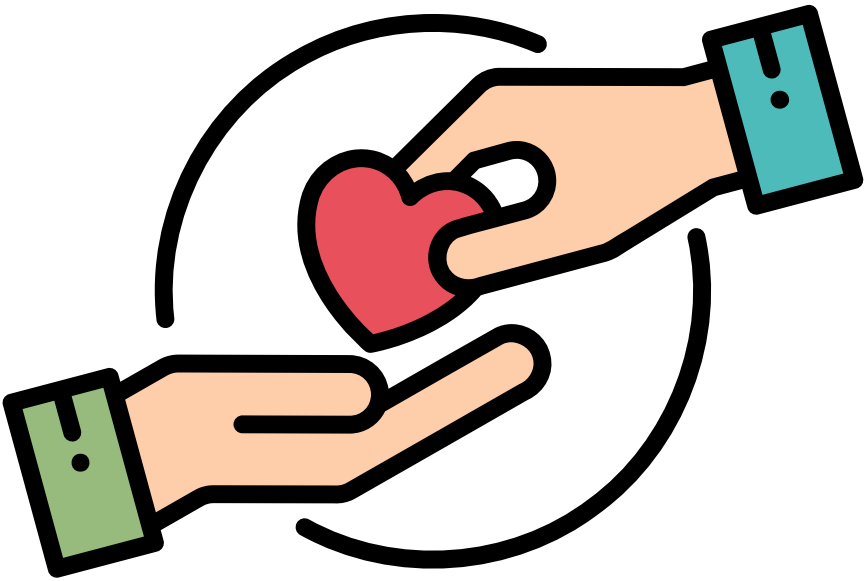


CONFIRMATION 1

COMMUNITY SERVICE & PRAYERS



St. Columban Church
CONFIRMATION PROGRAM



LEARN PRAYER IS ESSENTIAL...

By encouraging teenagers to learn prayer during Confirmation, we provide them with essential tools for spiritual growth, personal development, and navigating life's challenges with faith and confidence.

1. Deepening Their Relationship with God

Prayer helps teenagers build a personal connection with God, fostering intimacy and trust. It becomes a means for them to express their thoughts, feelings, and questions, reinforcing their faith journey.

2. Providing Guidance and Resilience

Learning to pray equips teens with a valuable tool for coping with life's challenges. It offers a source of strength and comfort during difficult times, helping them navigate stress and uncertainty with faith.

3. Encouraging Reflection and Growth

Prayer promotes self-reflection and mindfulness. It allows teenagers to pause and consider their values, beliefs, and actions, encouraging personal and spiritual growth as they transition into adulthood.

Prayers

Sign of the Cross

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

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.*

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 sits at the right hand of God, the Father almighty; 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.

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.

Hail Mary

Hail Mary, Full of Grace, The Lord is with thee. Blessed art 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

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. Our Savior Jesus Christ suffered and died for us. In His name. My God have mercy.



Prayers continued



Hail Holy Queen

Hail Holy Queen, Mother of Mercy, our Life, our Sweetness, and our hope. To thee we cry, poor banished children of Eve. To thee we send up our sighs, mourning and weeping in this vale of tears. Turn then most gracious advocate, Thine eyes of mercy toward 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 worthy of the promises of Christ. Amen.

Glorious Mysteries

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

Luminous Mysteries

1. The Baptism of Jesus
2. The Wedding of Cana
3. The Proclamation of the Kingdom of God
4. The Transfiguration
5. The Institution of the Eucharist

Joyful Mysteries

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



Come Holy Spirit

Come, Holy Spirit, fill the hearts of your faithful and kindle in them the fire of your love.

Send forth your Spirit and they shall be created. And you shall renew the face of the earth.

O God, who by the light of the Holy Spirit, did instruct the hearts of the faithful, grant that by the same Holy Spirit we may be truly wise and ever enjoy his consolations.

Through the same Christ Our Lord. Amen.

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

Steps to Sacrament of Reconciliation

I. Examination of Conscience

- + Ask God to help me remember my sin toward Him, others and myself.
- + Use the 10 Commandments, the Church Law & Capital Sins to help you

II. Be Sorry for My Sins

III. Promise to Try My Best not to Sin Again

IV. Going To Confession

A. GREETING: Greet the priest.

B. SIGN OF THE CROSS and say:

*** Bless me Father, I have sinned. My last Confession was ____ ago.**

C. SCRIPTURE: The priest may read a passage of God's love and mercy.

D. CONFESSION OF SINS: The Priest listens as I confess my sins:

+ After confessing my sins, say:

Father, I am finished. Please forgive me for the sins that I don't remember.

E. PENANCE & ABSOLUTION

+ The Priest asks me to say a prayer or do an act of goodness.

+ I say the Act of Contrition:

+ The Priest gives Absolution.

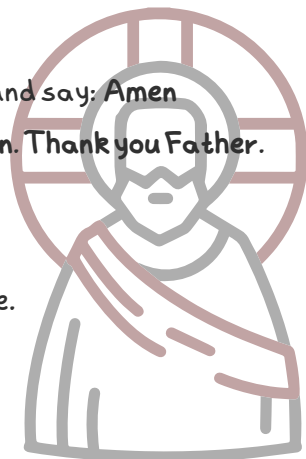
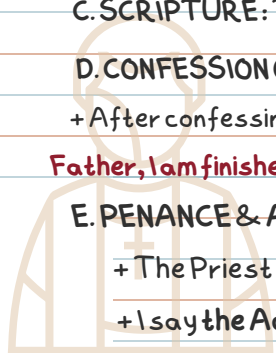
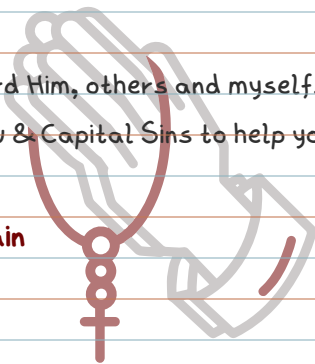
+ Do the Sign of the Cross with the Priest, and say: Amen

+ The priest says: "Go in peace". Say: Amen. Thank you Father.

V. Do Penance & Give Thanks to GOD

+ Say the prayers or do what the Priest asks me.

+ Thanks God for his mercy and forgiveness.



EXAMINATION OF CONSCIENCE FOR A GOOD CONFESSION

USING THE 10 COMMANDMENTS



I AM THE LORD YOUR GOD. YOU SHALL NOT HAVE STRANGE GOD BEFORE ME.

Did I fail to thank, trust, love Him as He deserves? Did I fail to pray? Have I denied my faith? Was I careless in saying my prayers? Have I been involved in magic, Ouija boards, Tarot card, and the occult?

Did I curse or swear? Have I used foul language or jokes? Did I use God's name in vain, lightly, carelessly, by blasphemy?

YOU SHALL NOT TAKE THE NAME OF THE LORD YOUR GOD IN VAIN.

REMEMBER TO KEEP HOLY THE SABBATH.

Have I deliberately missed Mass on Sundays or Holy Days of Obligation? Did I leave Mass early without a good reason? Have I been to Communion at least once a year? Did I receive Holy Communion in the state of serious sin? In any of my previous confessions, did I lie to or deliberately conceal something from the priest? Did I do unnecessary work on Sunday?

Did I honor and obey my parents? Respect my brothers, sisters, and others with lawful authority, especially teacher? Have I talked back? Did I fail to help at home or to spend time with my family?

HONOR YOUR FATHER AND YOUR MOTHER.

YOU SHALL NOT KILL.

Did I give in to feeling of anger or jealousy? Did I keep hatred in my heart? Did I fight; give a bad example or cause scandal? Have I abused alcohol or drugs? Have I had or in any way permitted or encouraged abortion? Have I thought about suicide?

Did I consent to impure glance?
Passionate kisses? Sinful touches?
Was I immodest in dress or behavior? Did I look at pornography,
impure books, magazines or video? Am I guilty of masturbation
(impurity with self)? Fornication (premarital sex), adultery
(having sex outside marriage) or contraception (by pills, device,
etc.)? Do I live chastely according to my state in life?

**YOU SHALL NOT
COMMIT ADULTERY.**

**YOU
SHALL
NOT
STEAL.**

Have I stolen what is not mine? What or how
much? Did I return it or make up for what I
have stolen? Have cheated on tests or
homework? Did I waste time at work? Have I
written graffiti (this steals nature's beauty)?

Have I lied, gossiped, talked behind someone's
back? Do I always tell the truth? Am I sincere?
Did I reveal secrets that should have been kept
confidential? Am I critical, negative or
uncharitable in my talk?

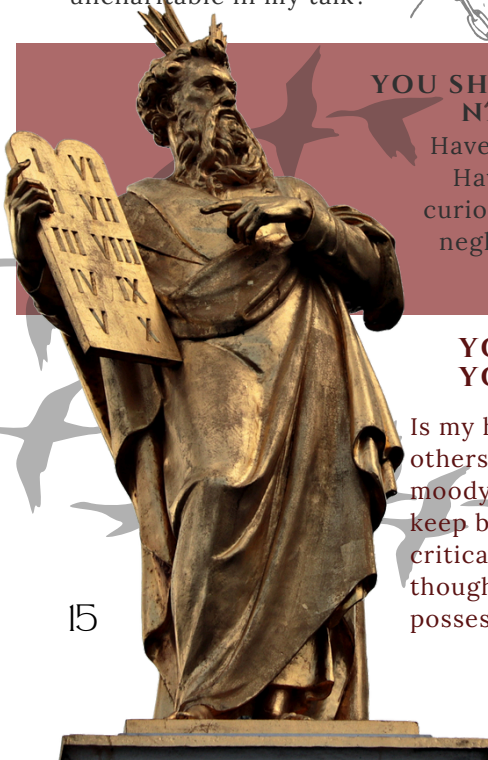
**YOU SHALL NOT
BEAR FALSE
WITNESS
AGAINST YOUR
NEIGHBOR.**

**YOU SHALL NOT COVET YOUR
NEIGHBOR'S WIFE.**

Have I consented to impure thoughts?
Have I encouraged them by stares,
curiosity or impure conversation? Did I
neglect to control my imagination or
desire other people?

**YOU SHALL NOT COVET
YOUR NEIGHBOR'S GOOD**

Is my heart greedy? Am I jealous of what
others has because I don't have it? Am I
moody or gloomy? Do I work, study and
keep busy to counter idle thought? Am I
critical, negative, or uncharitable in my
thoughts of others? Is my heart set n earthly
possessions or on the treasures in Heaven?





1. Sign of the Cross and the "Apostles Creed."
2. *Our Father*
3. Three Hail Marys
4. *Glory be to the Father*
5. Announce the First Mystery; then say the *Our Father*
6. *Say ten Hail Marys*
7. *Glory be to the Father. And say: "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."*
8. Announce the Second Mystery: then the "*Our Father.*" Repeat 6 and 7 and continue with the Third, Fourth, and Fifth Mysteries in the same manner.
9. Say the 'Hail, Holy Queen' on the medal after the five decades are completed.

HOW TO PRAY THE ROSARY



LECTIO DIVINA

This is an ancient Catholic prayer method for reading and praying with the Bible. It is an essential practice for all Catholics to learn, so don't let the Latin scare you away from learning to do it yourself. Finding a place where you can be still and quiet may prove to be helpful during this process. Any passage of scripture you choose will be used as a guide for this time. Since the only words that need to be spoken out loud are the words of the scripture, being completely silent can also be helpful. Breathe deeply, don't rush, and ask God to speak to you.

LECTIO (reading)

In the first phase, we understand what the passage we are reading says in itself. We do not let our opinions influence our reading, but seek to understand the message of the passage independently of anyone's opinions.

- Read through the passage and think about the words.
- What does the text say that everyone should understand?

Meditation is an opportunity to see ourselves in the text. We can consider our own feelings as if we were a participant in the text or try to understand what it would be like to be one of the people represented in the text.

- Pay attention to a word or phrase that stands out to you once you read the passage again. Meditate on it.
- What does the text say to me, today, and to my life?

MEDITATIO (meditation)

ORATIO (prayer)

After meditation, we experience an intimate encounter with God that leads us to respond in prayer. We continue to speak to him in our own words. In this way, we consider prayer to be a simple conversation with God.

- Pray to God. Ask him what he is trying to tell you.
- What can I say to the Lord in response to his word?

Through contemplation, we come to an understanding of the parts of our lives that need to be transformed by God's grace. This comes with the willingness to change, an openness and trust in God, and the decision to follow God's will rather than our own.

- Think about how your thoughts might be connected to the passage.
- What conversation of the mind, heart and life is the Lord asking of me?

CONTEMPLATIO (contemplation)

ACTIO (action)

Having received God's love and grace, we go forth to serve others out of the love we have been given.

- This calls us to selflessly serve our brothers and sisters in Christ.
- How can I make my life a gift for others?

Seven Precepts of the Church

1. TO ASSIST AT MASS ON SUNDAYS AND HOLY DAYS OF OBLIGATION AND TO AVOID UNNECESSARY WORK ON SUNDAY

- Late for mass or left early without a serious reason
- Irreverent in church

2. TO CELEBRATE THE SACRAMENTS FREQUENTLY, CONFESSION MORTAL SINS AT LEAST ONCE A YEAR, AND RECEIVING HOLY COMMUNION DURING THE EASTER SEASON.

- Did not fast one hour before Communion
- Receive Communion in a state of mortal sin
- Purposely withheld mortal sin in confession
- Failed to perform the penance

3. TO STUDY CATHOLIC TEACHING IN PREPARATION FOR CONFIRMATION AND TO BE CONFIRMED.

4. TO OBSERVE THE MARRIAGE LAWS OF THE CHURCH: TO GIVE RELIGIOUS TRAINING BY EXAMPLE AND WORD TO ONE'S CHILDREN; TO USE PARISH SCHOOLS AND RELIGIOUS EDUCATIONS AND RELIGIOUS EDUCATION PROGRAMS

5. TO CONTRIBUTE TO THE SUPPORT OF THE CHURCH

6. TO DO PENANCE, INCLUDING ABSTAINING FROM MEAT AND FASTING ON THE APPOINTED DAYS.

7. TO JOIN IN THE CHURCH'S MISSIONARY SPIRIT / APOSTOLATE

Saint Projects: Favorite Saint

Learn more about your favorite saint. The challenges, holiness, and charitable works of these holy people are examples of what it means to be a faithful disciple, grateful steward and active evangelist.

EXAMPLES OF SAINTS:
FRANCIS OF ASSISI OR FRANCIS DE SALES
THERESE OF LISIEUX OR TERESA OF AVILA
MARY, MOTHER OF GOD MARY

Part One: My Favorite Saint

Content of paper:

1. Picture of saint
2. Date, place of birth, and death. Significant facts about the saint's life.
3. Describe their challenges and charitable works that inspires you.
4. What about your saint do you personally desire to imitate? Why?
5. Are there ways that you are already similar to him/her?

Part Two: what makes you a saint?

Content of paper:

1. Your picture
2. Your name: (Ex. St. Samantha Nguyen of Fountain Valley)
3. Title of your sainthood (the virtue you are most known for in your life)
4. Reflect on your God given talents and virtues.
Give concrete examples of your good deeds.
5. What needs to be "straightened out" in your life to respond to God's call "to be perfect as your Father in heaven is perfect?"
6. What is one message that you would leave for the next generation?

(minimum of 2 pages typed, double space, 12pt. font, 1" margins)

Websites:

- <https://www.franciscanmedia.org/saint-of-the-day/sort>
- www.catholic.org/saints



#	ASSIGNMENT	YES	NO
1.	Sponsor Form		
2.	Initial Interview (Teachers & Students)		
3.	Saint Report		
4.	Family Service Hours & Reflection (4 hours)		
5.	Parish Service Hours & Reflection (4 hours)		
6.	Community Service Hours & Reflections (4 hours)		
7.	Youth Night (2x)		
8	Youth Day		
9.	Confirmation 1 Retreat		
10.	Prayers Test: Come Holy Spirit Our Father Hail Mary Glory Be Act of Contrition 10 Commandments 7 Gifts of the Holy Spirit How to go to confession		
11.	Mass Reflections / Journal		
12.	Final Interview (Teachers & Students)		

DON'T LET ANYONE
LOOK DOWN ON YOU
BECAUSE YOU ARE YOUNG,
BUT SET AN EXAMPLE
FOR THE BELIEVERS IN SPEECH,
IN CONDUCT, IN LOVE,
IN FAITH
AND IN PURITY.

1 Timothy 4:12

Faith

**S
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WHAT IS IT ALL ABOUT?

The purpose of Service Project is to help the Confirmation Candidate exhibit a sense of responsibility and spiritual maturity by carrying out specific number of service projects (minimal of four) during the time of his/her preparation. Living a life of service means keeping our eyes and ears open. People with needs live throughout the city, the nation, and the entire world. Yet, the closest to us all are our families.

THE TOTAL HOURS REQUIRED FOR CONFIRMATION CANDIDTES:

- Year I & 2:
- ✓ 12-15 hours
 - ✓ minimum 3 Service Projects.
 - ✓ Write reflection for each service.

Project Guidelines

1. Projects must be approved by teacher and done in the following context

a. Family: engage on doing something that you don't usually do something that your family really needs.



b. Parish: serve in a liturgical ministry, join church groups, assist with the events of your parish like the Festival, free babysitting, tutoring, being a teen leader at the First Communion Retreat, etc...

c. Neighboring or larger community: visit the elderly and help them with cleaning, shopping, etc.../organizing and help with clean-up projects in the neighborhood/tutoring young children/visit convalescent centers, nursing homes, hospitals/collect food for the poor and delivering it/assist in meal programs for the poor and elderly/and your creative ways of giving to others.



2. Minimum of 4 hours spent on a single project with a signature from the person in charge.

3. Steps:

- Pray to the Holy Spirit for guidance
 - Talk with your sponsor and parents about what you think you would like to do as a project.
 - Find out the real needs of the people in your family, neighborhood, parish, school or community...
 - Complete the project.
- d. Write the Service Project Reflection Report.**



SERVICE PROJECT REFLECTION PAGE

Journal your reflections for each of your service projects. Make sure to answer the following questions of what, when, and how, and go into detail in describing everything. Be sure to challenge yourself to compare your actions to a similar action of Christ. Give reference to a particular scripture passage from the Bible that relates to your project. This would be a good time to work with your sponsor.



LOVE CANNOT REMAIN BY ITSELF - IT HAS NO MEANING.
LOVE HAS TO BE PUT INTO ACTION, AND THAT ACTION IS SERVICE.

Mother Teresa



Reflection Page

STUDENT NAME: _____ TEACHER: _____

1. What made me decided to do this project was that:



2. What was the most rewarding moment, feeling or outcome, and how does it help in your preparation for Confirmation?

3. What was the most challenging part, and how does it help in your preparation for Confirmation?

5. This project was able to help me to experience God because ... (through a person or incident)

6. MY PRAYER FOR MY NEIGHBOR/LARGE COMMUNITY (something that my COMMUNITY really needs that I want to ask God for)

DATE OR TIME BEGAN _____ DATE OR TIME COMPLETED: _____ HOURS _____

PROJECT: _____ SIGNATURE OF THE PERSON IN CHARGE: _____



Reflection Page

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