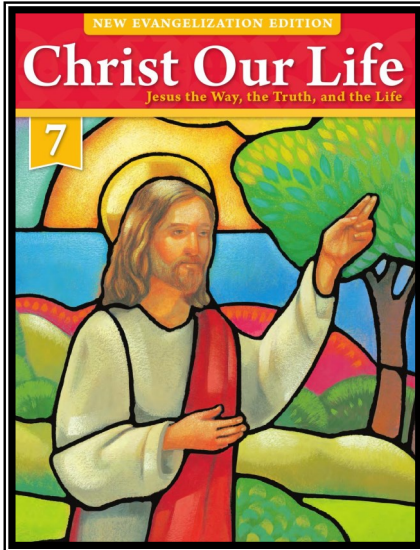


LEVEL 7 - JOURNAL 2022-23



St. Jane Frances de Chantal Parish,
Wantagh, New York

Seven components to accomplish Journal:

1. Confirmation name essay
2. Sponsor
3. Seven Mass Reflections
4. Reconciliation Reflection
5. Community Service – 7 hours
(10 hours if you submit journal after deadline)
6. Letter to the Pastor
7. Participate in Youth Mass

**ALL JOURNALS MUST BE COMPLETED
BY THE END OF FEBRUARY**

Submit entire journal all at once – no single pages!

Journal has to be submitted to your teacher.

.....
Student's first and last name

.....
Teacher-Catechist's name

Confirmation Name Essay

One of the traditional practices in the Church at the time of Confirmation is choosing a name that will remind you of this sacrament. Your prayerful reflection will help you determine that name. ***You might want to Choose the name of a saint who represents the type of Christian you wish to be.*** You might want to recommit yourself to your baptismal name, especially after you have reflected on its meaning and discover some of the great people who shared your name in Christian history. After all, Confirmation is really the completion of your Baptism experience. Whether you decide to pick a new name or stay with your baptismal name, you will want to explore thoroughly the root meaning of the name, for as Scripture says, "Yahweh calls each of us by name."

Students are asked to write a brief statement on why they have chosen their Confirmation name.

The personal statement should be two (2) paragraphs (remember a paragraph should contain at least 7 sentences) in length, and include the following information:

- Paragraph 1 will include biographical information on the saint/name selected; i.e. where they were born, their feast day, why they were made a saint, are they the patron saint of any specific group or cause, etc.
- Paragraph 2 will present the candidate's reasoning for the name selected.

Please use next page to write an essay or use a separate sheet of paper to complete this essay and attach to the journal . You can type or neatly write your essay.

Student Signature: _____ Date: _____

Parent Signature: _____ Date: _____

WHEN CHOOSING YOUR SPONSOR

The Church of St. Frances de Chantal takes the role of the sponsor seriously. A sponsor serves as a guide, a friend, and mentor, and support for you during this period of preparation for Confirmation. When you reflect on a person to be your sponsor, you should look for someone who will be a good listener, a guide and confidant; a person who is interested in not only your growth as a Christian, but willing to grow in faith with you along the way. The person should have an active faith life, perhaps being a relative, godparent, or mature friend of the family.

The role of sponsor is an important one for the sacraments of Baptism and Confirmation. The Church sees the sponsor as a fully-initiated Catholic who supports the one receiving the sacrament with example and instruction. Because of the seriousness of this ministry, the Church has the following requirements:

- The sponsor must be a fully-initiated member of the Catholic Church through Baptism, Confirmation, and Eucharist.
- The sponsor must be at least sixteen (16) years of age.
- The sponsor must have an active life of faith in the Church and provide good example.
 - o Someone married outside the Church is not able to receive Communion and is not able to be a sponsor.
 - o Also, a Catholic who has left the Church is not able to be a sponsor of a new member into the church
 - o Therefore, a Catholic who has left the Catholic Church cannot be a sponsor, and cannot be a “Christian Witness” if they join another Christian communion.
- A sponsor **must not** be a parent of the one to be confirmed.

The role of the sponsor is an important one, therefore, the sponsor **IS REQUIRED TO ATTEND THE REHEARSAL AND THE CONFIRMATION LITURGY.** Dates for rehearsals and liturgy are announced approximately 4 month in advance, allowing the sponsor sufficient time to make arrangements for their attendance.

Sponsor Information: _____
First name Last Name

Address: _____
Number and street town, state zip code

Relationship to Student: _____
i.e. grandparent, godparent, aunt, uncle etc. Date of birth (mm/dd/yyyy)

Parish of your Sponsor: _____
Name of Church Town/state

Please write a brief statement of why you have chosen this person to be your sponsor:

Student Name: _____ Teacher: _____

Student Signature: _____ Date: _____

Parent Signature: _____ Date: _____

Your sponsor must go the church where he/she is registered and obtain a CERTIFICATE OF ELIGIBILITY to be a sponsor for the sacrament of Confirmation. Without this certificate they cannot be your sponsor.

REFLECTIONS ON THE CELEBRATION OF THE EUCHARIST (SUNDAY MASS REFLECTIONS)

The Sunday Liturgy (Mass) is the gathering of the Faithful (us) to pray and give praise to God. During the Liturgy we hear the Word of God proclaimed in the:

1st reading from the Old Testament,

Responsorial Psalm,

2nd Reading from the New Testament (other than the Gospel),

Gospel (Matthew, Mark, Luke or John)

The Priest or Deacon shares his thoughts on what the readings mean for us as Catholic Christians in our everyday life; this is called the HOMILY. We are challenged to take the lessons of the readings with us when we leave the church and carry it out in our everyday life. One way for us to truly live out the Word of God is to spend time reflecting on what these words mean for us.

Each Candidate, with the help of his/her parent/guardian, must reflect on what he/she heard at Mass. Trying to see where God is leading them in life; what God is calling them to do with their life.

We invite you to participate in Sunday Mass every week, but you need to write only 7 reflections. Remember, this is a reflection; what you write is what you feel, there are no right or wrong answers. Your reflection is to be well thought out, grammatically correct and neat.

Incentive: If you participate in Youth Mass (Sat. 5.30pm - schedule of Masses are below) you do not have to write reflections – you need to obtain signature of Director of Religious Education after that Mass :)

Let us participate in Youth Masses:)

October 16, October 30, November 13, December 4
January 8, January 29, February 12, March 5, March 26

Name: _____ Teacher: _____

First Name

Last Name

MASS REFLECTION #1

Date of the mass I attended: ___Saturday ___Sunday Month _____ Date: _____

Time of the Mass: _____ Name of the Church: _____

Name of the Priest who celebrated the Mass: Father: _____

Was there a Deacon? ___No ___Yes, his name: _____

The Gospel reading was taken from the Gospel of ___Matthew ___Mark ___Luke ___John

1. In a few complete sentences tell us what **story** you heard in the Gospel _____

2. After listening to this Gospel Story, the Homily, and discussing it with your parent/guardian, how do you think God is asking you to live this Gospel in your life this week?

3. How did you Actively Participate in Mass this Week? _____

Name: _____ Teacher: _____

First Name

Last Name

MASS REFLECTION #2

Date of the mass I attended: ___Saturday ___Sunday Month _____ Date: _____

Time of the Mass: _____ Name of the Church: _____

Name of the Priest who celebrated the Mass: Father: _____

Was there a Deacon? ___No ___Yes, his name: _____

The Gospel reading was taken from the Gospel of ___Matthew ___Mark ___Luke ___John

1. In a few complete sentences tell us what **story** you heard in the Gospel _____

2. After listening to this Gospel Story, the Homily, and discussing it with your parent/guardian, how do you think God is asking you to live this Gospel in your life this week?

3. How can I make my experience at Mass an important part of my week? _____

Name: _____ Teacher: _____

First Name

Last Name

MASS REFLECTION #3

Date of the mass I attended: ___Saturday ___Sunday Month _____ Date: _____

Time of the Mass: _____ Name of the Church: _____

Name of the Priest who celebrated the Mass: Father: _____

Was there a Deacon? ___No ___Yes, his name: _____

The Gospel reading was taken from the Gospel of ___Matthew ___Mark ___Luke ___John

1. In a few complete sentences tell us what **story** you heard in the Gospel _____

2. After listening to this Gospel Story, the Homily, and discussing it with your parent/guardian, how do you think God is asking you to live this Gospel in your life this week?

3. When I participate at Mass, how do I feel? _____

Name: _____ Teacher: _____

First Name

Last Name

MASS REFLECTION #4

Date of the mass I attended: ___Saturday ___Sunday Month _____ Date: _____

Time of the Mass: _____ Name of the Church: _____

Name of the Priest who celebrated the Mass: Father: _____

Was there a Deacon? ___No ___Yes, his name: _____

The Gospel reading was taken from the Gospel of ___Matthew ___Mark ___Luke ___John

1. In a few complete sentences tell us what **story** you heard in the Gospel _____

2. After listening to this Gospel Story, the Homily, and discussing it with your parent/guardian, how do you think God is asking you to live this Gospel in your life this week?

3. How can I change my habits to make Mass a weekly activity? _____

Name: _____ Teacher: _____

First Name

Last Name

MASS REFLECTION #5

Date of the mass I attended: ___Saturday ___Sunday Month _____ Date: _____

Time of the Mass: _____ Name of the Church: _____

Name of the Priest who celebrated the Mass: Father: _____

Was there a Deacon? ___No ___Yes, his name: _____

The Gospel reading was taken from the Gospel of ___Matthew ___Mark ___Luke ___John

1. In a few complete sentences tell us what **story** you heard in the Gospel _____

2. After listening to this Gospel Story, the Homily, and discussing it with your parent/guardian, how do you think God is asking you to live this Gospel in your life this week?

3. Think about one specific decision you faced this week. How did your decision show that you are a disciple of Jesus? _____

Name: _____ Teacher: _____

First Name

Last Name

MASS REFLECTION #6

Date of the mass I attended: ___Saturday ___Sunday Month _____ Date: _____

Time of the Mass: _____ Name of the Church: _____

Name of the Priest who celebrated the Mass: Father: _____

Was there a Deacon? ___No ___Yes, his name: _____

The Gospel reading was taken from the Gospel of ___Matthew ___Mark ___Luke ___John

1. In a few complete sentences tell us what **story** you heard in the Gospel _____

2. After listening to this Gospel Story, the Homily, and discussing it with your parent/guardian, how do you think God is asking you to live this Gospel in your life this week?

3. When I participate at Mass, how do I feel? _____

Name: _____ Teacher: _____

First Name

Last Name

MASS REFLECTION #7

Date of the mass I attended: ___Saturday ___Sunday Month _____ Date: _____

Time of the Mass: _____ Name of the Church: _____

Name of the Priest who celebrated the Mass: Father: _____

Was there a Deacon? ___No ___Yes, his name: _____

The Gospel reading was taken from the Gospel of ___Matthew ___Mark ___Luke ___John

1. In a few complete sentences tell us what **story** you heard in the Gospel _____

2. After listening to this Gospel Story, the Homily, and discussing it with your parent/guardian, how do you think God is asking you to live this Gospel in your life this week?

3. When I participate at Mass, how do I feel? _____

Name:Teacher :

The Sacrament of Reconciliation (Confession) is one of the most unique and beautiful aspects of Catholicism. Jesus Christ, in His abundant love and mercy, established the Sacrament of Confession, so that we as sinners can obtain forgiveness for our sins and reconcile with God and the Church. It is a wonderful experience of God’s mercy and love for each of us. Many young people who receive this sacrament say that it lifts the burdens of their hearts. It is important for all Catholics to participate in this sacrament regularly.

Each Confirmation candidate is expected to celebrate this great sacrament of God's healing, forgiveness and love during year’s preparation to receive Confirmation. We ask for one Reconciliation Reflection, however we encourage you to attend more often than once a year: especially at the Advent and Lent time. Please take a signature from parents after sacrament and write short reflection.

CONFESSION TIME IN OUR PARISH

1. Saturdays afternoon from 12:00pm to 1:00pm;
 2. Mondays afternoon from 1:15pm to 2:00pm;
 3. During Advent and Lent there is additional day of Penance. Check the bulletin for dates.
- (If you go to Sacrament of Reconciliation in another parish please check their time and schedule).

Reconciliation Reflection

Based on your recent participation in Confession, how did you experience sacrament of Reconciliation? What actually happens? How do you feel after the sacrament? Why is it important to go to Reconciliation?

.....

.....

.....

.....

.....

.....

.....



Participated in the Sacrament of Reconciliation in Church

(name of the Church)

Parent’s signature:.....date:



SERVICE (MINISTRY) PROJECT

The Sacrament of Confirmation is

OUR CALL TO SERVICE

Just as Jesus served the people around Him....we
are called to serve our Church Family and our
Global Community.

“I am among you as one who serves” ~Luke 22:27

As part of your preparation for the Sacrament of Confirmation you are asked to
complete a minimum of 7 hours of Community Service.

You may complete 3 hours to your family but 4 hours must be to people outside your family. Anything you do that you do not get paid for doing is considered Service. You can also achieve community hours by being involved in church activities: joining to young lector, Altar Servers or Choir. If you read a readings on Youth Mass (Sat. 5.30pm) you also receive an hour of community service.



LETTER TO PASTOR REQUESTING THE SACRAMENT OF CONFIRMATION

SAMPLE OF WHAT THE LETTER SHOULD LOOK LIKE

DATE

Fr. Seth Awo-Doku, Pastor
St. Frances de Chantal
1309 Wantagh Avenue
Wantagh, NY 11793

Dear Father Seth,

[Write this letter on the next page or attach separate paper to journal (in letter form), write to Father Seth telling him why you think you are ready to receive the sacrament of Confirmation.

TELL HIM:

1. THAT YOU WANT TO RECEIVE CONFIRMATION
2. WHY YOU WANT TO RECEIVE CONFIRMATION
3. WHAT YOU LEARNED OVER THE PAST 7 YEARS THAT HAS PREPARED YOU FOR THIS SACRAMENT
4. ONE OR TWO THINGS YOU LEARNED OR EXPERIENCED IN CLASS OR AT MASS THIS YEAR THAT REALLY TOUCHED YOU; THAT HELPED YOU TO SEE OR FEEL GOD PRESENT IN YOUR LIFE.
5. WHY YOU THINK IT IS IMPORTANT TO GO TO MASS ON A REGULAR BASIS AND IF YOU GO TO MASS REGULARLY.
6. ANYTHING ELSE YOU THINK HE SHOULD KNOW

Sincerely in Christ Jesus,

(Your Signature)

(Print your name)

Parent's Signature

(Print parent name)

Helpful instruction to the Sacrament of Reconciliation

Five Steps for a Good Confession

1. Examine your conscience.
2. Be sincerely sorry for your sins.
3. Confess your sins.
4. Resolve to amend your life.
5. After your confession, do the penance the priest assigns.

Confession Formula

(you say bold text)

I. Begin your confession with the sign of the cross:

In the name of the Father, and of the Son, and of the Holy Spirit. I amyears old, last time I was at the Confession (say how long ago?weeks / months ago).

II. Say the sins that you remember. (In order to make a good confession the faithful must confess all mortal sins, according to kind and number.) After confessing say:

I am sorry for these and all the sins of my past life.

III. Listen to the words of the priest. He will assign you some penance. When invited, express some prayer of sorrow or Act of Contrition such as:

IV. 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 avoid whatever leads me to sin. Our Savior Jesus Christ suffered and died for us. In His name, my God, have mercy. Amen.

V. Listen to the words of absolution, the sacramental forgiveness of the Church through the ordained priest. As you listen to the words of forgiveness you may make the sign of the cross with the priest. Priest may close by saying, "Give thanks to the Lord for He is good," answer: "**For His mercy endures forever.**"

BASICS to know for students from level 7

I. The Candidate is required to know following prayers and have general knowledge of Old and New Testament.

1. OUR FATHER
2. HAIL MARY
3. ACT OF CONTRITION
4. SEVEN SACRAMENTS
5. THE TEN COMMANDMENTS
6. THE SEVEN GIFTS OF THE HOLY SPIRIT

II. THE TWO 'SECTIONS' of the BIBLE Old Testament: Hebrew Scriptures and New Testament: Christian Scriptures

The Old Testament is the story of God's Covenant with His people (Jewish). The key event for the Jewish people, which revealed God's love for them, is the EXODUS from their slavery in Egypt. In this story we find the Passover, the Red Sea, the giving of the Ten Commandments, Moses and the promise of a Land flowing with milk and honey, which was to be their own- The Promised Land. The Old Testament books are consist of three mayor parts Historical books, Wisdom books and Prophetic books.

The New Testament is the story of God dwelling in the flesh, Jesus, and the final action of God to reconcile humanity to Himself through Jesus' Life, Death and Resurrection (The Paschal Mystery).

The New Testament books (27) are a collection of four Gospels (Matthew, Mark, Luke and John), Acts of the Apostles, Apostolic letters (21) and Apocalyptic (Revelation) writings.