

**Our Lady of Hope Parish  
Confirmation Program  
Documents – 2021-2022**

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September 6, 2021

Dear Confirmation Candidate and Parents,

The time to begin your final preparation to receive the Sacrament of Confirmation is rapidly approaching. I am Deacon Jim Ernst and along with my wife, Mrs. Rose Ernst, will be the coordinators for this part of the sacrament. My wife and I welcome you to this final part of your journey and look forward to working with all of you as, being guided by the Spirit, you become full members of the Catholic Church.

**We begin with a Mandatory Parent/Candidate Meeting on Sunday, September 26<sup>th</sup> at 9:15 a.m. in the Schwab Center followed by attendance at the 10:30 a.m. Mass.** Covid protocols will be enforced: Masks and sanitizing. At this meeting you will receive the schedule of events, specific expectations, and all information needed for the final part of your journey. Your Level 8 classes, with Fr. Wojciech as your instructor, are preparing you by enhancing your knowledge of the Faith, its traditions, and practices. Attendance at these sessions is a requirement for Confirmation. Fr. Wojciech, as our Mission Director and your catechist, will be evaluating you as we go forward. Much will rest on the candidate in this process.

There are four major requirements for the Archdiocese plus some other details needed to be completed: Two years of instruction (RE Levels 7 & 8); The Holy Fire All Archdiocese Retreat (November 6<sup>th</sup>); Ten hours of Volunteer Service; Attendance at Sunday Mass. These will all need to be done. We expect all to begin attending Mass each Sunday beginning with the First Sunday in October. You can also volunteer to help before and after Masses in various ministries. We will give you plenty of volunteer opportunities.

**Confirmation is tentatively scheduled for May of this year.** It should be on a weeknight, mid-month. The exact date will be determined soon. In order to finish your preparation in this shortened time, some of the requirements from previous years have changed. All will be reviewed at the Parent/Candidate Meeting. Please, remember, until the pandemic ends, we are at the mercy of Covid-19 and any mandates that are issued. Changes may have to be made. Please be patient and understanding. We will communicate with you frequently to keep you informed.

Communications in the future will be by text to your parents and by email to your parents. Items to be sent to us can be sent by scan or photo to my email: [jernst@ourladyofhopechurch.com](mailto:jernst@ourladyofhopechurch.com) (Do not send in a Google Docs Format.) They can also be sent via snail mail to the Parish Office: Attention Deacon Jim. This will all be reviewed at the Parent Candidate Meeting on September 26<sup>th</sup> in the Schwab Center.

We are look forward to seeing all of you on September 26<sup>th</sup>. May the Holy Spirit be with you during this journey to full membership in the faith of the Church.

In and for Our Lady of Hope,

Deacon Jim and Mrs. Rose Ernst

## Our Lady of Hope Parish Confirmation Program 2021-2022 Expectations

By the day of Confirmation, all candidates should have gained a living knowledge of the Catholic Faith and its requirements. This will be accomplished by doing the following:

- ❖ Successfully completing the Confirmation preparation in Level 7 & 8 Religious Education classes.
- ❖ Do assigned projects, assessment sheets and readings by the assigned dates.
- ❖ Beginning October 3, 2021: **Attend Sunday Liturgy each week during the Confirmation journey.**
- ❖ Attend the Four Experiential Sessions.
- ❖ Attend a Holy Week Service. See April 14-16, 2022 below.
- ❖ Do 8 hours (minimum) parish service as a volunteer, 2 hours at FMSC, 2 hours community service.
- ❖ Complete a "Letter Seeking Confirmation" addressed to our Mission Director, by April 3, 2022.
- ❖ Complete a "Letter Seeking Confirmation" addressed to the confirming Bishop of the Archdiocese of Chicago, by April 3, 2022.
- ❖ Complete a final interview with our Pastor during the Month of April, 2022.
- ❖ Receive the Sacrament of Reconciliation during the month of May, 2022, prior to the day of Confirmation. This should be a general scheduled event. (TBD)

### Important Confirmation Dates for Religious Education Level 8 Students:

#### September 26, 2021: Parent Meeting 1 - 9:15 a.m. (Schwab Center)

- ❖ Receive general information and entire Confirmation Program Packet.
- ❖ Receive Confirmation Faith Assessment Take Home Test – **Due Sunday, March 20, 2022.**
- ❖ Attend 10:30 Mass – introduction to the OLH Congregation.

#### October 10, 2021

- ❖ All sponsor information and sponsor qualification sheets due by 11:00 a.m.

#### October 17, 2021 – 11:00 a.m.:

- ❖ **Experiential Session Number 1:** 11:00 a.m. Mass at St. Martha's and All Saints Relic Experience with Fr. Dennis O'Neill.
- ❖ Write a short reflection on this experience – **Due by October 24, 2021**

#### October 24, 2021

- ❖ All Saints Relic/St. Martha's Experience Reflections Due.

#### November 6, 2021

- ❖ **Experiential Session Number 2:** All Level 8 Candidates and all Level 7 RE students attend the **Holy Fire Experience (Retreat) in the Schwab Center. Archdiocese Requirement.** Arrive at 8:45 a.m. Live Stream begins at 9:00 a.m. Ends at approximately Noon includes a live streamed Mass with the Bishops.
- ❖ Write a short reflection on this experience – **Due by November 14, 2021**

#### November 14, 2021

- ❖ Holy Fire Reflection Experience Reflections Due.
- ❖ Confirmation Saint Name selections are due by 11:00 a.m. **(Names only are needed this date.)**

#### December 19, 2021:

- ❖ Feed My Starving Children sign-up sheets are due in Parish Office by 11:00 a.m.

## Our Lady of Hope Parish Confirmation Program 2022 Expectations (continued)

### January 22, 2022:

- ❖ **Experiential Session Number 3:** Attend a group service experience at Feed My Starving Children (FMSC) in Schaumburg, IL. Sponsors are expected to attend this experience. Parents are invited and encouraged to participate, as well.
- ❖ **Meet at FMSC at 1:30 pm. Be on time.** After, return to OLH and all attend 5:00 p.m. Mass.
- ❖ Write a short reflection on this experience – **Due by January 30, 2022.**

### January 30, 2022

- ❖ FMSC Reflection Paper Due by 11:00 a.m.

### March 20, 2022

- ❖ **Parent/Candidate Mandatory Meeting Number 2 – 9:30 am in the Schwab Center**
- ❖ Confirmation Assessment sheets are due. (Take Home Test)
- ❖ Discuss Letters to the Pastor & Bishop.

### April 3, 2022:

- ❖ **Experiential Session Number 4:** Attend **Noon (?)** Sunday Mass and tour at Holy Name Cathedral. **This is a bus trip.** All need to be at OLH by 9:30 a.m.
- ❖ Write a short reflection on this experience – **Due by April 10, 2022**

### April 10, 2022

- ❖ Cathedral Reflections Due by 11:00 am.

### April 14-16, 2022: Holy Week

- ❖ Attend at least one of the Holy Week Services on Holy Thursday, Good Friday (does not include Evening Stations of the Cross), or Holy Saturday and write a reflection on the service you attended – **Due by April 24, 2022.**

### April 24, 2022

- ❖ Triduum (Holy Week) Service Reflections are due.
- ❖ Confirmation Saint Name Papers are due this day. Remember, these will be posted in the narthex of the church for all parishioners to review.

### April-May 2022 (Exact dates and times TBD)

- ❖ Confirmation Interviews with Pastor.

### May 1, 2022

- ❖ Formal Letters to the Pastor and the Confirming Bishop due by 11:00 a.m.
- ❖ All Volunteer and Service Hours due by 11:00 a.m.

### May 2022

- ❖ **Confirmation Reconciliation Service, Rehearsal and Confirmation (Dates TBD)**

## **Our Lady of Hope Parish Confirmation Program 2021-2022 Confirmation Sponsor Information**

### **Things to consider when choosing a Confirmation sponsor:**

One of the things you, as a Confirmation candidate, must do is choose a sponsor. A Confirmation sponsor supports the candidate as they prepare to become full members of the church. It is an important role to play, and one no sponsor should take lightly. Choosing a sponsor is also a decision that candidates should take seriously. The following are a few things candidates need to consider when choosing a sponsor for their Confirmation candidacy.

### **Rules & Requirements**

There are certain rules and requirements with regard to just who can and cannot be a Confirmation sponsor.

- ❖ A sponsor must be at least 16 years of age.
- ❖ Candidates cannot choose one of their parents to act as a sponsor. However, godparents or even siblings can qualify as sponsors.
- ❖ A Confirmation sponsor must also be a confirmed member of the Catholic Church.
- ❖ The sponsor must also be a practicing Catholic who attends mass on a regular basis and lives an active faith life.
- ❖ The sponsor must be living a life which is in agreement with the Canon Law of the Catholic Church.
- ❖ The sponsor agrees to attend one of the Triduum Services with the candidate.
- ❖ The sponsor will submit a completed, "Confirmation Sponsor Covenant".

### **Some other considerations when choosing a Confirmation sponsor.**

- ❖ Consider where your sponsor lives. Once chosen, the sponsor will be asked to fulfill certain requirements with you (see above), so it helps to choose a sponsor who lives nearby. It's not required that your sponsor live nearby, but it will make it easier for the sponsor and you.
- ❖ Though any confirmed, practicing Catholic over the age of 16 is eligible to be a Confirmation sponsor, it might help to choose someone who is older. A sponsor should be a role model for you. Someone who can offer advice and guidance not only during your preparation, but after Confirmation, as well. Someone who is just a few years older than you might not be the best person to provide that advice and guidance.
- ❖ It might make things easier if the person you ultimately choose to be a sponsor is an adult you already have a strong relationship with and find it easy to talk to about your faith. The relationship is one that should continue and strengthen after you have been confirmed, so choosing someone you already have a good rapport with will make it easier for the relationship to flourish.

Please discuss the requirements and considerations with your family and the person who you would like to be your Confirmation sponsor. Then give them the attached "Confirmation Sponsor Covenant" and return it to Deacon Jim by **October 10, 2021**.

## Our Lady of Hope Parish Confirmation Program 2021-2022

### CONFIRMATION SPONSOR COVENANT

**Due October 10, 2021**

As a Confirmation sponsor, your role is to encourage the faith of your candidate and be an “example” to your Confirmation candidate and to reflect with the candidate on the meaning of a life of Catholic discipleship. The sponsor is also asked to be an active participant in the Confirmation journey with the candidate and as such be willing to attend some of the Confirmation functions with the candidate.

The Code of Canon Law (Church Law) specifies the requirements for serving as a sponsor at Confirmation (Canon 893) are the same as those for godparents at Baptism (Canon 874):

- ❖ You may not be the parent of the person being confirmed;
- ❖ you must be at least 16 years old;
- ❖ you must be fully initiated in the Catholic Faith (Baptism, Confirmation, Eucharist);
- ❖ if married, be in a valid Catholic marriage;
- ❖ and live a life of active faith in the Catholic Church.

**I am willing to fully participate as the Confirmation Sponsor for the following Candidate :**

**Candidate's Name:** \_\_\_\_\_

First

Middle

Last Name

**who will be confirmed at Our Lady of Hope Church.**

**I understand the requirements of a Confirmation sponsor and I state that I received the following:**

**The Sacrament of Baptism at \_\_\_\_\_ Church**

**Located in \_\_\_\_\_ (City and State)**

**The Sacrament of Confirmation at \_\_\_\_\_ Church**

**Located in \_\_\_\_\_ (City and State)**

**And if married, I am in a valid Catholic marriage and I am active in the Catholic Church, regularly attend Mass on Sunday, and strive to live my faith.**

**I also understand that as a sponsor, I am willing to:**

- ❖ **Attend one of the Our Lady of Hope Triduum Services during Holy Week with the Candidate.**
- ❖ **Assist the candidate with their Saint's (Confirmation) Name selection process and writing of their letter to the Pastor.**

**Sponsor, please (Clearly) print your name:** \_\_\_\_\_

**Sponsor's Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Please return the completed form to Deacon Jim Ernst no later than October 10, 2021.**

**Lady of Hope Confirmation Program – 2021-2022  
Parish/Community Event Volunteer Verification**

**Candidate must volunteer for 8 hours for the Parish & 2 hours for the Community.**

**Candidate's Name (print):** \_\_\_\_\_

**Parish Event Worked:** \_\_\_\_\_ **PCI** \_\_\_\_\_

**Date of the Event:** \_\_\_\_\_ **Hours Volunteered:** \_\_\_\_\_

**Parish Event Worked:** \_\_\_\_\_ **PCI** \_\_\_\_\_

**Date of the Event:** \_\_\_\_\_ **Hours Volunteered:** \_\_\_\_\_

**Parish Event Worked:** \_\_\_\_\_ **PCI** \_\_\_\_\_

**Date of the Event:** \_\_\_\_\_ **Hours Volunteered:** \_\_\_\_\_

**Parish/ Event Worked:** \_\_\_\_\_ **PCI** \_\_\_\_\_

**Date of the Event:** \_\_\_\_\_ **Hours Volunteered:** \_\_\_\_\_

**Parish Event Worked:** \_\_\_\_\_ **PCI** \_\_\_\_\_

**Date of the Event:** \_\_\_\_\_ **Hours Volunteered:** \_\_\_\_\_

**Parish Event Worked:** \_\_\_\_\_ **PCI** \_\_\_\_\_

**Date of the Event:** \_\_\_\_\_ **Hours Volunteered:** \_\_\_\_\_

**Parish Event Worked:** \_\_\_\_\_ **PCI** \_\_\_\_\_

**Date of the Event:** \_\_\_\_\_ **Hours Volunteered:** \_\_\_\_\_

**Community Event Worked:** \_\_\_\_\_ **CCI** \_\_\_\_\_

**Date of the Event:** \_\_\_\_\_ **Hours Volunteered:** \_\_\_\_\_

**If you are looking for some qualifying events or if you are in doubt whether an event qualifies, please contact Deacon Jim via email: [jernst@ourladyofhopechurch.com](mailto:jernst@ourladyofhopechurch.com)**

**When you have completed your hours, please turn this sheet into the Parish Office or email to Deacon Jim, please note: "Confirmation". - Due May 1, 2022**

# Confirmation Event Reflection Sheet

## Our Lady of Hope Confirmation Program 2021-2022

**Reflections are due one week after the event**

**Candidates name: (Print)**

\_\_\_\_\_  
**First**                      **Middle Initial**    **Last**

**Check the Event:**

\_\_\_\_ All Saints Shrine    \_\_\_\_ Feed My Starving Children    \_\_\_\_ Cathedral    \_\_\_\_ Holy Fire

**The following people attended this event with me:**

\_\_\_\_\_  
**First**                      **Last**                      **Relationship**

\_\_\_\_\_  
**First**                      **Last**                      **Relationship**

**Instructions:** The reflection is to be 100-150 words. You may write it below or staple a typed sheet to this page. It must be turned into the Parish Office one week after the event. Put the reflection in an envelope addressed to Deacon Jim.

**The Reflection should summarize what you experienced, felt, and learned and how it may help you in living the traditions of the Catholic Faith.**

**Reflection: (Use back side, if needed)**

**SAMPLE COPY ONLY**

**WILL BE PASSED OUT AT EACH EVENT**



# Our Lady of Hope Confirmation Program – 2021-2022

## Confirmation Name Choice & Project Information

### Information and instruction regarding your Confirmation Saint's Name:

The Sacrament of Confirmation is seen as a new beginning in the life of a person as they accept the responsibility of becoming an adult in the Faith of the Church. As this is a new beginning, we also pick a new name to signify this change of direction. This is a starting over of our lives and the way we think and interact with others as we find Jesus' presence in those around us.

So how do you go about choosing this new name? The name should be about who you are and who you want to become, especially regarding your relationship with the Holy Trinity. To do this, we will be going as a group to learn about a variety of saints, to learn about the relics of saints, and to learn about the power of praying through the saints and asking for their intercession in times of need or chaos. **On Sunday, October 24, 2021 we will all attend the 11:00 Mass at St. Martha Parish in Morton Grove and then visit the very large Reliquary Shrine of All Saints, where Fr. Dennis O'Neill, who is also an author on the saints, will guide us through the hundreds of relics and share stories and information about many of them. The church is located at: 8523 Georgiana Ave, Morton Grove, IL 60053 (847-965-0262).** You will be responsible for your own transportation for this Experiential Session. Carpooling is suggested. Parents and sponsors are most welcome, and encouraged to attend this event. This will be a required experience for all candidates. After seeing the relics and hearing the stories, you will be asked to choose a saint's name for Confirmation. You will also be asked to research your saint and there will be a short paper detailing the research. These will be hung in the Narthex in the weeks prior to Confirmation next fall. You will have time to do this, as this selection should not be taken lightly. Remember, it represents the new you!

### Writing your Saint Paper:

During the summer, after you have chosen and turned in your saint's name, you will write your saint's paper. It is a simple project that assures us you looked into your saint and tells us why you chose that saint to be your life's model. It is only 3 pages and about 500 words typed.

- ❖ **Cover Page (page 1):** on it will be your name, your saint's name and a picture of your saint. (Yes you can cut and paste a good picture from the internet.)
- ❖ **Your Saint's History and Important Facts (page 2):** Summarize in 250-350 words the history of your saint. Include the date they were canonized and who/what they are the patron saint for.
- ❖ **Why you chose this saint and why you want this person as your life model (page 3):** In 250-350 words, tell us why this saint is important to you. What specifically in your saint's life influenced you to choose this person as your personal mentor as an adult Catholic and follower of Christ?

### Important dates:

#### November 14, 2021:

- ❖ Confirmation saint's name choice is due.
- ❖ This is the final date and your name should not be changed after this date. **CHOOSE WISELY!**
- ❖ The name must be submitted on the form you were given. Drop it off in the parish office in an envelope addressed to Deacon Jim. Be sure to fill it in completely and have your sponsor sign.

#### April 24, 2022:

- ❖ Your paper on your saint's name is due this day. It must be turned into the Parish Office, **it cannot be folded**, as it will be hung in the Narthex for all to see and read! They will be up for 3 weeks.
- ❖ If it is not in a large envelope, make sure there is a Post-It-Note or a piece of paper **paper-clipped** (not stapled) to it which says Deacon Jim, so it gets into my mail box.

# Our Lady of Hope Confirmation Program 2021-2022 Confirmation Name Choice

**Candidates name: (Print)**

\_\_\_\_\_

First

Middle

Last

After careful and prayerful consideration and after discussing my choices with my sponsor, I have chosen the following saint as my name choice for Confirmation.

\_\_\_\_\_

**Confirmation Saint's Name (Print)**

Now that I have chosen this saint, I will prepare a report on this saint as my Confirmation project and present it to Deacon Jim (Parish Office) prior to April 24, 2022.

**Candidate's signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_

**Confirmation Sponsor's Certification:**

I, (**Sponsor's printed name** :) \_\_\_\_\_,

First M. I. Last

Confirmation Sponsor for the above named candidate have discussed the choice of saint's name with the candidate.

**Signature of Sponsor:** \_\_\_\_\_

**Date:** \_\_\_\_\_

**This form due: November 14, 2021**



# Our Lady of Hope Confirmation Program 2021-2022

## Triduum Liturgy Reflection Sheet.

**Due Sunday, April 24, 2022**

Candidates name: (Print)

\_\_\_\_\_  
First Middle Initial Last

Check the Liturgy Attended:

\_\_\_ Holy Thursday: Mass of the Last Supper (April 14, 2022 – 7:00 p.m.)

\_\_\_ Good Friday: Passion (April 15, 2022 – 3:00 p.m.)

\_\_\_ Holy Saturday: Easter Vigil (April 16, 2022 – 7:00 p.m.)

The following people attended the Liturgy with me:

\_\_\_\_\_  
First Last Relationship

\_\_\_\_\_  
First Last Relationship

**Instructions:** Answer the questions about the Liturgy below, then write a short reflection of about 100-150 words. Then reflection may be written below or a typed sheet may be stapled to this page. It must be turned into the Parish Office one week after the event. Put the reflection in an envelope addressed to Deacon Jim. The Reflection should summarize what you experienced, felt, and learned and how it may help you in living the traditions of the Catholic Faith.

**Questions:**

1. Who was the celebrant for this service? \_\_\_\_\_
2. What color vestments were worn? \_\_\_\_\_
3. What specifically was done at this Liturgy to engage the congregation in the liturgical moment?  
\_\_\_\_\_

**Reflection:** Write below and on the back or attach a typed sheet.

## Our Lady of Hope Confirmation Program – 2021-2022

### Instructions for Letters to the Confirming Bishop and the Pastor to request the Sacrament of Confirmation.

As part of the Confirmation journey, when nearly all the preparation work has been completed, and your catechists have approved your preparation, each candidate writes **two letters** to formally request reception of the Sacrament of Confirmation. The letters are essentially the same, except for who is being addressed. Both of these letters are due on **May 1, 2022**.

#### Contents of the Letters:

These should be considered **FORMAL LETTERS** to the Bishop and Pastor. Your sponsor, or if they not available, a parent, should help you, if you are not sure how to write this type of letter.

The letters **are not mailed** to the Bishop or Pastor. As with all other projects and work, they should be submitted to Deacon Jim at the Parish Office. **They MUST be in an UNSEALED ENVELOPE**, addressed as if they are ready to be mailed. Under most circumstances, Deacon Jim will not be reading these letters. The Pastor's letters will be delivered prior to your Confirmation Interview with the Pastor. The Bishop's letters will be mailed in one package, at the same time. Remember, the Pastor and Bishop do have the final say about your being confirmed.

- Hand written is preferred, but a typed, personally signed, letter is acceptable.
- Letters should be on 8 1/2 x 11 white paper.
- Envelopes should be addressed as follows:

**Most Reverend  
Auxiliary Bishop of Chicago  
Episcopal Vicar - Vicariate  
Address  
City, Zip**

**Reverend Wojciech Oleksy, Director  
Our Lady of Hope Catholic Mission  
9711 W. Devon Ave.  
Rosemont, IL 60018**

- The greeting should be either "Dear Bishop -----" or "Dear Father Oleksy".
- Introduce yourself using your full name.
- In about 3-4 sentences, tell them why you want to be confirmed. Be sincere!
- In about 3-4 sentences, tell them which saint you chose for your Confirmation name and why that saint became special to you.
- In about 3-4 sentences, tell them about your sponsor and why you chose them.
- In a couple of sentences, tell them about your future dreams and goals and how your being a Catholic will help you with this.
- Finally, thank them for taking the time to read your letter and for being part of your Confirmation journey.
- Sign your letter.

**Two samples follow. The format is called “Business Full Block Letter”. These examples are formal letters written without a letterhead. (Per Webster’s New Collegiate Dictionary: A Handbook of Style.) Margins are all natural.**

Date

(4 spaces)

**SAMPLE**

Most Reverend ???  
Auxiliary Bishop of Chicago  
Episcopal Vicar - Vicariate ?  
200 N. Milwaukee Ave., Ste. 200  
Libertyville, IL 60048

Dear Bishop Rojas,

My name is \_\_\_\_\_ and I would like to receive the Sacrament of Confirmation for Our Lady of Hope Parish on Sunday, October 20, 2019.

In about 3-4 sentences, tell them why you want to be confirmed. Be sincere.

In about 3-4 sentences, tell them which saint you chose for your Confirmation name and why that saint became special to you.

In about 3-4 sentences, tell them about your sponsor and why you chose them.

In a couple of sentences, tell them about your future dreams and goals and how your being a Catholic will help you with this.

Finally, thank them for taking the time to read your letter and for being part of your Confirmation journey.

Sincerely,

(Sign your name here.)

(Your name printed or typed.)

Date

(4 spaces)

**SAMPLE**

Reverend Wojciech Oleksy, Pastor  
Our Lady of Hope Parish  
9711 W. Devon Ave.  
Rosemont, IL 60018

Dear Father Oleksy,

My name is \_\_\_\_\_ and I would like to receive the Sacrament of Confirmation for Our Lady of Hope Parish on Sunday, October 20, 2019.

In about 3-4 sentences, tell them why you want to be confirmed. Be sincere.

In about 3-4 sentences, tell them which saint you chose for your Confirmation name and why that saint became special to you.

In about 3-4 sentences, tell them about your sponsor and why you chose them.

In a couple of sentences, tell them about your future dreams and goals and how your being a Catholic will help you with this.

Finally, thank them for taking the time to read your letter and for being part of your Confirmation journey.

Sincerely,

(Sign your name here.)

(Your name printed or typed.)





Name \_\_\_\_\_ Date \_\_\_\_\_

21. Through Baptism we share in \_\_\_\_\_  
the priesthood of Jesus Christ God's life the priesthood of Jesus Christ and God's life

22. The Beatitudes \_\_\_\_\_  
replace the Ten Commandments are examples of whom we should be  
were meant mostly for priests and men and women religious

23. The Gift of the Spirit that makes us marvel at God's goodness and love so that we avoid  
anything that separates us from him is \_\_\_\_\_  
counsel fear of the Lord self-control

24. The Gift of the Spirit that helps us see life from God's point of view is \_\_\_\_\_  
joy wisdom knowledge

25. The Gift of the Spirit that enlightens us to seek good advice and enables us to advise  
others is \_\_\_\_\_  
piety understanding counsel

26. The Gift of the Spirit that strengthens us to do what is right in the face of difficulties and to  
endure suffering is \_\_\_\_\_  
piety modesty fortitude

27. The baptismal promises renewed at Confirmation are promises \_\_\_\_\_  
to reject Satan and live by faith in Christ never to doubt the faith always to pray and go to Mass

28. To witness to Christ means \_\_\_\_\_

to spread the Good News to give loving service to spread the Good News and to give loving service

29. To be holy and grow spiritually means \_\_\_\_\_  
not to associate much with others to pray and fast often to become more like Christ

**C. Write the letter of the sacrament that best fits the description. Some letters may be used more than once.**

\_\_\_\_\_ 30. We unite ourselves with Jesus' sacrifice and receive him in Holy Communion.

\_\_\_\_\_ 31. We renew our baptismal commitment.

\_\_\_\_\_ 32. A baptized man and a woman are united with each other.

\_\_\_\_\_ 33. A man receives the power to absolve sins, change bread and wine into the Body and Blood of Jesus Christ, and lead God's Church.

\_\_\_\_\_ 34. We become members of the Church and heirs of Heaven.

\_\_\_\_\_ 35. We become more completely bound to the Church and have an increased responsibility to spread and protect the faith.

\_\_\_\_\_ 36. We participate in the central act of worship of our Catholic faith.

\_\_\_\_\_ 37. We are reconciled with God, other people, and ourselves.

\_\_\_\_\_ 38. Those who are old, sick, or dying receive spiritual aid, comfort, and strength.

- |                          |
|--------------------------|
| a. Baptism               |
| b. Confirmation          |
| c. Eucharist             |
| d. Reconciliation        |
| e. Anointing of the Sick |
| f. Holy Orders           |
| g. Matrimony             |

Name \_\_\_\_\_ Date \_\_\_\_\_

**D. Write *T* for *True* or *F* for *False* for each statement.**

- \_\_\_\_\_ 39. Catholics believe in the Trinity—Three Persons in one God.
- \_\_\_\_\_ 40. God created the universe and us.
- \_\_\_\_\_ 41. God only pretended to be a man for awhile.
- \_\_\_\_\_ 42. Jesus died, rose again, and is now with his Father.
- \_\_\_\_\_ 43. Mary, the mother of Jesus, is buried in Jerusalem.
- \_\_\_\_\_ 44. Jesus is God.
- \_\_\_\_\_ 45. Mary never sinned; at the end of her life, her body and soul went directly to Heaven.
- \_\_\_\_\_ 46. We receive grace from Christ through the outward signs of the seven sacraments.
- \_\_\_\_\_ 47. The Mass is the same sacrifice as Jesus' sacrifice on the cross.
- \_\_\_\_\_ 48. The Church is only a human institution.
- \_\_\_\_\_ 49. The pope is always infallible.
- \_\_\_\_\_ 50. Non-Catholic Christians are related to Christ's Church.
- \_\_\_\_\_ 51. The Third Person of the Blessed Trinity is the Holy Spirit, who sanctifies us.
- \_\_\_\_\_ 52. There probably is no Hell.
- \_\_\_\_\_ 53. At the end of time, we will exist in either Heaven or Hell.
- \_\_\_\_\_ 54. God reveals himself in Scripture and Tradition.

**E. On a separate piece of paper, write the answer to the following:**

- 55. What are the three essential parts of the Sacrament of Confirmation?
- 56. List the Ten Commandments.
- 57. What is the Great Commandment, according to the Gospel of St. Mark?
- 58. Write out the two Beatitudes that mean the most to you.
- 59. List the Corporal Works of Mercy.
- 60. List the Precepts of the Church

# Catholic

## and practices



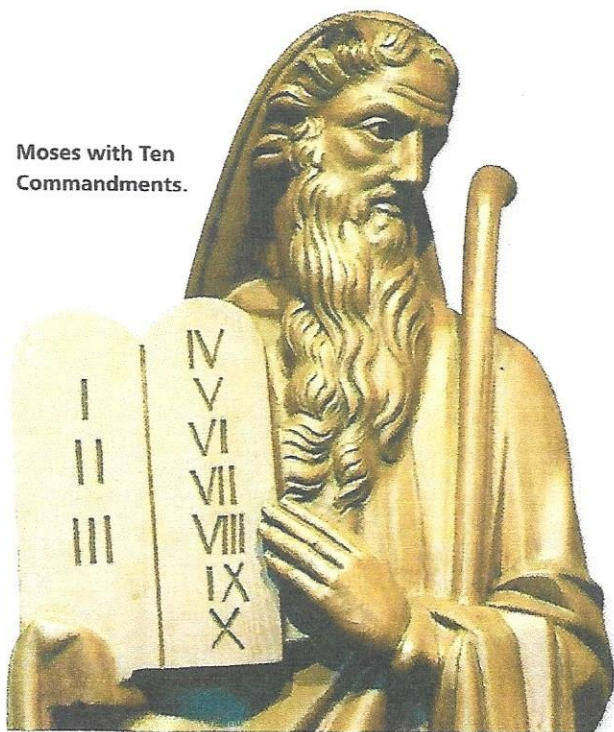
### Living Our Faith

As believers in Jesus Christ, we are called to a new life and to make moral choices that keep us united with God. With the help and grace of the Holy Spirit, we can choose ways to act to remain friends with God, to help other people, and to fulfill our prophetic mission to be witnesses to Christ in all circumstances and at the very heart of the human community.

### The Ten Commandments

The Ten Commandments are a special expression of natural law made known to us by God's Revelation and by human reason. They guide us in making choices that allow us to live as God wants us to live. The first three commandments tell us how to love God; the rest show us how to love our neighbor.

Moses with Ten Commandments.



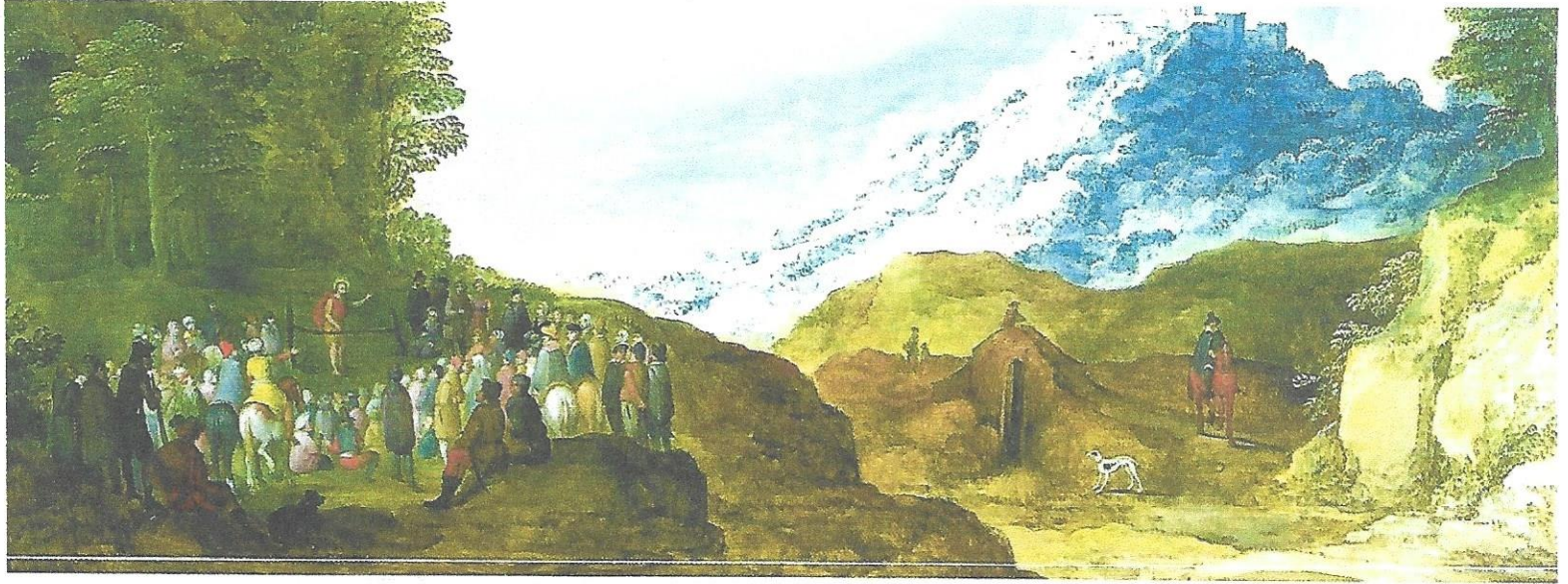
1. I am the Lord your God: you shall not have strange gods before me.
2. You shall not take the name of the Lord your God in vain.
3. Remember to keep holy the Lord's Day.
4. Honor your father and your mother.
5. You shall not kill.
6. You shall not commit adultery.
7. You shall not steal.
8. You shall not bear false witness against your neighbor.
9. You shall not covet your neighbor's wife.
10. You shall not covet your neighbor's goods.

### The Great Commandment

The Ten Commandments are fulfilled in Jesus' Great Commandment: "You shall love the LORD your God with all your heart, with all your soul, with all your mind, and with all your strength. . . . You shall love your neighbor as yourself." (Mark 12:30–31)

### The New Commandment

Before his death on the cross, Jesus gave his disciples a new commandment: "[L]ove one another. As I have loved you, so you also should love one another." (John 13:34)



*Sermon on the Mount, 15th Century.*

## The Beatitudes

The Beatitudes are the teachings of Jesus in the Sermon on the Mount. (Matthew 5:3–10)

Jesus teaches us that if we live according to the Beatitudes, we will live a happy Christian life. The Beatitudes fulfill God’s promises made to Abraham and his descendants and describe the rewards that will be ours as loyal followers of Christ.

- Blessed are the poor in spirit,  
for theirs is the kingdom of heaven.*
- Blessed are they who mourn,  
for they will be comforted.*
- Blessed are the meek,  
for they will inherit the land.*
- Blessed are they who hunger and thirst  
for righteousness,  
for they will be satisfied.*
- Blessed are the merciful,  
for they will be shown mercy.*
- Blessed are the clean of heart,  
for they will see God.*
- Blessed are the peacemakers,  
for they will be called children of God.*
- Blessed are they who are persecuted  
for the sake of righteousness,  
for theirs is the kingdom of heaven.*

## Works of Mercy

The Corporal and Spiritual Works of Mercy are actions that extend God’s compassion and mercy to those in need.

### *Corporal Works of Mercy*

The Corporal Works of Mercy are kind acts by which we help our neighbors with their material and physical needs. They include

- 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*

The Spiritual Works of Mercy are acts of compassion that serve people’s emotional and spiritual needs. They include

- |                        |                              |
|------------------------|------------------------------|
| <b>instruct</b>        | <b>admonish</b>              |
| <b>counsel</b>         | <b>comfort</b>               |
| <b>forgive</b>         | <b>bear wrongs patiently</b> |
| <b>pray for others</b> |                              |

## Precepts of the Church

The Precepts of the Church describe the minimum effort we must make in prayer and in living a moral life. All Catholics are called to move beyond the minimum by growing in love of God and love of neighbor. The Precepts are as follows:

1. attendance at Mass on Sundays and Holy Days of Obligation
2. confession of sins at least once a year
3. reception of Holy Communion at least once a year during the Easter season

4. observance of the days of fast and abstinence
5. providing for the needs of the Church

### Days of Fast (for Adults)

Ash Wednesday      Good Friday

### Days of Abstinence (for all those over 14)

Ash Wednesday      All Fridays in Lent

## Holy Days of Obligation

Holy Days of Obligation are the days other than Sundays on which we celebrate the great things God has done for us through Jesus and the saints. On Holy Days of Obligation, Catholics are obliged to attend Mass. Six Holy Days of Obligation are celebrated in the United States.

### Mary, Mother of God

January 1

### Ascension

Forty days after Easter (for those dioceses that do not celebrate the Ascension on the seventh Sunday of Easter)

### Assumption of the Blessed Virgin Mary

August 15

### All Saints

November 1

### Immaculate Conception

December 8

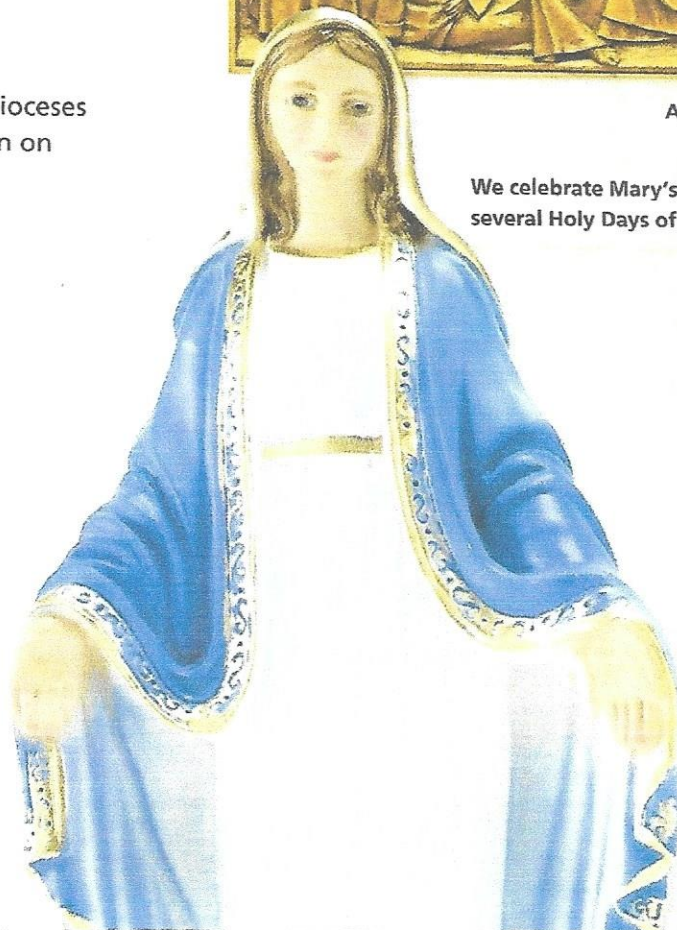
### Nativity of Our Lord Jesus Christ

December 25



Ascension of Jesus.

We celebrate Mary's life on several Holy Days of Obligation.



## Virtues

Virtues are gifts from God that lead us to live in a close relationship with him. Virtues are like good habits. They need to be used; they can be lost if they are neglected. The three most important virtues are called the Theological Virtues because they come from God and lead to God. The Cardinal Virtues are human virtues, acquired by education and good actions. They are named for the Latin word for "hinge" (*cardo*), meaning "that on which other things depend."

### Theological Virtues

faith                      charity                      hope

### Cardinal Virtues

prudence                      justice

fortitude                      temperance

## Gifts of the Holy Spirit

The Holy Spirit makes it possible for us to do what God the Father asks of us by giving us many gifts. They include the following:

wisdom                      counsel

knowledge                      understanding

fortitude                      fear of the Lord

piety

## Fruits of the Holy Spirit

The Fruits of the Holy Spirit are examples of the way we find ourselves acting because God is alive in us. They include the following:

love                      joy                      peace

kindness                      generosity                      goodness

gentleness                      self-control                      modesty

faithfulness                      chastity                      patience



Left to right: the Theological Virtues of charity, faith, and hope, Heinrich Maria von Hess, 1819.

## Making Good Choices

Our conscience is the inner voice that helps us know the law God has placed in our hearts. Our conscience helps us judge the moral qualities of our own actions. It guides us to do good and avoid evil.

The Holy Spirit can help us form a good conscience. We form our conscience by studying the teachings of the Church and following the guidance of our parents and pastoral leaders.

God has given every human being freedom of choice. This does not mean that we have the right to do whatever we please. We can live in true freedom if we cooperate with the Holy Spirit, who gives us the virtue of prudence. This virtue helps us recognize what is good in every situation and make correct choices. The Holy Spirit gives us the gifts of wisdom and understanding to help us make the right choices in life, in relationship to God and others. The gift of counsel helps us reflect on making the correct choices in life.

## Showing Our Love for the World

In the story of the Good Samaritan (Luke 10:29–37), Jesus makes clear our responsibility to care for those in need. The Catholic Church teaches this responsibility in the following themes of Catholic Social Teaching.

### *Life and Dignity of the Human Person*

All human life is sacred, and all people must be respected and valued over material goods. We are called to ask whether our actions as a society respect or threaten the life and dignity of the human person.

### *Call to Family, Community, and Participation*

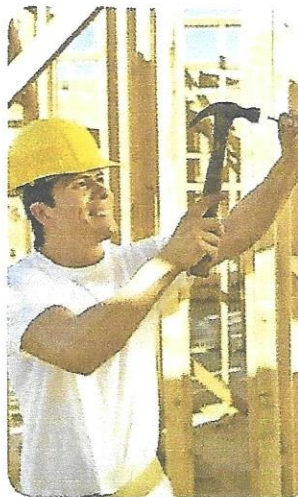
Participation in family and community is central to our faith and a healthy society. Families must be supported so that people can participate in society, build a community spirit, and promote the well-being of all, especially those who are poor and vulnerable.

### *Rights and Responsibilities*

Every person has a right to life as well as a right to those things required for human decency. As Catholics, we have a responsibility to protect these basic human rights in order to achieve a healthy society.

### *Option for the Poor and Vulnerable*

In our world, many people are very rich while at the same time many are extremely poor. As Catholics, we are called to pay special attention to the needs of the poor by defending and promoting their dignity and meeting their immediate material needs.



### *The Dignity of Work and the Rights of Workers*

The Catholic Church teaches that the basic rights of workers must be respected: the right to productive work, fair wages, and private property; and the right to organize, join unions, and pursue economic opportunity. Catholics believe that

the economy is meant to serve people and that work is not merely a way to make a living, but an important way in which we participate in God's creation.

### *Solidarity*

Because God is our Father, we are all brothers and sisters with the responsibility to care for one another. Solidarity is the attitude that leads Christians to share spiritual and material goods. Solidarity unites rich and poor, weak and strong, and helps create a society that recognizes that we all depend on one another.

### *Care for God's Creation*

God is the Creator of all people and all things, and he wants us to enjoy his creation. The responsibility to care for all God has made is a requirement of our faith.



# Celebrating Our Faith

Jesus touches our lives through the sacraments. In the sacraments, physical objects—water, bread and wine, oil, and others—are the signs of Jesus' presence.

## The Seven Sacraments

### *Sacraments of Initiation*

These sacraments lay the foundation of every Christian life.

#### Baptism



In Baptism we are born into new life in Christ. Baptism takes away Original Sin and makes us members of the Church. One of its signs is the pouring of water.

#### Confirmation



Confirmation seals our life of faith in Jesus. Its signs are the laying on of hands on a person's head, most often by a bishop, and the anointing with oil. Like Baptism, it is received only once.

#### Eucharist



The Eucharist nourishes our life of faith. We receive the Body and Blood of Christ under the appearance of bread and wine.

### *Sacraments of Healing*

These sacraments celebrate the healing power of Jesus.

#### Penance and Reconciliation



Through Reconciliation we receive God's forgiveness. Forgiveness requires being sorry for our sins. In Reconciliation we receive Jesus' healing grace through

absolution by the priest. The signs of this sacrament are our confession of sins, our repentance and satisfaction, and the words of absolution.

#### Anointing of the Sick

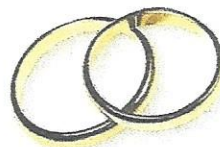


This sacrament unites a sick person's sufferings with those of Jesus. Oil, a symbol of strength, is a sign of this sacrament. A person is anointed with oil and receives the laying on of hands from a priest.

### *Sacraments at the Service of Communion*

These sacraments help us serve the community.

#### Matrimony



In Matrimony a baptized man and woman are united with each other as a sign of the unity between Jesus and his Church. Matrimony requires the consent of the couple, as expressed in the marriage promises. The couple are the sign of this sacrament.

#### Holy Orders



In Holy Orders, men are ordained priests to be leaders of the community, or deacons to be reminders of our baptismal call to serve others. The signs of this sacrament are the laying on of hands and the prayer of the bishop asking God for the outpouring of the Holy Spirit.