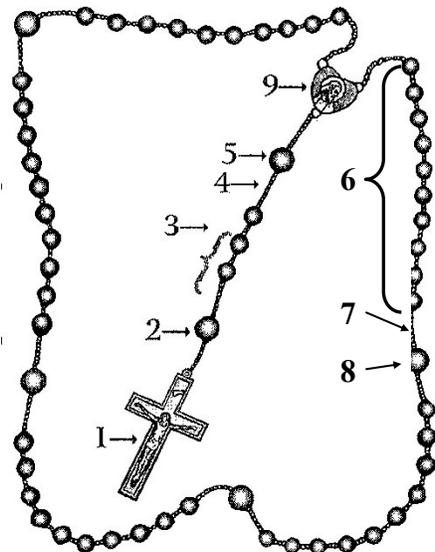
1. The Baptism of Jesus in the River Jordan
2. The Wedding Feast at Cana
3. The Proclamation of the Kingdom of God
4. The Transfiguration of Jesus
5. The Institution of the Eucharist

### The Sorrowful Mysteries

1. The Agony in the Garden
2. The Scourging at the Pillar
3. The Crowning With Thorns
4. The Carrying of the Cross
5. The Crucifixion

### The Glorious Mysteries

1. The Resurrection
2. The Ascension
3. The Coming of the Holy Spirit
4. The Assumption of Mary
5. The Coronation of Mary



# Christian Service

## What are the service requirements?

Perform *at least* 3 Corporal Works of Mercy and 3 Spiritual Works of Mercy that benefit individuals who are truly in need of that service and then fill in a reflection sheet in your Confirmation Record Booklet for each Work of Mercy you perform.

## Why should I do service during Confirmation prep?

The Catechism of the Catholic Church states that preparation for Confirmation should help enable a Christian to assume the apostolic responsibilities of the Christian life (CCC #1309). Further, it is the Church's responsibility to discern whether or not a person is responsive to God's grace and suitably prepared to receive Confirmation by looking for signs in that person's life; one of which is manifested by our acts of charity and serving those in need.

## How are these service expectations different?

These service expectations are different because 1) you're not counting hours and 2) the service you perform must help someone in need by fulfilling one of the Works of Mercy. Christian service is about deliberate moments of compassion performed out of love for those who are in *real need*. In this way we encounter Christ in those whom we serve and bring the love of Christ to them through our actions. For this reason, each act of service you perform should fall under one of the Corporal or Spiritual Works of Mercy in some way. Volunteering to pick up trash at a local park is nice and should be done, but it's not a Work of Mercy. On the other hand, taking time to sit and visit with an elderly neighbor who may be lonely would definitely qualify!

The Works of Mercy are things that we should naturally do as Christians. This is meant to help you recognize and reflect, and act upon those things in your life.

## What are the Works of Mercy?

### ***Corporal Works of Mercy***

Feed the hungry  
Give drink to the thirsty  
Clothe the naked  
Shelter the homeless  
Visit the sick  
Visit the imprisoned  
Bury the dead

### ***Spiritual Works of Mercy***

Instruct the ignorant  
Counsel the doubtful  
Admonish the sinner  
Bear wrongs patiently  
Forgive offenses willingly  
Comfort the sorrowful  
Pray for the living & dead

# Christian Service

The Corporal works of Mercy are taken from the Gospel of Matthew, where Jesus tells of how the righteous are ushered in to eternal life because of the merciful deeds they performed in Faith for those in need, and the Book of Tobit where he performs many charitable acts for his people including burying their dead with respect.

“Then the king will say to those on his right, 'Come, you who are blessed by my Father. Inherit the kingdom prepared for you from the foundation of the world. For I was hungry and you gave me food, I was thirsty and you gave me drink, a stranger and you welcomed me, naked and you clothed me, ill and you cared for me, in prison and you visited me.' “

Matthew 25:34-36

The Spiritual Works of Mercy are taken from an assortment of verses throughout all of scripture and have been a part of the Tradition of the Catholic Church since the beginning.

## **How do I go about doing these acts of service?**

The following pages list several ideas and organizations in our area where you may be able to fulfill your service obligations. This is by no means an exhaustive list. It is meant to give you some ideas. Do your own research, find a way that you can help someone in need, *directly or indirectly*.

Some things, you can do on your own throughout the course of your daily life. Other things will require that you make a phone call and set up a time to go and serve at a particular organization or ministry.

## **Can you give us an example of how to fulfill this requirement?**

Sure! It could look something like this:

1. Called a food bank and helped sort food with my parents on a Saturday—*Feed the Hungry*
2. Visited a nursing home and played games with the residents—*Visit the sick/imprisoned*
3. Helped Helping Hands (St. Monica’s Ministry that hosts a funeral reception)—*Bury the Dead*
4. Prayed in the Adoration Chapel for my family and friends—*Pray for the living and the dead*
5. Tutored younger students after school—*Instruct the ignorant*
6. Stood up for a kid at school who was being made fun of—*Admonish the sinner*

## *Works of Mercy Ideas*

Here are a few examples and ideas for performing the corporal and spiritual works of mercy . This list is by no means extensive. Try and think of other ways where you might be able to bring the love of God to people in need, either directly or indirectly. Feeding the hungry can be handing a bowl of soup to a homeless man, but it can also be deliberately collecting canned goods from your neighbors to donate to Vision Food Share. Being a good listener for a friend who had a bad day can be just as meaningful as spending time with someone who recently lost a loved one.

### **Corporal Works of Mercy**

#### **Feed The Hungry**

- Volunteer at North Texas Food Bank: <http://www.ntfb.org> 214-330-1396
- Volunteer at Minnie's Food Pantry: <http://www.minniesfoodpantry.org> 972-596-0253
- Volunteer at God's Food Pantry: <http://www.godsfoodpantry.com> 972-633-9777
- Volunteer at a Catholic Charities food pantry at the Brady Senior Center or Neuhoff Senior Center <http://www.catholiccharitiesdallas.org> Maureen Dunlap: 214-520-6590 ext. 123
- Contact a local community garden and ask how you can help them grow or harvest food.
- Serve a meal at Austin Street Shelter: <http://www.austinstreet.org> 214-428-4242
- Prepare or serve food for The Soup Mobile: <http://www.soupmobile.org> 1-800-375-5022
- Help the Missionaries of Charity organize food for the needy on a Wednesday morning: 214-374-3351
- Serve a meal at The Stewpot: <http://www.thestewpot.org> Jean Jones: 214-746-2785, ext. 320
- As a family, volunteer with VNA Meals On Wheels for homebound seniors: <http://www.vnatexas.org/volunteer/> - Katherine Krause: 214-689-2639
- Go grocery shopping for someone who finds it hard to get out.
- Make some sack lunches and drive around as a family to hand them out to people on the street.

#### **Give Drink To The Thirsty**

- Plan a fundraiser for Charity: Water or some other water relief organization
- Hand out water to the runners of a race, especially one that may be a fundraiser for charity
- Purchase some bottles of water and drive around as a family to hand them out to construction workers and the homeless.

#### **Clothe The Naked**

- Volunteer at a local thrift store sorting clothing (St. Vincent De Paul, Good Will, ReSale by CCA).
- Work together with some friends and their families to "Adopt-A-Family" for Christmas.
- Sort clothes & donations at a crisis pregnancy center such as Birth Choice or White Rose: <http://www.whiterosewomenscenter.org> or <http://www.birthchoicedallas.org/>

# *Works of Mercy Ideas*

## **Shelter The Homeless**

- Help with a Youth Project at Habitat for Humanity:  
<http://www.dallasareahabitat.org> 214-678-2300    <http://www.habitat-scc.org> 972-398-0634
- Help Texas Refugee Services set up an apartment for incoming refugees:  
<http://refugeeservicesoftexas.org/Dallas.html> 214-821-4422
- Volunteer with Buckner to help orphans and families in need:  
<http://www.buckner.org/locations/tx-dfw.shtml> [volunteers@buckner.org](mailto:volunteers@buckner.org)
- Volunteer at Genesis Women's Shelter or their Benefit Thrift Store:  
<http://www.genesisshelter.org> 214-389-7701

## **Visit The Sick/Imprisoned**

- Visit and spend time with those in a nursing home or hospital
- Volunteer with the Special Olympics: <http://www.sotx.org/about/areas/area-10/>
- 214-943-9981
- Knit or crochet hats for cancer patients.
- Organize a toy, book, or blanket drive for Children's Medical Center with friends, school or family.
- Visit an elderly neighbor who may be lonely, spend time with them and help them with chores.

## **Bury The Dead**

- Help the Helping Hands Ministry at our parish with a funeral reception at the church.
- Look in the obituaries for people who may have died without any family and attend their funeral.
- Pick up trash or help with landscaping at a local cemetery.
- Visit or make a meal for someone who has recently lost a loved one.

## **Spiritual Works of Mercy**

### **Instruct The Ignorant**

- Tutor a friend or younger students after school
- Volunteer in the religious education classes of younger children
- Help teach kids about Jesus during Vacation Bible School
- Volunteer with a children's literacy program at the local library  
<http://www.dallaslibrary2.org>    [literacy@dallaslibrary2.org](mailto:literacy@dallaslibrary2.org)
- Share what you believe as a Catholic Christian with a friend who asks you a question about it.

## *Works of Mercy Ideas*

### **Counsel The Doubtful / Comfort The Sorrowful**

- Visit and spend time with those in a nursing home or hospital.
- Visit an elderly neighbor who may be lonely.
- Be supportive of a friend or family member who recently lost a loved one.
- Encourage someone by your words or by sending them a card who may be grieving.
- Practice being a good listener.

### **Admonish the Sinner**

- Speak up when your friends are doing things you know are wrong.
- Stand up for someone who is being picked on or bullied.

### **Bear Wrongs Patiently**

- Try to control your anger or frustration.
- Choose to avoid gossip when the opportunity to participate in it arises.

### **Forgive Offenses Willingly**

- Don't hold a grudge.
- Make amends with a sibling you may have fought with.
- Forgive a friend who may have done something to hurt your relationship.

### **Pray For The Living And The Dead**

- Pray for an end to abortion as a family outside of an abortion center for an hour.
- Look in the obituaries for people who may have died without any family and attend their funeral.
- Spend time in the Chapel in Eucharistic Adoration praying for others.
- Deliberately offered up the grace you receive at Mass for the benefit of someone else.
- Visit a cemetery and lay flowers at the graves and say a prayer for the repose of the souls of the people buried there.
- Pray a Rosary or Divine Mercy Chaplet for someone you know, for people in war

# Reconciliation

## Why Must I Go To Confession Before Being Confirmed?

“To receive Confirmation one must be in a state of grace. One should receive the sacrament of Penance in order to be cleansed for the gift of the Holy Spirit.”

- Catechism of the Catholic Church #1310

## Why is the Sacrament of Reconciliation Important?

No matter how alienated we feel because of our sins, in the Sacrament of Penance, we are concretely, surely reconciled with Christ and His Church. Through the priest, we get to experience God’s mercy, love, and peace. Getting into the habit of going to Confession once a month whether we have committed a serious sin or not helps us stay on track in our relationship with Him. But at the minimum, we should confess whenever we commit a mortal sin, or once a year and before receiving a Sacrament such as Confirmation.

## When & Where Can I Receive The Sacrament of Reconciliation?

<i>St. Monica Catholic Church</i> 9933 Midway Road	Saturdays, 3:30—4:30 p.m. Saturdays, 6:30—7:00 p.m.
<i>All Saints</i> 5231 Meadowcreek Dr. Dallas, TX 75248	Thursdays, 6:30—7:30pm Saturdays, 3:30—4:30pm
<i>St. Joseph Catholic Church</i> 600 S. Jupiter Rd. Richardson, TX 75081	Saturdays, 9:30—10:30 am
<i>St. Paul the Apostle</i> 709 James Drive Richardson, TX 75080	Saturdays, 4:00—5:00 pm
<i>St. Mark Catholic Church</i> 1201 Alma Dr. Plano, TX 75075	Wednesdays, 6:30—8:00 pm Fridays, 4:30—5:15 pm Saturdays, 3:30—5:00 pm
<i>St. Rita Catholic Church</i> 12521 Inwood Rd. Dallas, TX 75244	Thursdays, 7:30 pm Saturdays, 9:00 am

## *Confirmation Dress*

Girls are to wear modest dress attire. They may wear any color of dress and can also wear a pant suit, if they wish.

Boys should wear a black or navy suit or sport coat and tie. Boys should also wear dressy shoes and no tennis shoes.

## *Mass Attendance*

### **Why is the Eucharist the source and summit of our Christian life?**

It is the source of the Christian life, “because whoever shares in it receives the motivation and strength to live as a true Christian” and it is the summit “because the faithful bring to it all their prayers and good works, their joys and sufferings. These modest offerings are united to the perfect sacrifice of Christ. Thus they are completely sanctified and lifted up to God in an act of perfect worship which brings the faithful into the divine intimacy.”

- Blessed Pope John Paul II

### **Why must I attend Mass every Sunday?**

Since Confirmation unites us more firmly to Christ and renders our bond with the Church more perfect (Catechism #1303) it is critical that we maintain that bond and unity and fulfill God’s commandment to “keep holy the Sabbath” by attending Mass on Sundays and holy days of obligation.

At the Last Supper, Christ commanded that we “do this in remembrance” of him and St. Paul wrote in his first letter to the Corinthians that “as often as you eat this bread and drink the cup, you proclaim the death of the Lord until he comes” (1 Cor. 11:26).

It is expected then that all Confirmation candidates attend Mass on Sundays and holy days of obligation. Gathering together as the Body of Christ and participating in communal worship of our Lord while uniting ourselves to Jesus through receiving his Body, Blood, Soul and Divinity in the Eucharist is at the very heart of what it means to be a Christian.

# *Letter to the Bishop*

## **What is the purpose of writing a letter to the Bishop?**

Because it is the Bishop who will impart on the candidates the Sacrament of Confirmation, he asks the each candidate freely request the Sacrament from him. This is done through writing him a letter, which he will read.

This is very important because you are of the age to make this decision for yourself. Therefore, if you want to be Confirmed, you must ask for it of your own accord, no one else can make this decision for you.

## **What should be included in this letter?**

The letter to our Bishop should include:

- Candidate's name, age/grade, parish, and catechetical program (parish RE, Family RE, Catholic School)
- Statement of personal experience with regard to (1) retreats, (2) how serving through performing the works of mercy has affected his or her view of living as a Catholic Christian, and (3) any other experiences of their faith that they would wish to share.
- Why the candidate feels he or she is ready to request the Sacrament of Confirmation
- Specifically state that he or she would like to be Confirmed.

## **What else should I remember when writing my letter?**

- Please write legibly in ink or type your letter
- Remember to sign and date your letter
- Use a nice piece of paper (not crinkled or ripped out of a notebook)

## **When and how will I turn in this letter?**

Please do not mail your letter to the Bishop. He will be receiving hundreds of letters from all over the diocese. Instead, you will turn in your letter to your Confirmation teacher. We will collect all the letters and deliver them to the Bishop all together and in person.

# *Sponsor*

## **Why must I choose a sponsor for Confirmation?**

The Confirmation sponsor is someone who will serve as a positive Catholic role model to help you grow in your faith and who will present you to the bishop during the Confirmation ceremony. You should choose someone who is strong in their Catholic faith who can help you grow closer to God. Ask them to turn in the necessary documentation. They should attend at least the Confirmation practice and Confirmation itself, but are welcome to attend any other events or meetings as well.

## **What is the role and responsibility of a Confirmation sponsor?**

“...it is for the sponsor to see that the confirmed person acts as a true witness to Christ and faithfully fulfills the obligations connected with this sacrament” (Code of Canon Law 892). A sponsor is someone who can help the confirmation candidate grow in their faith and serve as a guide and example of Christian life.

## **What qualifications must one meet in order to be a sponsor?**

The Code of Canon Law states that one must meet the following requirements to be a sponsor:

- Be a Catholic who has received the sacraments of baptism, confirmation, and Eucharist.
- Be at least 16 years old
- Not be a parent of the candidate
- Be a Catholic in good standing who is not bound by any canonical penalty
- Be one who leads a life in harmony with the faith and the role to be undertaken

In order to illustrate the unity of confirmation & baptism, it is desirable that, if possible, one of the candidate's godparents also be the sponsor for confirmation, while this is not strictly necessary.

## **How are these qualifications verified?**

To verify that the above qualifications are met we ask that the person you choose to be your sponsor sign a Sponsor Covenant Form. It is imperative that sponsors fulfill the above mentioned criteria and so are asked to affirm that by signing this document. If they can not, in good conscience, sign this document, please take steps to find someone to be your sponsor who can.

A copy of this document is provided in this packet and can be downloaded on St. Monica's website.

## **Sponsor-Candidate Day Retreat**

There will be a one day retreat at Sabine Creek Ranch, Royse City, TX on February 11, 2017 from 9 a.m. – 6 p.m. More information about the retreat will be given out as the date approaches.

## **Deadline for Sponsor Form**

The Sponsor Form should be filled out and submitted to your child's Confirmation teacher. .