

# You Are Loved

MARCH 2021 ISSUE



## birthdays

please pray and remember them!  
send love and wishes!

March 7  
**Jennifer Nguyen**

March 23  
**Andy Dao**

for next month...

April 8 - Tiffany Le

*“Let all that you do be done in love.”  
-1 Corinthians 16:14*

This past weekend I revisited the events of Holy Week with my Confirmation 1 students, and found myself thinking, Wow, Jesus went through a lot. Well, it's not like I didn't know this before; I'm constantly reminded every time I come to church by that huge statue of Jesus on the cross, the 14 stations of the cross on the walls, and the thousands of homilies about Jesus's sacrifice for the world. Since it was the same thing every time, I began to overlook these reminders. Very quickly, the pictures started fading into the background, and the words became white noise to my ears.

Holy Week is my yearly reminder of Jesus's painful journey of life and death, and life again. And that's exactly what I would get out of Holy Week every year- Jesus died and came back to life, and everyone was saved. I would completely skim over Judas's betrayal and Jesus's unjust persecution. Maybe it's because I viewed Jesus as an untouchable godly being, but as my TA partner Amy mentioned in class, Jesus was just as human as me and you. He didn't want to die, and he questioned God all the same. Jesus had feelings too, you guys!

So, I realized that I shouldn't have disregarded his story, his suffering, as easily as I did. That goes for everyone else too. In the world, in our local communities, in our families, and within our own lives, there is always unspoken suffering. Nonetheless, God has a plan for each of us. A good plan, might I add. God didn't let the main protagonist get killed just for shock value; Jesus had a mission to free souls from Hell and is now in Heaven with God. So, when we find ourselves nailed upon a cross, we must look up to and pray to God for an answer. The answer might not be apparent at first, but when you close your eyes and believe, you may start to see things you have not seen before.

Theresa Tran | Confirmation 1 TA

## confirmation events & dates

### C1

**April 4** - NO CLASS (Happy Easter!)  
**April 30** - Baptism and Holy Communion Certification DUE  
Service Hours and Mass Reflections DUE

### C2

**March 31** - Service Hours and Mass Reflections DUE  
**April 4** - NO CLASS (Happy Easter!)  
**April 16-17** - Confirmation Retreat

**May 22** - Confirmation Mass  
\*More information & time will be TBD!

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MAKING CONNECTIONS TO LENT:

# HOW DOES THE PASSION OF CHRIST RELATE TO YOU AND HOW ARE YOU BEING CALLED TO UNITE YOUR LIFE TO CHRIST'S?

"Times are much different nowadays, and I notice a significant change between this year and the previous. Being online for a majority of the day only causes me to realize how I take for granted the little things. I notice many glum faces, and it disheartens me to see loved ones break apart day by day. It seems like the same daily routine that I'm stuck in. No more dancing in the church, no more attending bible school on Saturday, and I rarely go to church in person. With that in mind, Lent has definitely been different this year. Lent was always a time where I tried to put my best efforts into devoting myself with the faith instead of being absorbed in my surroundings. Being on my phone all day doesn't really do justice for this year, I'm practically attached to it. It's as if my life revolved around it. That being said, it was as simple as that to decide to give up my phone for Lent. I feel that many people had similar goals this year. Instead of giving up things like sweets, others gave up their electronic devices as well. Giving up my time indoors has allowed me to get some fresh air outside and appreciate God's creations. We take things for granted and never truly value the things in our life until it is too late. I envy those who take a positive outlook on life. Envy is a strong word but I think it fits best since I tend to be more pessimistic than peppy. Like I said, many of my loved ones seem to be more blue. Surely many others feel cold and gloomy. Despite our dejected feelings, more people will seek happiness and find time to enjoy life. It's impossible to be perfect, but it's not impossible to give time to think about ourselves. This Lent season has been an opportunity to reflect on ourselves. Our flaws are only what makes God love us more. As I become closer to God, I want to know more about Him. I will prepare myself by reflecting on what my true desires are, and enjoy what He has given me instead of being pessimistic about the future. This season of Lent will be a year I remembered how I have changed from the previous year. Lent is a season full of changes, preparations, and reflections. In the future, I'll try to better myself and become more devoted, but for now we'll take it a step at a time."

Catherine Nguyen | Confirmation 1 Student

"All humans are born with original sin because of Adam and Eve's actions in the Garden of Eden; this original sin had prevented all humans from being able to enter the Kingdom of God. The passion of Christ refers to the suffering and pain that Jesus Christ went through for humanity in order to relieve us of our original sin. Jesus Christ had taken on humanity's burden by dying and enduring torment on the cross just so we could go to heaven. This selfless act made known how much he had cared for humanity, to give up his own life for the sake of others. Because of Jesus' sacrifice, I, and many others, have been given the opportunity to go to Heaven. Seeing how selfless Jesus was to give up his own life for the sake of others, I was inspired to be selfless and aid others however I could as well. I know I will never be able to make a sacrifice with the same magnitude as Jesus', but I will do anything I can to help others in my power. The passion of Christ and the benignancy demonstrated by Christ has also motivated me to pursue a career where I can help others and aid those in need or ill in any way. To unite my life to Christ's, I will follow God's vocation, or path, for me. Although I am unaware of what my vocation is at the moment, I do not intend to let that stop me. I will prepare for whatever God has in plan for me. There will most likely be many obstacles concerning my vocation, but I am willing to be challenged and make sacrifices to follow the Lord as Jesus Christ did for us. I hope that I will be able to follow God's path for me and inspire others similar to how the passion of Christ inspired me."

Jessica Nguyen | Confirmation 1 Student



## WHAT DID YOU LEARN? WHAT INSPIRED YOU?

# confirmation 1 reflections

“This online Confirmation Retreat benefited me in growing my faith as well as being given the time to discuss our own “rocks” in life in our small group conversations. During the small group conversations, I along with my classmates, were able to express our troubles and problems with Cô Amy. One important message that I was connected to was “You are loved”. I feel deeply connected to this message because God expresses his love to us through our family and the many wonderful events and things in our life. Even though I know that Jesus came down from Heaven to save us from sin, it is always nice to be reminded that I am loved by God, my family, and friends. In all honesty, I enjoyed the time I spent within the breakout rooms with my classmates and teacher. Also, I was deeply touched and moved by the many teachers and staff members who shared their difficulties and problems with us students. I respect them for having the courage to talk about their hard times, even when they had not fully recovered or looked past them. Even though the confirmation retreat was spread out into four days, I overall enjoyed the time I spent with my fellow classmates.”

William Vu

“This month’s Confirmation retreat was very enlightening for me. I got to meet new people and connect with friends I have not seen in a long time. We played a lot of games, but there were two moments during the retreat that spoke to me and helped me recognize that God loves us. One of the moments during the retreat that helped me acknowledge God’s love for me was when we had to reflect on the rocks and flowers in our lives. Thinking about the rocks in my life made me recognize all the challenges I have and currently face. These are moments and events in my life that God has given me to allow me to grow and learn. I know now that I have to be strong and persevere through any challenge I am to face to demonstrate my devotion to God. Reflecting upon the flowers in my life allowed me to realize how lucky I am. I was able to appreciate the people and things around me more than I had done before. I was also able to thank God for blessing me with such a wonderful life with food, water, and a roof over my head. I also thanked God for blessing me with people who appreciate and love me as much as I appreciate and love them, and for people who will always support me when I am down or in need of consolation.

Another moment during the retreat that spoke to me was when we were in the breakout rooms. In the breakout room, I was able to discuss with my peers the answers to questions I never even thought about before. These discussions enlightened me and helped me become more open-minded to new ideas. Listening to our retreat guide share her experiences with God and his love encouraged me to reflect more on how God has affected my life and allowed me to become a better, more dedicated Catholic.”

Jessica Nguyen



# WHAT DID YOU LEARN? WHAT INSPIRED YOU? confirmation 1 reflections

“I enjoyed listening to the priest and guest speakers share their experiences and knowledge, which gave me a new look on certain things in life, and how God and your family have an effect on them. I really liked being able to have time to quietly reflect on my feelings alone, as well as share with a small group of people. Having leaders provide insight on what I and others shared was beneficial to me, since it provided wisdom from someone more experienced. Hearing what others had to share created a valuable bond, especially when I could relate to what they were saying. It made me realize that other people struggle with the same things I do, and that it is normal to feel that way. I also really benefited from having Family Day, which made my parents and I take out time from our lives and actually do something to bond with each other. One message that really connected to me was the analogy the priest gave, which was that in life you will have flowers and rocks. I liked the idea that people and things in your life that make you feel happy and loved can be represented by flowers. Seeing my struggles as rocks in my life path made them seem less drastic and easier to deal with by making me look at them as natural things that occur rather than major challenges.”

Theresa Duong

“Through the Online Confirmation Retreat, I was able to see that I was not really different from others. When sharing the rocks (hardships, struggles) in our lives, everyone in my group had similar ideas. It let me see that we all struggle through the same things as teenagers. A very important message to me was the theme of the retreat: You are Loved. When times are tough and you feel alone, it’s hard to believe that anyone loves you. Through the numerous talks during the retreat, I’ve come to realize that I am loved always, even when it does not feel like it. Father and the leaders continued emphasizing the fact that Jesus was and will always be there for us. If we are willing to open our hearts and our souls, we will be able to feel the immense love that Jesus gives to us. It gives me a sense of comfort to know that Jesus is always there for me. I can talk to Him and know that He is listening, even if He does not respond. Personally, I really loved the retreat. Of course, I think the experience would have been better in person, but it was still amazing. I could tell that Father, the Sisters, and leaders put in a lot of effort to make this a memorable retreat. The icebreakers were really unique, and I had a lot of fun with them. All the talks Father and the leaders had really got me reflecting on my actions and my faith. In small groups, I was able to be a little more open and talk about my answers to Father’s questions. The leaders were very encouraging and kind, so it created a very comfortable atmosphere. I’d like to thank Father, the Sisters, and the leaders for taking so much time to plan out this retreat. It really was an amazing one.”

Hannah Nguyen



## 14 STATIONS OF THE CROSS

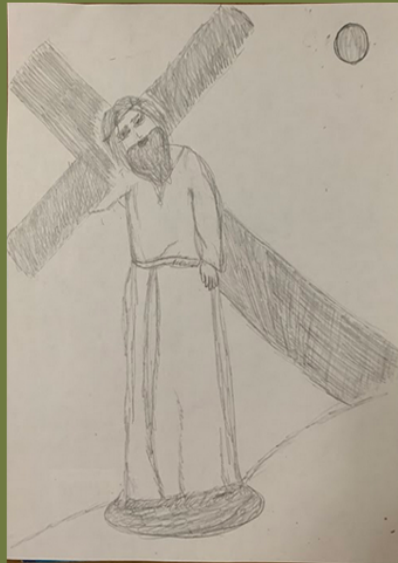
# confirmation 1 artwork

THANK YOU TO OUR BEAUTIFULLY TALENTED STUDENTS FOR SUBMITTING IN THEIR WORK!

Lan Vu (C1)  
Station 14: Jesus  
Laid in the Tomb



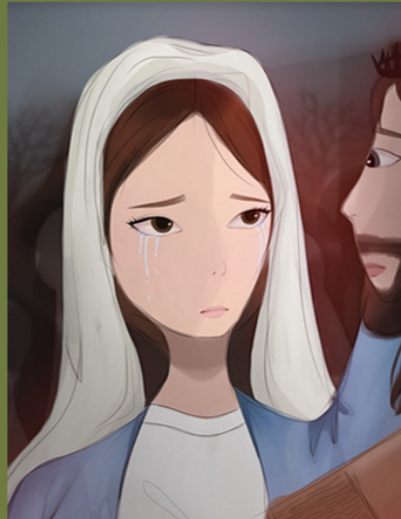
Paige Nguyen (C2)  
Station 2: Jesus  
carries His Cross



Trisha Nguyen (C1)  
Station 6: Veronica  
Wipes Jesus' Face



Lena Nguyen (C1)  
Station 4: Jesus  
meets His Mother



## what was your experience at retreat like?

"An important message that connected to me is to never give up because I learned how to not give up in retreat and it helped me grow my relationship with the church more and I realized a bit more why it is important."  
-Wesley Huynh

"I benefited from the online confirmation retreat by learning more about God. I also learned that I am loved and never alone."  
-Serrena Brito

"An important message that connected to me was that "I am loved." It was the theme and people continuously said it. It felt very heart-warming because sometimes you need to be reminded that you are loved."  
-Fatima Zaragoza

"I got to meet a lot of cool people and it was really fun talking to them. It was very easy to talk and connect to people. There were many activities that were very enjoyable and easy to participate in!"  
-Krystal Le

# for parents

## MARCH RECAP

### Anointing of the Sick

In our Confirmation 1 Classes, the theme of the 7 Sacraments continued this month, with the Sacrament of the Anointing of the Sick. We discussed the significance of the Sacrament: what it does, who can administer it, and why it is important.



**Avoid Unhealthy Relationships & Maintain Healthy Relationships**

If you know someone who has had their boundaries violated by another person, or perhaps you have experienced this, these steps are important to follow:

1. Tell an adult
2. Listen and believe them
3. Show that you care

Most people do not make up these kinds of stories. If they do, investigations will lead to the truth.

Most teens who share these things with you are looking for someone they trust to help them prevent future abuse.

Keeping the situation a secret is not helping your friend; it is actually hurting them and keeping them from getting help.

Be present to them and pray with them.

Remember that you're not a counselor; you're a friend or sibling. This means that you've done your job by bringing it to the attention of a professional who can help process the situation way better than you ever could as a teenager.



### Safe Environment Training

Each year in our Confirmation program, there is a diocesan required training for students called "Safe Environment Training" which discusses topics such as self-worth and dignity, maintaining healthy relationships with others, and what to do in cases of having a friend disclose sensitive topics such as abuse or self-harm. This year due to the pandemic, instead of having a large workshop, each class discussed the topic within their own small group. Some of our Confirmation 2 classes held this training this past month.

### Holy Week

This past week was Holy Week, and in our Confirmation classes we discussed the Passion of Christ, reviewing the events that happened to Christ during this week, and how it relates to our lives as Christians and as humans. We are reminded that we are called to unite our sufferings to Christ on the cross.

for more information, please visit:  
[saintcolumbanym.org](http://saintcolumbanym.org)