



ST. THOMAS AQUINAS CATHOLIC CHURCH

Parent and Candidate

Family Faith Sharing Guide

2020 Confirmation

To the Parents:

Over the coming year, you, the Confirmation candidate's parents, will be doing much reflecting, sharing, praying, celebrating, caring, and growing as you help your teen prepare for Confirmation. Confirmation completes the process of initiation into the Church and sets the newly confirmed on the way of Jesus.

The activities contained in this booklet are designed to encourage your family's participation in the Catholic faith and allows your family to explore the works of the Holy Spirit in your everyday life. The faith shared, the questions to be raised or answered, cannot be "crammed" into an hour or two. You must have time to reflect on, pray about, and thoroughly consider what you discover about yourself, your family, and your faith community. The activities, for example, involve discussion over a 2-3 month period.

Read the pages carefully. Each faith sharing activity will have numerous activities that need to be completed by the family. Each activity will have instructions for the family, links to additional resources, questions for family reflection and a reflection that should be completed and turned in by the candidate. Every activity should be finished; every question answered. Work must be legible to be accepted.

This faith sharing booklet is due on July 1, 2020.

My prayer for your family is that through this process you will grow closer together as a family and grow in your relationship with Christ.

God Bless,

Cindy Caughman
Confirmation Coordinator

Faith Sharing Activity

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Activity 1: Baptism and Confirmation

- Step 1:** Parents review the handouts on Baptism and Confirmation that were given out at the parent meeting and share with your teen the events of his/her Baptism.
- Step 2:** As a family complete the Question section
- Step 3:** Candidate completes the reflection sheet entitled Reflection on the Sacraments of Initiation

Parent Reflection Questions

1. Why did you baptize your child?
2. Do you remember your Confirmation – when and who were your sponsors?
3. Why do you want your child confirmed?

Candidate / Parent Reflection Questions

1. When and where were you baptized?
2. Who are your godparents and why were they chosen for this role?
3. At your baptism, your parents and godparents made a commitment to 'train you in the practice of the faith.' How has this been done for you?
4. What is the connection between Baptism and Confirmation?
5. Is your experience at Confirmation going to be the same as someone else in your class? Why or Why not?
6. Why are you in Confirmation preparation?
7. How do you expect Confirmation to affect your life?

Online Resources – Click on the links to access	
<i>English</i>	<i>Spanish</i>
<u>Baptism Handout</u>	<u>Baptism Handout</u>
<u>Confirmation Handout</u>	<u>Confirmation Handout</u>

Activity 1: Reflection on the Sacraments of Initiation

Name _____

1. Who are your godparents and why were they chosen for this role? _____

2. What is the connection between Baptism and Confirmation?

3. Why are you in Confirmation preparation?

Activity 2: Mass

- Step 1:** Parents decide ahead of time a Sunday to complete this activity. Read and talk about the upcoming Sunday readings at least twice during the week. Scriptures for the Sunday Mass can be found at www.usccb.org under the tab Bible and Today's Reading. Then you can scroll through the dates. At the top is a **red** tab to translate information in Spanish.
- Step 2:** As a family review and discuss the **Rate my Faith** questions and fill out the chart provided
- Step 3:** Candidate writes a short reflection (2-3 paragraphs) on any part of the Mass on the Reflection on Mass sheet

Rate my Faith questions: Please rate the following statements from 1 (low) to 10 (high), enter in box

	Dad	Mom	Candidate
I believe that my faith (my spiritual life) needs the support of a community			
I believe that the Eucharist is truly the body and blood of Christ			
If I did not receive the Eucharist weekly, I would feel as if I was missing an important part of my life.			
I feel that there is a strong connection between Mass and my Life			
The Word of God in the Bible is a valuable source of God's presence in my life			
I believe that the Eucharist strengthens me to be Christ to others in every part of my life			
I want my child to know that weekly attendance at Mass is central to living a Catholic life			

Online Resources – Click on the links to access	
English	Spanish
Video on the Mass	Order of Mass
Video on preparing for Mass	Mass explained
Order of the Mass	Video on the Mass
Explanation of the Mass	

Activity 2: Reflection on Mass

Name _____

What part of Mass will you choose to reflect on and why? _____

Write a 2 -3 paragraph essay on the Mass part. Questions that should be addressed:

- a. What does this part of the Mass mean to me?
- b. Why is this part of the Mass important?
- c. How can I be more engaged with this part of the Mass?

Activity 3: Mercy and Service Project

- Step 1:** Parents review the Corporal and Spiritual Works of Mercy with your teen
- Step 2:** As a family choose a work of mercy to complete
- Step 3:** Candidate completes the reflection sheet entitled Reflection on Service

Candidate / Parent Review

The Corporal Works of Mercy

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

The Spiritual Works of Mercy

Counseling the doubtful
 Instructing the ignorant
 Admonishing the sinner
 Comforting the sorrowful
 Forgiving injuries
 Bearing wrongs patiently
 Praying for the living and the dead

Online Resources – Click on the links to access	
<i>English</i>	<i>Spanish</i>
Spiritual Works of Mercy	Works of Mercy
Corporal Works of Mercy	

Activity 3: Reflection on Service

Name _____

Work of Mercy completed as a Family: _____

Why is this considered a work of mercy? _____

Describe what you did: _____

How did this make you feel? _____

Activity 4: Saints

Step 1: Parents discuss and list as many Saints possible with your teen

Step 2: As a family look up 5 different Saints and fill out the chart

Step 3: Candidate uses the information to choose a Saint for Confirmation and completes the worksheet

If your baptismal name is that of a recognized saint of the Church, there is no need to select a new name for Confirmation unless you want. Using the baptismal name for Confirmation is preferred because it highlights the relationship between the Sacraments of Baptism and Confirmation.

If you choose to take a new name for Confirmation, however, it should be a name selected in honor of Jesus or Mary or from the list of recognized saints of the Catholic Church. Names of saints are chosen to serve as patrons and models for those being confirmed. You should choose a patron whose Christian life and virtues can be imitated. You may also choose the saint who celebrates their Feast Day on your birthday, i.e. the Feast of St. Joseph is March 19.

	Saint Name	Patron Saint of	Year Born/ Died	Interesting Fact
1				
2				
3				
4				
5				

Online Resources – Click on the links to access	
English	Spanish
Catholic Saints by Patronage	List of Saints
List of Catholic Saints	
Information on Saints	

Activity 4: Worksheet

Name _____

Saint Name: _____

Feast date : _____

Why did this person become a saint? (Achievement or purpose for becoming a saint)

Why did you choose this saint / what role does the saint have in your life? (There should be a personal connection)

Activity 5: Gifts and Fruits of the Holy Spirit

- Step 1:** Parents review the gifts and fruits of the Holy Spirit and complete the list with your teen
- Step 2:** As a family discuss how you have used the gifts and fruits in your life
- Step 3:** Candidate completes the *two part* reflection sheet on the gifts and on the fruits

The Twelve Fruits of the Holy Spirit are:

The Seven Gifts of the Holy Spirit are:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.
- 11.
- 12.

Online Resources – Click on the links to access	
<i>English</i>	<i>Spanish</i>
The Seven Gifts	Gifts of the Spirit
Confirmation: Gifts and Fruits of the Holy Spirit	Fruits of the Spirit

Activity 5: Reflection on the Gifts & Fruits of the Holy Spirit

Name _____

Which gift of the Holy Spirit do you hope to exemplify in your life? Why? How do you plan to do this?

Describe how your parents live out gifts of the Holy Spirit.

Read [Galatians 5:22-23](#).

Of the twelve fruits of the Holy Spirit, name three that you believe you possess and how you show them to others?

1. _____

2. _____

3. _____

Activity 6: Prayer

Step 1: Parents discuss different Prayers and Prayer experiences that you know.

Step 2: As a family read [1 Kings 19:9-13](#) and discuss the following questions below then complete one of the following prayer experiences

- A Holy Hour – Adoration
- Rosary
- Lectio Divina [English explanation](#) , [Spanish Explanation](#)

Step 3: Candidate completes the reflection sheet on Prayer

Family Discussion Questions:

1. Why do you think God wanted Elijah to hear him in the silence? What lesson do you think Elijah learned?
2. How comfortable are you with silence? For example, are you able to ride in the car without the radio on or music playing? Are you able to be with someone when there are periods of silence?
3. How do the noises and distractions of your daily life affect you? Do you ever find time to be alone by yourself or with God?
4. How successful have you ever been in setting aside time to pray in the morning or at some point during the day? What are some obstacles you face that might prevent you from doing so?
5. Do you believe that you can hear God speaking to you in prayer? Do you recall an instance in your life in which you got a sense about something from the Lord, whether during prayer or at some other time?

Online Resources – Click on the links to access	
<i>English</i>	<i>Spanish</i>
Types of prayers	Types of prayers
A 'How to pray' resource for families	A 'How to pray' resource for families

Activity 6: Reflection on Prayer

Name _____

What meaning does prayer have in your life? _____

Prayer doesn't change God's mind, prayer changes us. What is your reaction to this statement?

Which prayer experience did your family complete? _____

Describe the experience for you in 2 – 3 sentences:

Activity 7: Sponsor

- Step 1:** Parents with your teen list people in your lives that have a visible strong faith and then review the Sponsor information from the Resource Book
- Step 2:** Candidates choose a sponsor and arrange a time to speak (in person, phone, email) to discuss the questions below
- Step 3:** Candidate completes the worksheet

Discussion Questions with Sponsor

1. What do you remember about your Confirmation?
2. Since being Confirmed what has been your most influential faith moment?
3. Tell me about an experience in your life when it was difficult for you to be Catholic- perhaps a time when you were made fun of for your faith or when you struggled with a teaching of the Catholic Church. How did you keep your faith or find answers to your questions at that time?
4. Who has been your role model for you to live out your Catholic faith? What has he or she taught you? How has he or she challenged you?
5. Where do you see God in your daily life? When and how do you most feel His presence?
6. In what ways do you still need to grow in your faith? Do you try to keep learning? How?
7. What is the best thing about being Catholic? What is the greatest challenge to being Catholic?
8. What advice would you give me in becoming an adult in the Catholic faith?
9. Ask your sponsor to provide a verification form from his or her church.

Activity 7: My Sponsor Worksheet

Name _____

1. My sponsor's name is _____

2. I have known my sponsor for (how long) _____

3. I admire my sponsor's faith because _____

4. I chose my sponsor because _____

5. What was one thing you learned about your sponsor's faith journey that surprised you during your meeting? _____

6. Write about one story or experience that your sponsor shared that you felt showed that he/she was truly strengthened by the Holy Spirit through Confirmation to live a life of holiness.

Activity 8: Service-Ministry Interview

- Step 1:** Parents discuss your involvement in parish ministries and review the articles listed on the importance of serving others
- Step 2:** Complete the interview activity described below
- Step 3:** Candidate completes both parts of the worksheet

Information for completing the Interview Activity

Service is not just something to do to fill your time. Service is not just a requirement to be met for Confirmation. It is an expression of our faith. In fact, the word ministry comes from the word for service. There are many adults in our parish who are committed to ministries (service) in our church community. So that each candidate can learn from these ministers, you will spend a few moments in conversation with a member of the ministry of your choosing. The person could serve as a lector, Eucharistic minister, minister of caring, music minister, priest, deacon, vowed religious, youth minister, parish secretary, member of Saint Vincent de Paul, or any of the many ministries listed in our parish bulletin or website (<https://www.sta.org/ministries/>)

If you do not have a personal acquaintance involved in a ministry, use the parish bulletin to obtain the phone number of a staff member or ministry chairperson. **You must select someone outside of your own family.**

Call your selected ministry representative, introduce yourself and explain why you are calling. Tell them you are preparing for Confirmation and you would like to very briefly discuss with them their ministry and ask them a few questions about it. After your conversation, remember to thank them for their time. You may have the conversation in person rather than by phone.

Online Resources – Click on the links to access	
<i>English</i>	<i>Spanish</i>
Pope: if you don't serve others, then what are you living for?	Uncion de lo Alto
Serving Christ in Others	Papa Francisco: «¿Qué es lo que nos pide Jesús? Quiere corazones verdaderamente consagrados
You can't serve others if you're lazy or controlling, Pope says	

Activity 8: Ministry Interview/ Reflection

Name _____

Part 1: Interview

Name and ministry of the person you spoke with: _____

When and how did she / he become involved? _____

Why does she / he continue to serve in this ministry? _____

How does his/her ministry enrich his/her faith in Jesus? _____

Part 2: Reflection

Why did you choose this ministry to inquire about?

Could you be active in this ministry?

Have you ever felt called or inspired to be a part of any ministry? If so, which one and did you act on it?

What other ministries might interest you and what steps can you take to explore them?

Activity 9: Affirmation

Step 1: Parents read and discuss the section 'Words of Affirmation' with your teen

Step 2: As a family strive over the next couple weeks to find ways to affirm each other. This can be done electronically, written or verbally.

Step 3: Candidate completes the reflection sheet on Affirmation

Words of Affirmation

- Don't forget to compliment your family; everyone needs encouragement. Tell them how good looking they are, how kind they are, how hardworking they are and watch their face light up with appreciation.
- Be generous with affirming and encouraging words. Tell your family member they are important to you. Words left in your head don't count.
- Words of Affirmation can easily be expressed electronically via messaging, social media, or text. However, a handwritten note, card, or verbal affirmation will often add a personal touch that will feel more meaningful to the recipient.
- Remember to focus on who people are, rather than what they do.
- Does your friend or loved one have a favorite hobby that you've noticed or been able to observe? If so, give him or her a sincere compliment related to it. Verbalizing praise, encouragement, or appreciation in this area will often be well received and meaningful. It can be incredibly fulfilling to hear a genuine "thank you." Think of someone you feel gratitude for. Next time you see him, look into his eyes, pause until you have his attention, and say something like, "I just want you to know I really appreciate _____. Thank you."

Activity 9: Reflection on Affirmation

Name _____

Was it difficult to affirm your family members? Why or why not? _____

Was it difficult to hear affirmations from your family? Why or why not? _____

Do you think it is important to give and receive affirmations? _____

Activity 10: Discipleship

- Step 1:** Parents read and discuss the sections on 'Being a Disciple' and 'What is Catholic Discipleship?' with your teen
- Step 2:** As a family answer and discuss the questions below
- Step 3:** Candidate completes the reflection sheet on Discipleship

Being a Disciple – *Those who accepted Jesus' message to follow Him. Disciples share in the mission, joy, and suffering of Christ.*

Jesus calls all of us to be His disciples. Being a disciple means participating in the mission of Christ to be a leader and witness to Him in our world. We are sustained in this mission by our relationship with Him. It doesn't matter who we are, where we have been, what we have done, or how "holy" we perceive ourselves to be. Christ calls everyone to follow Him – when he was preaching he called on tax collectors, sinners, prostitutes, Pharisees, rich and poor. Christ calls and challenges us continually. We are called to a different standard than what the world sets, and we are called to share our faith in Christ with others.

What Is Catholic Discipleship?

Conscious Choice

One of the characteristics of Catholic discipleship is that it requires a conscious choice about pursuing a Christian life. Therefore, it is a commitment that involves more than merely attending Mass and other Catholic observances in a passive manner. The Catholic who demonstrates discipleship exercises discipline in pursuing spiritual observances -- such as prayer or fasting -- as well as good works. Indeed, all aspects of the Christian life are to be performed with a sense of purpose.

Being a Disciple

Catholic discipleship also requires that the individual be willing to use his talents and blessings in building the "Kingdom of God," which is the goal of all Christian activity on earth. Since talents and blessings are seen as coming from God, the Catholic disciple is expected to be unselfish in using these for appropriate purposes. Another mark of discipleship is an unwillingness to resort to excuses to explain inaction or poor performance. The true Catholic disciple is expected to follow through on all Christian commitments.

Questions

1. What makes a good leader? How would you define a "disciple leader?"
2. Who are your Catholic role models? Do you have a person / people who have influenced you in a positive way? How?
3. Are you a role model? To who? Are you a good role model? Why or why not?

Activity 10: Reflection on Discipleship

Name _____

Have you heard the call to follow Christ? Describe the experience.

Where do you struggle to live as a disciple?

Why are the sacraments and prayer so important to growing closer to Christ as a disciple?
