

# CONFIRMATION PREPARATION FLIPBOOK 2022

YOU WILL  
BE MY  
WITNESSES





# HOW TO USE YOUR FLIPBOOK

1

**Hang your Flipbook up somewhere visible in your house**

(we suggest a strong magnet to the fridge or a command hook somewhere you'll see it often)

2

**Every SUNDAY, flip your book to the next page**

(double check to make sure you are looking at the correct, current week.)

3

**Use the 4 boxes of challenges and check-ins during the week**

to help you continue to be intentional on your journey in faith.

This week's dates.

**Week of Sept 26 – Oct 2**

**CLASS THIS WEEK: 9/27**

When class meets.

## SCRIPTURE BOX

Prepare for Mass and get familiar with scripture by spending time reading and reflecting on the upcoming Sunday's Gospel Reading. Questions are meant for you and your parents/family.



*Read scripture to prepare for next Sunday's mass. Try reading the Gospel out loud and discuss the following questions as a family:*

Gospel Reading for Next Sunday, 10/3:

**Psalm 128**

Responsorial Psalm for this week

- Go around the table and share one thing, moment, or person that was a blessing to your day today :)
- What do you think the verse: "For you shall eat the fruit of your handiwork" means? What handiwork? What fruit?

### VERSE FOR REFLECTION

*May the Lord bless us all the days of our lives.*  
(Psalm 128:1, the repeated line we say together during the Responsorial Psalm reading on this day)



The Corporal Work of Mercy we are focusing on this month is **FEED THE HUNGRY**  
...You can be hungry for food, for justice, for love, for truth, to be seen/known, etc.

When we think of the hungry in the world, who do we think of? Know of any local efforts to help combat physical hunger in our community?



*Begin to pray intentionally over this month for all the hungry of the world, whether across the world, across the state, or on our doorstep.*

*What prayer practice do you intend to work on this week? Consider sticking with a practice to make it a habit. Also consider challenging yourself to try new practices as the year goes on for new habits.*



- ☐ **Spiritual Journaling** – I am setting aside time to journal my prayers and reflections.
- ☐ **Adoration** – I am asking my parents to help me find a time/place to spend time in God's presence in Adoration.
- ☐ **Reading** – I am setting aside time to spend reading the Bible, a book I got in class, or another spiritual book.
- ☐ **Researching** – I am looking into a question I have about my faith using Catholic resources and praying about what I find, think, and feel.
- ☐ **Silence** – I am setting aside intentional time in my days to rest silently in prayer.
- ☐ **Reconciliation** – I am going to ask my parents to take me to Reconciliation this week.

I am preparing for my Confirmation all year long. Here's where I am right now in my prep process (check all that apply so far:)



### MASS ATTENDANCE

- ☐ I go to mass every Sunday
- ☐ I go to mass most Sundays
- ☐ My family doesn't get to mass very often

### SPONSOR

- ☐ I have not chosen a sponsor, still thinking
- ☐ I have chosen a sponsor
- ☐ I turned in the form

I have logged \_\_\_\_ service hours so far at Mother Seton.

*The log for service hours is found at the end of this Flipbook.*

**THIS WEEK:**

- ☐ I attended class on 9/27
- ☐ I brought my folder to class

## PRAYER BOX

Build an intentional and active prayer life using the tips, tools, and challenges highlighted in this prayer box. Prayer is meant to be one-and-done but instead to become part of our way of life.

## EXPECTATION BOX

Check out this box each week to see what is coming up, and sometimes answer some quick questions that will help you stay on track and make progress on your preparation expectations.

# a short INVENTORY before we begin



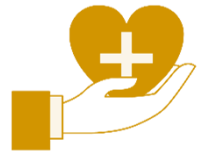
*This year you will read the Gospel reading each week together as a family and discuss a few questions about what you heard.*

**Before we begin:** Which matches you and your family best?

- ☐ We have never read scripture out loud in our house.
- ☐ I remember we've done this a few times, but not often.
- ☐ My parents (or someone else) used to read me Bible stories when I was a kid, but that was a long time ago.
- ☐ Reading scripture together or discussing scripture together is something I'd say we do pretty regularly.
- ☐ Other: \_\_\_\_\_

Which best matches how you are feeling about this requirement?

- ☐ Excited   ☐ Nervous   ☐ Dreading it   ☐ Indifferent   ☐ Other: \_\_\_\_\_



Each month your Flipbook will focus on a one of the **CORPORAL WORKS OF MERCY**. Each week you will have a challenge to answer the call to mercy in a certain way.

Here's a list of the Corporal Works of Mercy. Circle the work(s) you believe you are already living out in your life. Put a \* next to the ones you aren't sure how to realistically live out as a teenager.

## 7 Corporal Works of Mercy:

- |                     |                           |
|---------------------|---------------------------|
| Feed the Hungry     | Shelter the Homeless      |
| Bury the Dead       | Give Drink to the Thirsty |
| Visit the Prisoners | Give Alms to the Poor     |
|                     | Visit the Sick            |

*This year we will be exploring different types of prayer practices. Some you may have tried before and we will encourage you to dive deeper into, some you may be trying for the first time!*



**Before we begin:**

check all that apply for you:

- ☐ I would say I like to journal.
- ☐ I have kept a *spiritual* or *prayer* journal.
- ☐ I have heard of Adoration of the Blessed Sacrament.
- ☐ I think I have been to Adoration before.
- ☐ I like to read. (If so, what genre do you enjoy? \_\_\_\_\_)
- ☐ I have my own Bible (and know where it is)
- ☐ I have tried reading Christian or Catholic books (besides the Bible)

What percentage of your day (not counting time you are asleep) do you think is spent in **silence**? \_\_\_\_ %

In this box throughout the year, you will find information that helps you stay caught up with your Confirmation prep. Checklists, upcoming dates, important reminders, etc. Before we begin...



We suggest your flipbook hangs in a place where you and a parent will see it, flipped to the page of the week.)

**Where will you be keeping your Flipbook:** \_\_\_\_\_

Class dates vary month-to-month. *Do you and a parent/guardian have these dates written on a calendar?* Circle: YES NO

**CLASS** Just to make sure you've got it on your radar... what's  
**TIME:** the date of your first class: \_\_\_\_\_ and the time: \_\_\_\_\_

# Week of Sept 26 – Oct 2

CLASS THIS WEEK: 9/27



Read scripture to prepare for next Sunday's mass. Try reading the Gospel out loud and discuss the following questions as a family:

Gospel Reading for  
Next Sunday, 10/3:

## Psalm 128

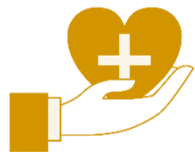
Responsorial Psalm  
for this week

- Go around the table and share one thing, moment, or person that was a blessing to your day today :)
- What do you think the verse: "For you shall eat the fruit of your handiwork" means? What handiwork? What fruit?

### VERSE FOR REFLECTION

*May the Lord bless us all the days of our lives.*

(Psalm 128:1, the repeated line we say together during the Responsorial Psalm reading on this day)



The Corporal Work of Mercy we are focusing on this month is **FEED THE HUNGRY**  
...You can be hungry for food, for justice, for love, for truth, to be seen/known, etc.

When we think of the hungry in the world, who do we think of? Know of any local efforts to help combat physical hunger in our community?



**Begin to pray** intentionally over this month for all the hungry of the world, whether across the world, across the state, or on our doorstep.

What prayer practice to you intend to work on this week? Consider sticking with a practice to make it a habit. Also consider challenging yourself to try new practices as the year goes on for new habits.



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I have logged \_\_\_\_ **service hours** so far at Mother Seton.  
*The log for service hours is found at the end of this Flipbook.*

**THIS  
WEEK:**

- ☐ I attended class on 9/27
- ☐ I brought my folder to class

## Week of Oct 3 – 9

NO CLASS UNTIL: 10/18



Read scripture to prepare for next Sunday's mass. Try reading the Gospel out loud and discuss the following questions as a family:

Gospel Reading for  
Next Sunday, 10/10:

### Mark 10:17-27

The Rich Man

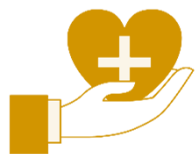
- Why do you think it is easier for a camel to pass through the eye of a needle than for a rich man to enter into the Kingdom of heaven?
- What possessions do we have that we can give away to the poor this week?

#### VERSE FOR REFLECTION

*"For human beings it is impossible, but not for God.*

*All things are possible for God."*

(Mark 10:27, from the Gospel Reading)



The Corporal Work of Mercy we are focusing on this month is **FEED THE HUNGRY**  
...*You can be hungry for food, for justice, for love, for truth, to be seen/known, etc.*

Who are the "hungry" that God has placed on your doorstep?  
Those starving, and/or starving to be treated with dignity?



***Begin to think of what you specifically can and would do to help those you listed above. Big, or small.***

What prayer practice to you intend to work on this week? Consider sticking with a practice to make it a habit. Also consider challenging yourself to try new practices as the year goes on for new habits.



- ☐ **Spiritual Journaling** – I am setting aside time to journal my prayers and reflections.
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- ☐ **Reconciliation** – I am going to ask my parents to take me to Reconciliation this week.

Make sure the following dates are on your calendar. Please check in with us if you have any conflicts or questions.



#### NEXT THREE CLASSES:

- ❖ October 18<sup>th</sup>
- ❖ November 15<sup>th</sup>
- ❖ November 29<sup>th</sup>

#### DON'T FORGET:

Initial Paperwork (beige pages) are due Oct 18<sup>th</sup>  
\*This includes your Sponsor Form if you haven't turned it in yet\*

#### SERVICE OPPORTUNITIES:

Your parent/guardian should be signed up to receive Flocknote emails with Signups for service opportunities. It is your responsibility to sign up and serve before deadline, don't put this off, opportunities dwindle at the end of year!

# Week of Oct 10 - 16

CLASS NEXT WEEK: 10/18



Read scripture to prepare for next Sunday's mass. Try reading the Gospel out loud and discuss the following questions as a family:

Gospel Reading for  
Next Sunday, 10/17:

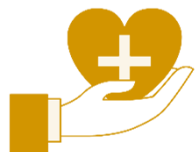
**Mark 10:35-45**

the Ambition of  
James and John

- Can you think of any leaders you know who humble themselves to truly serve those they lead rather than expecting to be served/put first?
- What do you think Jesus meant by "Can you drink the cup that I drink?"

## VERSE FOR REFLECTION

*"For the Son of Man did not come to be served  
but to serve and to give his life as a ransom for many."  
(:45 from the Gospel Reading)*



The Corporal Work of Mercy we are focusing on this month is **FEED THE HUNGRY**  
...You can be hungry for food, for justice, for love, for truth, to be seen/known, etc.

What specifically can you do in the next couple weeks to help the people the "hungry on your doorstep" that you listed last week?



***Make plans to take action. Challenge yourself to go out of your comfort zone to answer this call to mercy.***

What prayer practice to you intend to work on this week? Consider sticking with a practice to make it a habit. Also consider challenging yourself to try new practices as the year goes on for new habits.



- ☐ **Spiritual Journaling** – I am setting aside time to journal my prayers and reflections.
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Make sure the following dates are on your calendar. Please check in with us if you have any conflicts or questions.



## NEXT THREE CLASSES:

- ❖ October 18<sup>th</sup>
- ❖ November 15<sup>th</sup>
- ❖ November 29<sup>th</sup>

## DON'T FORGET:

Beige Pages should be brought to class next week on 10/18

## SERVICE OPPORTUNITIES:

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# Week of Oct 17 - 23

CLASS THIS WEEK: 10/18



Read scripture to prepare for next Sunday's mass. Try reading the Gospel out loud and discuss the following questions as a family:

Gospel Reading for  
Next Sunday, 10/24:

**Mark 10:46-52**

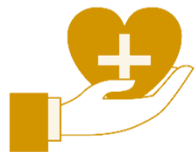
The Blind Bartimaeus

- Have you ever felt others "rebuking you" or trying to "silence" you when you live out your faith?
- If you met Jesus on the street today and he asked, "What do you want me to do for you?" what would you say?

VERSE FOR REFLECTION

*"Take courage; get up, he is calling you."*

(Mark 10:49b, from the Gospel Reading)



The Corporal Work of Mercy we are focusing on this month is **FEED THE HUNGRY**  
...You can be hungry for food, for justice, for love, for truth, to be seen/known, etc.

At the end of this week reflect: How did it go? Did you try out the plan that you came up with? What happened?



**Take this experience to prayer.** Talk to God about how He may be calling you to love and serve in this way more regularly. Ask Him for the strength to do so.

What prayer practice to you intend to work on this week? Consider sticking with a practice to make it a habit. Also consider challenging yourself to try new practices as the year goes on for new habits.



- ☐ **Spiritual Journaling** – I am setting aside time to journal my prayers and reflections.
- ☐ **Adoration** – I am asking my parents to help me find a time/place to spend time in God's presence in Adoration.
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I am preparing for my Confirmation all year long. Here's where I am right now in my prep process (check all that apply so far:)



**I HAVE TURNED IN MY:**

- ☐ Sacrament Registration Form / Pledge of Commitment
- ☐ Copy of Baptismal Certificate (if not baptized at MSP)
- ☐ Sponsor Form (also check this box if turned in last year)

**^ ALL INITIAL PAPERWORK IS DUE THIS WEEK ON 10/18 ^**

I have logged \_\_\_\_ service hours so far at Mother Seton.  
The log for service hours is found at the end of this Flipbook.  
You can find more info about this expectation in your Packet.

**THIS  
WEEK:**

- ☐ I attended class on 10/18
- ☐ I brought my folder to class



## Week of Oct 24 – 30

NO CLASS UNTIL: 11/15



Read scripture to prepare for next Sunday's mass. Try reading the Gospel out loud and discuss the following questions as a family:

Gospel Reading for  
Next Sunday, 10/31:

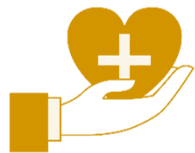
**Mk 12:28b-34**

The Greatest  
Commandment

- What does the life of someone who loves God with all your heart, soul, mind, and strength look like?
- What does it look like to love your neighbor as yourself?
- What are common ways people fall short of either of these?

### VERSE FOR REFLECTION

*"You shall love the Lord your God with all your heart,  
with all your soul, with all your mind, and with all your strength."  
(Mark 12:30, from the Gospel Reading)*



The Corporal Work of Mercy we will focus on through November is **BURY THE DEAD**  
...We will begin Nov. celebrating All Saints Day & All Souls Day, both honoring the dead.

On All Souls Day we remember and pray for the souls of those who have passed. Do you know anyone who has passed away? Write their names:



You can go to **All Souls Mass on Monday, Nov 2nd**. See the parish website for mass times. If you can't make it to mass, remember this day in another way.

What prayer practice to you intend to work on this week? Consider sticking with a practice to make it a habit. Also consider challenging yourself to try new practices as the year goes on for new habits.



- ☐ **Spiritual Journaling** – I am setting aside time to journal my prayers and reflections.
- ☐ **Adoration** – I am asking my parents to help me find a time/place to spend time in God's presence in Adoration.
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Make sure the following dates are on your calendar. Please check in with us if you have any conflicts or questions.



### NEXT THREE CLASSES:

- ❖ November 15<sup>th</sup>
- ❖ November 29<sup>th</sup>
- ❖ December 13<sup>th</sup>

### DON'T FORGET:

Sponsor forms were due last week. Double check with your sponsor that they turned it in!

### SERVICE OPPORTUNITIES:

Your parent/guardian should be signed up to receive Flocknote emails with Signups for service opportunities. It is your responsibility to sign up and serve before deadline, don't put this off, opportunities dwindle at the end of year!

# Week of Oct 31 – Nov 6

NO CLASS UNTIL: 11/15



*Read scripture to prepare for next Sunday's mass. Try reading the Gospel out loud and discuss the following questions as a family:*

Gospel Reading for  
Next Sunday, 11/7:

**Mk 12:41-44**

The Poor Widow's  
Contribution

- Why, in Jesus' eyes, was the widow's contribution "worth more" than the larger contributions from richer people?
- What is something *you* can give, (whether money, time, or talents?)

VERSE FOR REFLECTION

*Praise the Lord, my soul!*

(Repeated verse for the Responsorial Psalm, Psalm 146:1b)



The Corporal Work of Mercy we are focusing on this month is **BURY THE DEAD**  
*...We show our respect for the gift of life, comfort grievers, and pray for the dead.*

Not everyone in the world is treated with the dignity of a funeral. What situations can you think of where individuals may not receive a proper burial?



***Consider** on your own this injustice, take time in prayer to thank God for the blessing of your life circumstances that keep you from this fate.*

*What prayer practice to you intend to work on this week? Consider sticking with a practice to make it a habit. Also consider challenging yourself to try new practices as the year goes on for new habits.*



- ☐ **Spiritual Journaling** – I am setting aside time to journal my prayers and reflections.
- ☐ **Adoration** – I am asking my parents to help me find a time/place to spend time in God's presence in Adoration.
- ☐ **Reading** – I am setting aside time to spend reading the Bible, a book I got in class, or another spiritual book.
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Make sure the following dates are on your calendar. Please check in with us if you have any conflicts or questions.



## NEXT THREE CLASSES:

- ❖ November 15<sup>th</sup>
- ❖ November 29<sup>th</sup>
- ❖ December 13<sup>th</sup>

## DON'T FORGET:

All Saints Day (11/1) and All Souls Day (11/2) are this week. Not Holy Days of Obligation, but still beautiful days to understand and observe. Google their traditions!

## SERVICE OPPORTUNITIES:

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# Week of Nov 7 - 13

CLASS NEXT WEEK: 11/15



Read scripture to prepare for next Sunday's mass. Try reading the Gospel out loud and discuss the following questions as a family:

Gospel Reading for  
Next Sunday, 11/14:

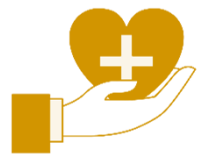
## Mark 13:24-32

The Coming of  
the Son of Man

- In the Mass we say *We proclaim your Death, O Lord, and profess your Resurrection, until you come again.* Have you ever thought about the fact that Christ will come again?
- Why does it matter that no one knows "the day or hour"?

### VERSE FOR REFLECTION

*"Heaven and earth will pass away, but my words will not pass away."*  
(Mark 13:31 from the Gospel Reading)



The Corporal Work of Mercy we are focusing on this month is **BURY THE DEAD**  
...We show our respect for the gift of life, comfort grievers, and pray for the dead.

An important way we honor the dead is through praying for the souls in Purgatory. Why do we do this? Ask your Sponsor or another Catholic resource in your life and write why here:



*Pray the prayer found on the next page this week to start, then see if you can make it a habit. (Notice the promise!)*

What prayer practice to you intend to work on this week? Consider sticking with a practice to make it a habit. Also consider challenging yourself to try new practices as the year goes on for new habits.



- ☐ **Spiritual Journaling** – I am setting aside time to journal my prayers and reflections.
- ☐ **Adoration** – I am asking my parents to help me find a time/place to spend time in God's presence in Adoration.
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### NEXT THREE CLASSES:

- ❖ November 15<sup>th</sup>
- ❖ December 29<sup>th</sup>
- ❖ December 13<sup>th</sup>

### KEEP IN MIND:

Our class dates don't always follow a steady pattern, so be sure to pay attention to dates and mark them down on your calendar!

### SERVICE OPPORTUNITIES:

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**The Prayer of St. Gertrude**, below, is one of the most famous of the prayers for souls in purgatory.

St. Gertrude the Great was a Benedictine nun and mystic who lived in the 13th century.

According to tradition, our Lord promised her that 1000 souls would be released from purgatory each time it is said devoutly. (ourcatholicprayers.com)

*Eternal Father,  
I offer Thee the Most Precious Blood of Thy Divine Son, Jesus,  
in union with the masses said throughout the world today,  
for all the holy souls in purgatory,  
for sinners everywhere,  
for sinners in the universal church,  
those in my own home and within my family.  
Amen.*

# Week of Nov 14 - 20

CLASS THIS WEEK: 11/15



Read scripture to prepare for next Sunday's mass. Try reading the Gospel out loud and discuss the following questions as a family:

Gospel Reading for  
Next Sunday, 11/21:

**John 18:33b-37**

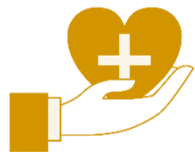
*This is the Solemnity of  
Christ the King!*

- What would you do if you got to be the King or Queen for a day?
- How does Jesus as a King differ from our usual understanding of how a King would or should act?
- How can we "belong to the truth?"

## VERSE FOR REFLECTION

*"For this I was born and for this I came into the world, to testify to the truth. Everyone who belongs to the truth listens to my voice."*

(John 18:37b, from the Gospel Reading)



The Corporal Work of Mercy we are focusing on this month is **BURY THE DEAD**  
...We show our respect for the gift of life, comfort grievors, and pray for the dead.

Part of the mercy of burying the dead is supporting those who are grieving. Do you know anyone on your doorstep who has lost a loved one, even if it wasn't very recently? What can you do to support them?



**Make plans to take action.** Challenge yourself to go out of your comfort zone to answer this call to mercy.

What prayer practice to you intend to work on this week? Consider sticking with a practice to make it a habit. Also consider challenging yourself to try new practices as the year goes on for new habits.



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- ☐ **Adoration** – I am asking my parents to help me find a time/place to spend time in God's presence in Adoration.
- ☐ **Reading** – I am setting aside time to spend reading the Bible, a book I got in class, or another spiritual book.
- ☐ **Researching** – I am looking into a question I have about my faith using Catholic resources and praying about what I find, think, and feel.
- ☐ **Silence** – I am setting aside intentional time in my days to rest silently in prayer.
- ☐ **Reconciliation** – I am going to ask my parents to take me to Reconciliation this week.

I am preparing for my Confirmation all year long. Here's where I am right now in my prep process (check any that apply so far:)



## COMMUNITY AND RELATIONSHIP

- ☐ I know the name of everyone in my small group.
- ☐ I have been trying to open up and share in discussion during small group.
- ☐ I have made new friends in my small group.
- ☐ None of the above yet.

I have logged \_\_\_\_ **service hours** so far at Mother Seton.

*The log for service hours is found at the end of this Flipbook.*

**THIS  
WEEK:**

- ☐ I attended class on 11/15
- ☐ I brought my folder to class

# SPONSOR CHECKPOINT #1

The person you chose as your Sponsor for Confirmation is meant to walk this journey with you— leading you in faith, growing together with you, and being a resource to you, both now during preparation and after you are Confirmed. Meet up with your Sponsor (or if that is not possible, connect via video-chat or phone call) to pray together and discuss the questions below.

## Talk About...

## Then Record Here...

<ul style="list-style-type: none"><li>• Was my Sponsor raised Catholic? (If not, how did he/she become Catholic)</li><li>• What is it about the Catholic faith that is most important to each of us?</li><li>• What particular faith experiences have meant the most in our lives?</li><li>• When do we each pray?</li><li>• How would we each like to try to grow in our prayer life? (Be realistic, try to come up with something you will really try, can be the same or different)</li><li>• When can we meet/talk again?</li></ul>	What struck you most from the conversation you had with your sponsor?		
	What was one thing you talked about that you want to explore more about or inspires you to take a particular action in your faith life?		
When We Met Up		Where We Met Up	



## Week of Nov 21 – 27

CLASS NEXT WEEK: 12/29

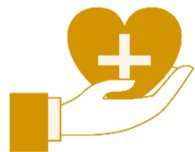


Read scripture to prepare for next Sunday's mass. Try reading the Gospel out loud and discuss the following questions as a family:

- Gospel Reading for  
**Next Sunday, 11/28:**  
**Lk 21:25-28, 34-36**  
*November 28<sup>th</sup> is the First Sunday of Advent!*
- How does your family prepare for the Christmas season?
  - Are there any ways your family does or can live out the Advent season?
  - What do you think Jesus means by "be vigilant at all times"?

### VERSE FOR REFLECTION

*"Beware that your hearts do not become drowsy..."*  
(Luke 21:34a, from the Gospel Reading)



The Corporal Work of Mercy we are focusing on this month is **BURY THE DEAD**  
*...We show our respect for the gift of life, comfort grievers, and pray for the dead.*

As we reach the end of the month reflect: How did it go? Did you follow through with your plans to pray and show support? What happened?



**Take this experience to prayer.** Talk to God about how He may be calling you to love and serve in this way more regularly. Ask Him for the strength to do so.

What prayer practice to you intend to work on this week? Consider sticking with a practice to make it a habit. Also consider challenging yourself to try new practices as the year goes on for new habits.



- ☐ **Spiritual Journaling** – I am setting aside time to journal my prayers and reflections.
- ☐ **Adoration** – I am asking my parents to help me find a time/place to spend time in God's presence in Adoration.
- ☐ **Reading** – I am setting aside time to spend reading the Bible, a book I got in class, or another spiritual book.
- ☐ **Researching** – I am looking into a question I have about my faith using Catholic resources and praying about what I find, think, and feel.
- ☐ **Silence** – I am setting aside intentional time in my days to rest silently in prayer.
- ☐ **Reconciliation** – I am going to ask my parents to take me to Reconciliation this week.

Make sure the following dates are on your calendar. Please check in with us if you have any conflicts or questions.



### NEXT THREE CLASSES:

- ❖ November 29<sup>th</sup>
- ❖ December 13<sup>th</sup>
- ❖ Decembet 20<sup>th</sup>

### DON'T FORGET:

Your sponsor is meant to be walking this journey with you. Call them or meet up to do your sponsor checkpoint this week.

### SERVICE OPPORTUNITIES:

Your parent/guardian should be signed up to receive Flocknote emails with Signups for service opportunities. It is your responsibility to sign up and serve before deadline, don't put this off, opportunities dwindle at the end of year!



# Week of Nov 28 – Dec 4

CLASS THIS WEEK: 11/29



*Read scripture to prepare for next Sunday's mass. Try reading the Gospel out loud and discuss the following questions as a family:*

Gospel Reading for  
Next Sunday, 12/5:

**Luke 3:1-6**

*December 5<sup>th</sup> will be the  
Second Sunday of Advent!*

- What's the biggest mountain you've ever seen? What's the most winding road you ever remember riding on?
- How can we make straight the winding roads of our hearts and our relationships this Advent?

VERSE FOR REFLECTION

*Prepare the way of the Lord, make straight his paths.*

(Luke 3:4b, from the Gospel Reading)



The Corporal Work of Mercy we are focusing on in Dec. is **VISIT THE IMPRISONED**  
*...You can be imprisoned justly or unjustly, or imprisoned without chains: living in isolation.*

When we think of prisoners in our area and in our world, some may seem less deserving of our kindness than others— why do you think God asks us to treat all prisoners with dignity?



***Begin to pray intentionally over this month for all those who are imprisoned, whether rightfully or unjustly imprisoned.***

*This week marks the start of Advent. Advent is a time of preparation—an opportunity for us to choose intentional ways of preparing our hearts for the coming of Jesus in a few weeks!*



**Here are some suggestions of ways you can celebrate Advent and take advantage of this time of preparation:**

- Family Advent Wreath
- Advent Calendar at BustedHalo.org
- Reading the Nativity stories in each Gospel
- Daily prayerful silence.
- Choose certain decorations that to not put up until Christmas—anticipation!
- Help set up a Nativity scene in your home if you have one
- Create a paper countdown chain, say a prayer each day before you rip one off
- Research other Advent traditions to try at home

I am preparing for my Confirmation all year long. Here's where I am right now in my prep process (check all that apply so far:)



**MASS ATTENDANCE**

- ☐ I really am going to mass every Sunday (or vigil.)
- ☐ My family and I need to work on making getting to mass a priority.

**SPONSOR**

- ☐ I did my first Sponsor Checkpoint.
- ☐ I haven't done it or don't have a Sponsor.

I have logged \_\_\_\_ service hours so far at Mother Seton.  
*The log for service hours is found at the end of this Flipbook.*

**THIS  
WEEK:**

- ☐ I attended class on 11/29
- ☐ I brought my folder to class

# Week of Dec 5 – 11

# CLASS NEXT WEEK: 12/13



*Read scripture to prepare for next Sunday's mass. Try reading the Gospel out loud and discuss the following questions as a family:*

Gospel Reading for  
Next Sunday, 12/12:

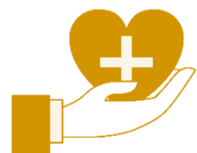
**Luke 3:10-18**

*Dec 12<sup>th</sup> is Gaudete Sunday  
(3<sup>rd</sup> Sunday of Advent)*

- If you or your family approached John the Baptist and asked, "What should we do?" to prepare your hearts for Christ, what might he say?
- Who are the messengers in your life that have prepared the way for God?

## VERSE FOR REFLECTION

*"I am baptizing you with water, but one mightier than I is coming...  
He will baptize you with the Holy Spirit and fire."  
(Luke 3:16a,c from the Gospel)*



The Corporal Work of Mercy we are focusing on this month is **VISIT THE IMPRISONED**  
*...You can be imprisoned justly or unjustly, or imprisoned without chains: living in isolation.*

Who are the "imprisoned" that God has placed on your doorstep? whether fairly or unfairly jailed, or those trapped in an injustice and/or or isolated from community,



***Begin to think of what you specifically can and would do to help those you listed above. Big, or small.***

*This is the second week of Advent. Advent is a time of preparation—an opportunity for us to choose intentional ways of preparing our hearts for the coming of Jesus in just a couple weeks!*



**Here are some suggestions of ways you can celebrate Advent and take advantage of this time of preparation:**

- Family Advent Wreath
- Advent Calendar at BustedHalo.org
- Reading the Nativity stories in each Gospel
- Daily prayerful silence.
- Choose certain decorations that to not put up until Christmas—anticipation!
- Help set up a Nativity scene in your home if you have one
- Create a paper countdown chain, say a prayer each day before you rip one off
- Research other Advent traditions to try at home.

Make sure the following dates are on your calendar. Please check in with us if you have any conflicts or questions.



## **NEXT THREE CLASSES:**

- ❖ December 13<sup>th</sup>
- ❖ December 20<sup>th</sup>
- ❖ January 10<sup>th</sup>

## **DON'T FORGET:**

Advent is a great time to plan a time to go to Adoration! Check parish websites for times.

## **SERVICE OPPORTUNITIES:**

Your parent/guardian should be signed up to receive Flocknote emails with Signups for service opportunities. It is your responsibility to sign up and serve before deadline, don't put this off, opportunities dwindle at the end of year!

# Week of Dec 12 – 18

# CLASS THIS WEEK: 12/13



Read scripture to prepare for next Sunday's mass. Try reading the Gospel out loud and discuss the following questions as a family:

Gospel Reading for  
Next Sunday, 12/19:

**Luke 1:39-45**

December 19<sup>th</sup> is the  
Fourth Sunday of Advent!

- If you have cousins, what is your happiest memory with them?
- What promises and/or proclamations has God made about us, and is it easy to believe that what he has promised will be fulfilled? Why/why not?

## VERSE FOR REFLECTION

*"Blessed are you who believed that what was spoken to you by the Lord would be fulfilled."*

(Luke 1:45, from the Gospel Reading)



The Corporal Work of Mercy we are focusing on this month is **VISIT THE IMPRISONED** ...You can be imprisoned justly or unjustly, or imprisoned without chains: living in isolation.

What specifically can you do in the next couple weeks to help the "imprisoned on your doorstep" that you listed last week?



**Make plans to take action.** Challenge yourself to go out of your comfort zone to answer this call to mercy.

This week we light the pink candle on the Advent Wreath for Gaudete Sunday, which is a reminder of the JOY in how close we are to Christmas! Gaudete means "Rejoice!" Notice the pink colors at mass.



What do you have to rejoice about this Advent season?

For each day of the week list one reason to *rejoice in Christ and the blessings he has given you*:

Sunday:

Monday:

Tuesday:

Wednesday:

Thursday:

Friday:

Saturday:

I am preparing for my Confirmation all year long. Here's where I am right now in my prep process (check all that apply so far:)



## CONFIRMATION SAINT

- ☐ I have been trying new prayer practices, like:

\_\_\_\_\_

## REMINDER:

*We have class **next week** as well!*

- ☐ It's on our calendar!

I have logged \_\_\_\_ service hours so far at Mother Seton.  
The log for service hours is found at the end of this Flipbook.

**THIS  
WEEK:**

- ☐ I attended class on 12/13  
☐ I brought my folder to class

# Week of Dec 19 – 25

CLASS **THIS WEEK: 12/20**



*We've included here the Gospel Reading citations for the Christmas Eve and Christmas Day masses, as well as Sunday's:*

**CHRISTMAS EVE, 12/24:**

**Matt 1:1-25**

**CHRISTMAS DAY, 12/25:**

**John 1:1-18**

Gospel Reading for  
**Sunday (the day after Christmas:)**

**Luke 2:41-52**

*Dec 26<sup>th</sup> this year is the  
Feast of the Holy Family*

## VERSE FOR REFLECTION

*And the Word became flesh and made his dwelling among us, and we saw his glory, the glory as of the Father's only Son, full of grace and truth.  
(John 1:14, from the Christmas Day Gospel)*



The Corporal Work of Mercy we are focusing on this month is **VISIT THE IMPRISONED**  
*...You can be imprisoned justly or unjustly, or imprisoned without chains: living in isolation.*

At the end of the week reflect: How did it go? Did you try out the plan that you came up with? What happened?



**Take this experience to prayer.** Talk to God about how He may be calling you to love and serve in this way more regularly. Ask Him for the strength to do so.

*This week we celebrate Christmas. Merry Christmas to you and your families! Our prayer challenge this week: find time on Christmas Eve night or Christmas Day night and just sit in silence...*



*...maybe by the light of the Christmas tree. Maybe alone in your room, or out under the stars if it isn't freezing outside.*

*Take a moment to soak in the wonder and awe of a night like tonight. Of Peace on Earth. Of a Heavenly King, slumbering in a manger. Let it fill your heart.*

Make sure the following dates are on your calendar. Please check in with us if you have any conflicts or questions.



## NEXT THREE CLASSES:

❖ January 10<sup>th</sup>

❖ January 24<sup>th</sup>

❖ February 14<sup>th</sup>

## DON'T FORGET:

**...to have a VERY MERRY CHRISTMAS!**  
Mass times for Christmas Eve and Christmas Day can be found on the parish website.

- ☐ By now I have completed my first Sponsor checkpoint
- ☐ I haven't yet, but I'll complete it over Christmas break

**THIS WEEK:**

- ☐ I attended class on 12/13
- ☐ I brought my folder to class

# Week of Dec 26 – Jan 1

NO CLASS UNTIL: 1/10



Read scripture to prepare for next Sunday's mass. Try reading the Gospel out loud and discuss the following questions as a family:

Gospel Reading for  
Next Sunday, 1/2:

**Matt 2:1-12**

January 2<sup>nd</sup> is the  
Feast of the Epiphany

- What has been your favorite part of this year's Christmas season?
- How can you do Jesus homage? What does that mean?
- What "gifts" can you offer to the newborn King?

## VERSE FOR REFLECTION

*Lord, every nation on Earth will adore you.*  
(Responsorial Psalm)



The Corporal Work of Mercy we'll focus on into January is **SHELTER THE HOMELESS** ...Physical shelter is a basic necessity. We all deserve a safe place to rest and to belong.

When we think of homeless in our area and in our world, who do we think of? Are there any local efforts you know of to help combat the physically homeless in our neighborhoods?



**Begin to pray intentionally** over this month for all those who are homeless, whether across the world, across the state, or on our doorstep.

What prayer practice do you intend to work on this week? Consider sticking with a practice to make it a habit. Also consider challenging yourself to try new practices as the year goes on for new habits.



- ☐ **Spiritual Journaling** – I am setting aside time to journal my prayers and reflections.
- ☐ **Adoration** – I am asking my parents to help me find a time/place to spend time in God's presence in Adoration.
- ☐ **Reading** – I am setting aside time to spend reading the Bible, a book I got in class, or another spiritual book.
- ☐ **Researching** – I am looking into a question I have about my faith using Catholic resources and praying about what I find, think, and feel.
- ☐ **Silence** – I am setting aside intentional time in my days to rest silently in prayer.
- ☐ **Reconciliation** – I am going to ask my parents to take me to Reconciliation this week.

Make sure the following dates are on your calendar. Please check in with us if you have any conflicts or questions.



## NEXT THREE CLASSES:

- ❖ January 10<sup>th</sup>
- ❖ January 24<sup>th</sup>
- ❖ February 14<sup>th</sup>

## DON'T FORGET:

2022 is the year your will take a huge step in your life—you will be *Confirmed*. Are you taking your preparation seriously?

## SERVICE OPPORTUNITIES:

Your parent/guardian should be signed up to receive Flocknote emails with Signups for service opportunities. It is your responsibility to sign up and serve before deadline, don't put this off, opportunities dwindle at the end of year!



## Week of Jan 2 – 8

CLASS NEXT WEEK: 1/10



Read scripture to prepare for next Sunday's mass. Try reading the Gospel out loud and discuss the following questions as a family:

Gospel Reading for  
Next Sunday, 1/9:

**Lk 3:15-16, 21-22**

January 9<sup>th</sup> is the Feast of  
the Baptism of our Lord

- Ask your parents to share with you what they remember from your Baptism.
- What would it take for you to be bold enough to testify that Jesus was the Messiah, if it meant prison for you?

### VERSE FOR REFLECTION

And a voice came from heaven,  
"You are my beloved Son; with you I am well pleased."  
(Luke 3:22b from the Gospel Reading)



The Corporal Work of Mercy we focus on this month is **SHELTER THE HOMELESS** ...Physical shelter is a basic necessity. We all deserve a safe place to rest and to belong.

Who are the "homeless" that God has placed on your doorstep? Those living on the streets or even friends without a safe home to rely on that you have noticed in your everyday life.



**Begin to think of** what you specifically can and would do to help those you listed above. Big, or small.

What prayer practice do you intend to work on this week? Consider sticking with a practice to make it a habit. Also consider challenging yourself to try new practices as the year goes on for new habits.



- ☐ **Spiritual Journaling** – I am setting aside time to journal my prayers and reflections.
- ☐ **Adoration** – I am asking my parents to help me find a time/place to spend time in God's presence in Adoration.
- ☐ **Reading** – I am setting aside time to spend reading the Bible, a book I got in class, or another spiritual book.
- ☐ **Researching** – I am looking into a question I have about my faith using Catholic resources and praying about what I find, think, and feel.
- ☐ **Silence** – I am setting aside intentional time in my days to rest silently in prayer.
- ☐ **Reconciliation** – I am going to ask my parents to take me to Reconciliation this week.

Make sure the following dates are on your calendar. Please check in with us if you have any conflicts or questions.



### NEXT THREE CLASSES:

- ❖ January 10<sup>th</sup>
- ❖ January 24<sup>th</sup>
- ❖ February 14<sup>th</sup>

### RESOLUTION?

Do you have a New Year's Resolution? Here are two ideas:  
1. Starting each day with a simple prayer. 2. Dropping a current habit you know is getting in the way of who God calls you to be.

### SERVICE OPPORTUNITIES:

Your parent/guardian should be signed up to receive Flocknote emails with Signups for service opportunities. It is your responsibility to sign up and serve before deadline, don't put this off, opportunities dwindle at the end of year!

# Week of Jan 9 – 15

CLASS THIS WEEK: 1/10



Read scripture to prepare for next Sunday's mass. Try reading the Gospel out loud and discuss the following questions as a family:

Gospel Reading for  
Next Sunday, 1/16:

**John 2:1-11**

*The Wedding Feast  
at Cana*

- If you haven't shared yet as a family, what is your New Year's Resolution?
- This was the first miracle of Jesus' public ministry. What future event do you think this miracle points towards, and what makes you say so?

VERSE FOR REFLECTION

*And a voice came from the heavens, saying,  
"This is my beloved Son, with whom I am well pleased."  
(Matthew 3:17, from the Gospel Reading)*



The Corporal Work of Mercy we focus on this month is **SHELTER THE HOMELESS** ...Physical shelter is a basic necessity. We all deserve a safe place to rest and to belong.

What specifically can you do in the next couple weeks to help the "homeless on your doorstep" that you listed last week?



**Make plans to take action.** It doesn't have to be huge, but think of a need that you may be able to realistically help be met.

What prayer practice to you intend to work on this week? Consider sticking with a practice to make it a habit. Also consider challenging yourself to try new practices as the year goes on for new habits.



- |   |  |
|---|--|
| <ul style="list-style-type: none"> <li><input type="checkbox"/> <b>Spiritual Journaling</b> – I am setting aside time to journal my prayers and reflections.</li> <li><input type="checkbox"/> <b>Adoration</b> – I am asking my parents to help me find a time/place to spend time in God's presence in Adoration.</li> <li><input type="checkbox"/> <b>Reading</b> – I am setting aside time to spend reading the Bible, a book I got in class, or another spiritual book.</li> </ul> | <ul style="list-style-type: none"> <li><input type="checkbox"/> <b>Researching</b> – I am looking into a question I have about my faith using Catholic resources and praying about what I find, think, and feel.</li> <li><input type="checkbox"/> <b>Silence</b> – I am setting aside intentional time in my days to rest silently in prayer.</li> <li><input type="checkbox"/> <b>Reconciliation</b> – I am going to ask my parents to take me to Reconciliation this week.</li> </ul> |
|---|--|

I am preparing for my Confirmation all year long. Here's where I am right now in my prep process (check all that apply so far:)



## PRAYER PRACTICES I'VE TRIED SO FAR

- |   |   |
|---|---|
| <ul style="list-style-type: none"> <li><input type="checkbox"/> Spiritual Journaling</li> <li><input type="checkbox"/> going to Adoration</li> <li><input type="checkbox"/> Reading my Bible</li> <li><input type="checkbox"/> Other reading about faith</li> <li><input type="checkbox"/> Prayerful silence</li> </ul> | <ul style="list-style-type: none"> <li><input type="checkbox"/> Researching/praying about tricky topics</li> <li><input type="checkbox"/> Reconciliation (besides during classtime)</li> <li><input type="checkbox"/> Other: _____</li> </ul> |
|---|---|

I have logged \_\_\_\_ service hours so far at Mother Seton.  
The log for service hours is found at the end of this Flipbook.

**THIS  
WEEK:**

- ☐ I attended class on 1/10
- ☐ I brought my folder to class



# Week of Jan 16 – 22

CLASS NEXT WEEK: 1/24



Read scripture to prepare for next Sunday's mass. Try reading the Gospel out loud and discuss the following questions as a family:

Gospel Reading for  
Next Sunday, 1/23:

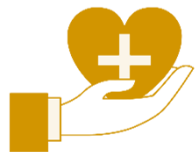
**Lk 1:1-4; 4:14-21**

*Jesus Returns  
to Nazareth*

- Have you ever considered becoming a lector (someone who reads the readings at Mass)?
- How does Jesus fulfill the anointing to proclaim liberty to captives? Think beyond those in physical captivity.

## VERSE FOR REFLECTION

*The Spirit of the Lord is upon me, because he has anointed me to bring glad tidings to the poor. He has sent me to proclaim liberty to captives...*  
(Luke 4:18a from the Gospel Reading)



The Corporal Work of Mercy we focus on this month is **SHELTER THE HOMELESS** ...Physical shelter is a basic necessity, we all deserve a safe place to rest and to belong.

At the end of this week reflect: How did it go? Did you try out the plan that you came up with? What happened?



**Take this experience to prayer.** Talk to God about how He may be calling you to love and serve in this way more regularly. Ask Him for the strength to do so.

What prayer practice do you intend to work on this week? Consider sticking with a practice to make it a habit. Also consider challenging yourself to try new practices as the year goes on for new habits.



- ☐ **Spiritual Journaling** – I am setting aside time to journal my prayers and reflections.
- ☐ **Adoration** – I am asking my parents to help me find a time/place to spend time in God's presence in Adoration.
- ☐ **Reading** – I am setting aside time to spend reading the Bible, a book I got in class, or another spiritual book.
- ☐ **Researching** – I am looking into a question I have about my faith using Catholic resources and praying about what I find, think, and feel.
- ☐ **Silence** – I am setting aside intentional time in my days to rest silently in prayer.
- ☐ **Reconciliation** – I am going to ask my parents to take me to Reconciliation this week.

Make sure the following dates are on your calendar. Please check in with us if you have any conflicts or questions.



## NEXT THREE CLASSES:

- ❖ January 24<sup>th</sup>
- ❖ February 14<sup>th</sup>
- ❖ February 28<sup>th</sup>

## DON'T FORGET:

Our weekend retreat is a couple months away.  
**BE SURE** you have saved **March 18-20** on your calendar!

## SERVICE OPPORTUNITIES:

Your parent/guardian should be signed up to receive Flocknote emails with Signups for service opportunities. It is your responsibility to sign up and serve before deadline, don't put this off, opportunities dwindle at the end of year!

# SPONSOR CHECKPOINT #2

The person you chose as your Sponsor for Confirmation is meant to walk this journey with you— leading you in faith, growing together with you, and being a resource to you, both now during preparation and after you are Confirmed. Meet up with your Sponsor (or if that is not possible, connect via video-chat or phone call) to pray together and discuss the questions below.

## Talk About...

## Then Record Here...

<ul style="list-style-type: none"><li>• Who did my Sponsor choose for Confirmation Saint, and are there any other saints special to him/her? Why?</li><li>• Who has been a model of faith for each of us in our lives, how?</li><li>• What do we think it means to be a witness to faith?</li><li>• When has it been difficult for us to live our faith?</li><li>• Where would we each like to grow / feel challenged to step up in our mission to live as witnesses?</li></ul>	What struck you most from the conversation you had with your sponsor?
	What was one thing you talked about that you want to explore more about or inspires you to take a particular action in your faith life?

When We Met Up		Where We Met Up	
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# Week of Jan 23 – 29

CLASS THIS WEEK: 1/24



Read scripture to prepare for next Sunday's mass. Try reading the Gospel out loud and discuss the following questions as a family:

Gospel Reading for  
Next Sunday, 1/30:

**Luke 4:21-30**

*The Rejection at Nazareth  
(continued from last week!)*

- Why do you think that the Nazarean people had such a strong negative reaction to what Jesus spoke?
- Have you ever felt rejected or ridiculed for sharing or living out the truths of your faith?

VERSE FOR REFLECTION

*"Amen, I say to you,  
no prophet is accepted in his own native place."*

(Luke 4:24, from the Gospel Reading)



The Corporal Work of Mercy we'll focus on next is **GIVE DRINK TO THE THIRSTY** ...*Water is the most essential need to human life. We also thirst for other life-giving things.*

When we think of people who are thirsty in our area and in our world, who do we think of? Are there any local efforts you know of to help combat those needing clean/safe water in our world?



**Begin to pray** intentionally over this coming month for all those who go without something as basic as clean water, whether across the world, across the state, or on our doorstep.

What prayer practice to you intend to work on this week? Consider sticking with a practice to make it a habit. Also consider challenging yourself to try new practices as the year goes on for new habits.



- |   |  |
|---|--|
| <ul style="list-style-type: none"> <li><input type="checkbox"/> <b>Spiritual Journaling</b> – I am setting aside time to journal my prayers and reflections.</li> <li><input type="checkbox"/> <b>Adoration</b> – I am asking my parents to help me find a time/place to spend time in God's presence in Adoration.</li> <li><input type="checkbox"/> <b>Reading</b> – I am setting aside time to spend reading the Bible, a book I got in class, or another spiritual book.</li> </ul> | <ul style="list-style-type: none"> <li><input type="checkbox"/> <b>Researching</b> – I am looking into a question I have about my faith using Catholic resources and praying about what I find, think, and feel.</li> <li><input type="checkbox"/> <b>Silence</b> – I am setting aside intentional time in my days to rest silently in prayer.</li> <li><input type="checkbox"/> <b>Reconciliation</b> – I am going to ask my parents to take me to Reconciliation this week.</li> </ul> |
|---|--|

I am preparing for my Confirmation all year long. Here's where I am right now in my prep process (check all that apply so far:)



**CONFIRMATION SAINT**

**MASS**

- |  |  |
|--|--|
| <ul style="list-style-type: none"> <li><input type="checkbox"/> I haven't started looking yet</li> <li><input type="checkbox"/> I am still researching saints</li> <li><input type="checkbox"/> I have chosen my Saint</li> <li><input type="checkbox"/> I filled out my Saint page</li> </ul> | <ul style="list-style-type: none"> <li><input type="checkbox"/> I really am going to mass every Sun (or vigil)</li> <li><input type="checkbox"/> My family and I need to work on making getting to mass a priority.</li> </ul> |
|--|--|

I have logged \_\_\_\_ **service hours** so far at Mother Seton.  
*The log for service hours is found at the end of this Flipbook.*

**THIS  
WEEK:**

- ☐ I attended class on 1/24
- ☐ I brought my folder to class

# Week of Jan 30 – Feb 5

NO CLASS UNTIL: 2/14



Read scripture to prepare for next Sunday's mass. Try reading the Gospel out loud and discuss the following questions as a family:

Gospel Reading for  
Next Sunday, 2/6:

**Luke 5:1-11**

*The Call of Simon  
the Fisherman*

- If Jesus stood before you asking you to follow him, what would you say?
- Even though Simon had been doing his best and catching nothing, he was willing to give Jesus' way a try. Have you had any similar experiences?

## VERSE FOR REFLECTION

*"Master, we have worked hard all night and have caught nothing,  
but at your command I will lower the nets."  
(Luke 5:5 from the Gospel Reading)*



The Corporal Work of Mercy to focus on this month is **GIVE DRINK TO THE THIRSTY**  
...*Water is the most essential need to human life. We also thirst for other life-giving things.*

List what you would consider your 3 most basic physical needs, and your 3 most basic emotional needs. Circle the one you think you couldn't live without in each category.



Take a look at your list and **reflect**: what would your life be like without access to the physical need that you circled? What about without the emotional need you circled being met?

What prayer practice to you intend to work on this week? Consider sticking with a practice to make it a habit. Also consider challenging yourself to try new practices as the year goes on for new habits.



- ☐ **Spiritual Journaling** – I am setting aside time to journal my prayers and reflections.
- ☐ **Adoration** – I am asking my parents to help me find a time/place to spend time in God's presence in Adoration.
- ☐ **Reading** – I am setting aside time to spend reading the Bible, a book I got in class, or another spiritual book.
- ☐ **Researching** – I am looking into a question I have about my faith using Catholic resources and praying about what I find, think, and feel.
- ☐ **Silence** – I am setting aside intentional time in my days to rest silently in prayer.
- ☐ **Reconciliation** – I am going to ask my parents to take me to Reconciliation this week.

Make sure the following dates are on your calendar. Please check in with us if you have any conflicts or questions.



## NEXT THREE CLASSES:

- ❖ February 14<sup>th</sup>
- ❖ February 28<sup>th</sup>
- ❖ March 14<sup>th</sup>

## DON'T FORGET:

Our hope is for you to have chosen your Confirmation Saint by the end of February. Don't forget you have your Saint book as a resource!

## SERVICE OPPORTUNITIES:

Your parent/guardian should be signed up to receive Flocknote emails with Signups for service opportunities. It is your responsibility to sign up and serve before deadline, don't put this off, opportunities dwindle at the end of year!

# Week of Feb 6 – 12

CLASS NEXT WEEK: 2/14



Read scripture to prepare for next Sunday's mass. Try reading the Gospel out loud and discuss the following questions as a family:

Gospel Reading for  
Next Sunday, 2/13:

**Lk 6:17, 20-26**

Part of the Sermon  
on the Plain

- Do you remember anytime that you were so happy/excited that you actually lept for joy?
- Why in the world would the poor, hungry, weeping, and hated *rejoice*? What do you think Jesus means here?

## VERSE FOR REFLECTION

*Rejoice and leap for joy on that day!  
Behold, your reward will be great in heaven.*  
(Luke 6:23a from the Gospel Reading)



The Corporal Work of Mercy to focus on this month is **GIVE DRINK TO THE THIRSTY** ...*Water is the most essential need to human life. We also thirst for other life-giving things.*

Who are the thirsty that God has placed on the doorstep of your heart? Those suffering from lack of water or thirsting for something else life-giving, like comfort, company, or spiritual fulfillment in their lives.



***Begin to think of what you specifically can and would do to help those you listed above. Big, or small.***

What prayer practice to you intend to work on this week? Consider sticking with a practice to make it a habit. Also consider challenging yourself to try new practices as the year goes on for new habits.



- ☐ **Spiritual Journaling** – I am setting aside time to journal my prayers and reflections.
- ☐ **Adoration** – I am asking my parents to help me find a time/place to spend time in God's presence in Adoration.
- ☐ **Reading** – I am setting aside time to spend reading the Bible, a book I got in class, or another spiritual book.
- ☐ **Researching** – I am looking into a question I have about my faith using Catholic resources and praying about what I find, think, and feel.
- ☐ **Silence** – I am setting aside intentional time in my days to rest silently in prayer.
- ☐ **Reconciliation** – I am going to ask my parents to take me to Reconciliation this week.

Make sure the following dates are on your calendar. Please check in with us if you have any conflicts or questions.



## NEXT THREE CLASSES:

- ❖ February 14<sup>th</sup>
- ❖ February 28<sup>th</sup>
- ❖ March 14<sup>th</sup>

## DON'T FORGET:

The Lord has chosen and called you for Confirmation. He is seeking you, reaching out for you, offering Himself. *You are the one deciding* whether you will allow him the space in your life to prepare your heart.

## SERVICE OPPORTUNITIES:

Your parent/guardian should be signed up to receive Flocknote emails with Signups for service opportunities. It is your responsibility to sign up and serve before deadline, don't put this off, opportunities dwindle at the end of year!

# Week of Feb 13 – 19

CLASS THIS WEEK: 2/14



Read scripture to prepare for next Sunday's mass. Try reading the Gospel out loud and discuss the following questions as a family:

Gospel Reading for  
Next Sunday, 2/20:

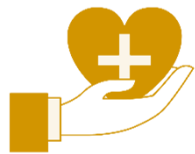
**Luke 6:27-38**

Part of the  
Sermon on the Plain

- Can you think of a time that you "turned the other cheek" or *wished* you'd been strong enough to do so?
- Our "enemies" can be a group of people or just someone we don't get along with: who do you need to work to love? Does this come easy or hard?

VERSE FOR REFLECTION

*"...love your enemies and do good to them,  
and lend expecting nothing back"*  
(Luke 6:35a, from the Gospel Reading)



The Corporal Work of Mercy to focus on this month is **GIVE DRINK TO THE THIRSTY**  
*...Water is the most essential need to human life. We also thirst for other life-giving things.*

What specifically can you do in the next couple weeks to help the "thirsty on your doorstep" that you listed last week?



**Make plans to take action.** It doesn't have to be huge, it can be simple. It can be reaching out in a new way or tapping into something that already exists.

What prayer practice to you intend to work on this week? Consider sticking with a practice to make it a habit. Also consider challenging yourself to try new practices as the year goes on for new habits.



- ☐ **Spiritual Journaling** – I am setting aside time to journal my prayers and reflections.
- ☐ **Adoration** – I am asking my parents to help me find a time/place to spend time in God's presence in Adoration.
- ☐ **Reading** – I am setting aside time to spend reading the Bible, a book I got in class, or another spiritual book.
- ☐ **Researching** – I am looking into a question I have about my faith using Catholic resources and praying about what I find, think, and feel.
- ☐ **Silence** – I am setting aside intentional time in my days to rest silently in prayer.
- ☐ **Reconciliation** – I am going to ask my parents to take me to Reconciliation this week.

I am preparing for my Confirmation all year long. Here's where I am right now in my prep process (check all that apply so far:)



## CONFIRMATION SAINT

## MEETING

- ☐ I haven't started looking yet
- ☐ I am still researching saints
- ☐ I have chosen my Saint
- ☐ I filled out my Saint page
- ☐ My parents attended this week's Confirmation parent meeting on 2/17

We have had 2 Sponsor Checkpoints so far. I've completed:

- ☐ The 1<sup>st</sup> Checkpoint
- ☐ The 2<sup>nd</sup> Checkpoint

**THIS  
WEEK:**

- ☐ I attended class on 2/14
- ☐ I brought my folder to class



# Week of Feb 20 – 26

CLASS NEXT WEEK: 2/28



Read scripture to prepare for next Sunday's mass. Try reading the Gospel out loud and discuss the following questions as a family:

Gospel Reading for  
Next Sunday, 2:27

**Luke 6:39-45**

*Part of the Sermon  
on the Plain*

- What's your favorite kind of fruit?
- A rotten tree bears rotten fruit. If you are to strive to be more like the good tree, what is an example of some "good fruit" that may be evident in your life?

VERSE FOR REFLECTION

*"For every tree is known by its own fruit."*

(Luke 6:44a from the Gospel Reading)

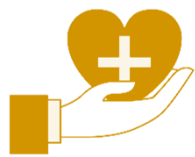
Next week we begin the season of Lent with Ash Wednesday (March 2<sup>nd</sup>.) This is a season of reflection and repentance as prepare our hearts for Jesus's Passion and Crucifixion.



Have you thought of something intentional to do during the Lenten season? Mark your plans:

- ☐ **Giving Something Up** – I am making a specific sacrifice this Lent, something that will really challenge me. I am going to give up \_\_\_\_\_

- ☐ **Taking on Something New** – I am going to start doing something new and intentional that will be a challenge to me spiritually (look online for examples) This Lent I'm going to \_\_\_\_\_



The Corporal Work of Mercy to focus on this month is **GIVE DRINK TO THE THIRSTY** ...*Water is the most essential need to human life. We also thirst for other life-giving things.*

As we end these 5 weeks, reflect: How did it go? Did you try out the plan that you came up with? What happened?



**Take this experience to prayer.** Talk to God about how He may be calling you to love and serve in this way more regularly. Ask Him for the strength to do so.

Make sure the following dates are on your calendar. Please check in with us if you have any conflicts or questions.



## NEXT THREE CLASSES:

- ❖ February 28<sup>th</sup>
- ❖ March 14<sup>th</sup>
- ❖ March 28<sup>th</sup>

## DON'T FORGET:

Next week is Ash Wednesday, marking the beginning of LENT. See parish website for mass times.

## SERVICE OPPORTUNITIES:

Your parent/guardian should be signed up to receive Flocknote emails with Signups for service opportunities. It is your responsibility to sign up and serve before deadline, don't put this off, opportunities dwindle at the end of year!



## Week of Feb 27 – Mar 5

CLASS THIS WEEK: 2/28



Read scripture to prepare for next Sunday's mass. Try reading the Gospel out loud and discuss the following questions as a family:

Gospel Reading for  
Next Sunday, 3/6:

**Luke 4:1-13**

March 6<sup>th</sup> is the First  
Sunday of Lent

- When is the hungriest you ever remember being?
- Do you ever put the Lord to the test? Demanding a certain action from Him or wanting Him to prove Himself?
- Is there anything other than God you may worship/serve a bit in your life?

VERSE FOR REFLECTION

*Jesus said to him in reply, "It is written: 'You shall worship the Lord, your God, and him alone shall you serve.'"*

(Luke 4:8, from the Gospel Reading)

If you go to mass last week on Ash Wednesday this week, ashes are spread on your forehead in the sign of a cross and the following words are spoken, either:



**"Remember you are dust and to dust you shall return."**

OR ... **"Turn away from sin and be faithful to the Gospel."**

Why the Ashes? Why those words—what does it all mean about my life and about my season of Lent?

This Lent we have a special challenge for your prayer life, but before we get to it, this week we want you to go to YouTube and watch the video: **The Significance of Ash Wednesday** (with Fr Mike Schmitz). Spend some time in prayer reflecting on the words in blue above.



The Corporal Work of Mercy to focus on this month is **GIVE ALMS TO THE POOR**  
...Open our eyes to the poor, under-resourced, & under-cared for among us.

When we think of the poor in the world, who do we think of? Are there any local efforts you know of to help combat the poor/underprivileged in our neighborhoods?



**Begin to pray** intentionally over this month for all the poor of the world, whether across the world, across the state, or on our doorstep.

I am preparing for my Confirmation all year long. Here's where I am right now in my prep process (check all that apply so far:)



### LIVING LENT

- |  |  |
|--|--|
| <input type="checkbox"/> I am giving up something as sacrifice during Lent               | <input type="checkbox"/> I haven't picked anything to give up or do special for Lent |
| <input type="checkbox"/> I am adding something/doing something extra to grow during Lent | <input type="checkbox"/> Other: _____  |

I have logged \_\_\_\_ service hours so far at Mother Seton.  
The log for service hours is found at the end of this Flipbook.

**THIS  
WEEK:**

- |   |
|---|
| <input type="checkbox"/> I attended class on 2/28     |
| <input type="checkbox"/> I brought my folder to class |

## Week of Mar 6 – 12

CLASS NEXT WEEK: 3/14



*Read scripture to prepare for next Sunday's mass. Try reading the Gospel out loud and discuss the following questions as a family:*

Gospel Reading for  
Next Sunday, 3/13:

**Luke 9:28b-36**

*Lenten Season:  
The Transfiguration*

- Why do you think that the disciples wanted to build tents there?
- Has there been any moments in your life when you feel the Lord has been especially revealed to you? Maybe in a moment, in prayer, or in a person?

### VERSE FOR REFLECTION

*The LORD is my light and my salvation; whom should I fear?  
The LORD is my life's refuge; of whom should I be afraid?*

(Psalm 27:1 from the Responsorial Psalm)



The Corporal Work of Mercy to focus on this month is **GIVE ALMS TO THE POOR**  
*...Open our eyes to the poor, under-resourced, & under-cared for among us.*

Who are the poor that God has placed on your doorstep? Those poor in resources, poor in spirit, poor in community/relationship.



***Begin to think of*** what you specifically can and would do to help those you listed above. Big, or small.

*This Lent we are challenging you to become familiar with the practice of praying the Examen. The Daily Examen, brought to us by St Ignatius Loyola, is easy to learn and can transform your life.*



### EACH NIGHT AS YOU ARE GOING TO BED, PRAY THESE STEPS:

1. **Ask for Grace** – We ask for grace from God to reflect back on our day effectively and with open eyes of our heart.
2. **Give Thanks** – Thank God for everything you have experienced today because He is present to us throughout all of it.
3. **Review** – Think back through your day from waking up until now: When was God prompting you to know Him, love Him, and serve Him? How did you respond in those moments?
4. **Ask for Pardon** – Ask mercy for your shortcomings from today.
5. **Make a Resolution** – pick one/two ways to improve tomorrow.

Make sure the following dates are on your calendar. Please check in with us if you have any conflicts or questions.



### NEXT THREE CLASSES:

- ❖ March 14<sup>th</sup>
- ❖ March 28<sup>th</sup>
- ❖ April 11<sup>th</sup>

### DON'T FORGET:

Next week is our weekend retreat (March 18-20)! Be sure we have all your paperwork and get ready to have a great time!

### SERVICE OPPORTUNITIES:

Your parent/guardian should be signed up to receive Flocknote emails with Signups for service opportunities. It is your responsibility to sign up and serve before deadline, don't put this off, opportunities dwindle at the end of year!

# Week of Mar 13 – 19

CLASS THIS WEEK: 3/14



Read scripture to prepare for next Sunday's mass. Try reading the Gospel out loud and discuss the following questions as a family:

Year A Gospel Reading for  
Next Sunday, 3/20:

**John 4:5-42**

*The Samaritan Woman*  
(parish may choose Year C)

- Why do you think Jesus risked his reputation to speak to this woman?
- Why is "living water" a fitting metaphor for Jesus to use?
- What are you thirsting for, and how has/could Jesus satisfied/satisfy it?

## VERSE FOR REFLECTION

*"Everyone who drinks this water will be thirsty again;  
but whoever drinks the water I shall give will never thirst; the water I  
shall give will become in him a spring of water welling up to eternal life."*  
(John 4:13b-14 from the Gospel Reading)



The Corporal Work of Mercy to focus on this month is **GIVE ALMS TO THE POOR**  
...Open our eyes to the poor, under-resourced, & under-cared for among us.

What specifically can you do in the next couple weeks to help the people the "poor on your doorstep" that you listed last week?



***Make plans to take action.*** Challenge yourself to go out of your comfort zone to answer this call to mercy.

This Lent we are challenging you to become familiar with the practice of praying the Examen. The Daily Examen, brought to us by St Ignatius Loyola, is easy to learn and can transform your life.



## EACH NIGHT AS YOU ARE GOING TO BED, PRAY THESE STEPS:

1. **Ask for Grace** – We ask for grace from God to reflect back on our day effectively and with open eyes of our heart.
2. **Give Thanks** – Thank God for everything you have experienced today because He is present to us throughout all of it.
3. **Review** – Think back through your day from waking up until now: When was God prompting you to know Him, love Him, and serve Him? How did you respond in those moments?
4. **Ask for Pardon** – Ask mercy for your shortcomings from today.
5. **Make a Resolution** – pick one/two ways to improve tomorrow.

I am preparing for my Confirmation all year long. Here's where I am right now in my prep process (check all that apply so far:)



## WEEKEND RETREAT

- |  |  |
|--|--|
| <input type="checkbox"/> I am signed up and attending the retreat this weekend (March 18-20) | <input type="checkbox"/> I am nervous about this retreat weekend |
| <input type="checkbox"/> I am going into the retreat with an open mind/heart                 | <input type="checkbox"/> I am looking forward to retreat weekend |
|  | <input type="checkbox"/> I am all packed!                        |

I have logged \_\_\_\_ service hours so far at Mother Seton.  
*The log for service hours is found at the end of this Flipbook.*

**THIS  
WEEK:**

- ☐ I attended class on 3/14
- ☐ I brought my folder to class

# SPONSOR CHECKPOINT #3

The person you chose as your Sponsor for Confirmation is meant to walk this journey with you— leading you in faith, growing together with you, and being a resource to you, both now during preparation and after you are Confirmed. Meet up with your Sponsor (or if that is not possible, connect via video-chat or phone call) to pray together and discuss the questions below.

## Talk About...

## Then Record Here...

<ul style="list-style-type: none"><li>• Share how the Confirmation retreat went, what impact it had on you.</li><li>• Share how you have lived out the Corporal Works of Mercy from your Flipbook. How does your sponsor try to live these out in his/her life?</li><li>• Line-by-line, talk through the Our Father—why <i>these</i> words? What sticks out to you? Which words/lines of prayer do you seem to need most in your life right now? Why?</li><li>• What questions do you have about the faith that you would like to explore before being Confirmed?</li></ul>	What struck you most from the conversation you had with your sponsor?
	What was one thing you talked about that you want to explore more about or inspires you to take a particular action in your faith life?

<b>When We Met Up</b>		<b>Where We Met Up</b>	
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# Week of Mar 20 – 26

CLASS NEXT WEEK: 3/28



*Read scripture to prepare for next Sunday's mass. Try reading the Gospel out loud and discuss the following questions as a family:*

**Year A** Gospel Reading for  
Next Sunday, 3/27:

**John 9:1-41**

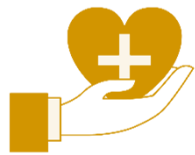
*The Man Born Blind*  
(parish may read Year C)

- Why do you think so many people were resistant to believing this miracle?
- This is a story that you have likely heard many times. What sticks out to you this time that has not before?

VERSE FOR REFLECTION

*"While I am in the world, I am the light of the world."*

(John 9:5, from the Gospel Reading)



The Corporal Work of Mercy to focus on this month is **GIVE ALMS TO THE POOR**  
*...Open our eyes to the poor, under-resourced, & under-cared for among us.*

As we reach the end of the month reflect: How did it go? Did you try out the plan that you came up with? What happened?



**Take this experience to prayer.** Talk to God about how He may be calling you to love and serve in this way more regularly. Ask Him for the strength to do so.

*This Lent we are challenging you to become familiar with the practice of praying the Examen. The Daily Examen, brought to us by St Ignatius Loyola, is easy to learn and can transform your life.*



**EACH NIGHT AS YOU ARE GOING TO BED, PRAY THESE STEPS:**

1. **Ask for Grace** – We ask for grace from God to reflect back on our day effectively and with open eyes of our heart.
2. **Give Thanks** – Thank God for everything you have experienced today because He is present to us throughout all of it.
3. **Review** – Think back through your day from waking up until now: When was God prompting you to know Him, love Him, and serve Him? How did you respond in those moments?
4. **Ask for Pardon** – Ask mercy for your shortcomings from today.
5. **Make a Resolution** – pick one/two ways to improve tomorrow.

Make sure the following dates are on your calendar. Please check in with us if you have any conflicts or questions.



**NEXT TWO CLASSES:**

- ❖ March 28<sup>th</sup>
- ❖ April 11<sup>th</sup>
- ❖ April 25<sup>th</sup>

**DON'T FORGET:**

THIS FLIPBOOK IS DUE  
APRIL 11<sup>th</sup>! You only have  
a couple more weeks to  
finish up.

**SERVICE OPPORTUNITIES:**

Your parent/guardian should be signed up to receive Flocknote emails with Signups for service opportunities. It is your responsibility to sign up and serve before deadline, don't put this off, opportunities dwindle at the end of year!

# Week of Mar 27 – Apr 2

CLASS THIS WEEK: 3/28



*Read scripture to prepare for next Sunday's mass. Try reading the Gospel out loud and discuss the following questions as a family:*

**Year A** Gospel Reading for  
**Next** Sunday, 4/3:

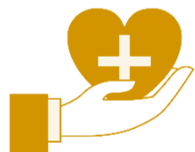
**John 11:1-45**

*Raising of Lazarus  
(parish may read Year C)*

- Touch base with one another: how is your Lenten season going? Are you sticking to any Lenten commitments? Are you seeing any growth?
- Jesus knew He was going to raise Lazarus, why do you think he wept?

## VERSE FOR REFLECTION

*"I am the resurrection and the life; whoever believes in me, even if he dies, will live, and everyone who lives and believes in me will never die."*  
(John 11:25-26a from the Gospel Reading)



The Corporal Work of Mercy we are focusing on this month is **VISIT THE SICK**  
*...People can be sick in mind, body, or spirit, or negatively impacted by those who are.*

Do you know anyone who is suffering a physical or mental illness, or dealing with the after effects of their own illness or someone else's? List them here (you can use initials if you prefer to not put names:)



***Begin to think of what you specifically can and would do to help those you listed above. Big, or small.***

*This Lent we are challenging you to become familiar with the practice of praying the Examen. The Daily Examen, brought to us by St Ignatius Loyola, is easy to learn and can transform your life.*



## EACH NIGHT AS YOU ARE GOING TO BED, PRAY THESE STEPS:

1. **Ask for Grace** – We ask for grace from God to reflect back on our day effectively and with open eyes of our heart.
2. **Give Thanks** – Thank God for everything you have experienced today because He is present to us throughout all of it.
3. **Review** – Think back through your day from waking up until now: When was God prompting you to know Him, love Him, and serve Him? How did you respond in those moments?
4. **Ask for Pardon** – Ask mercy for your shortcomings from today.
5. **Make a Resolution** – pick one/two ways to improve tomorrow.

I am preparing for my Confirmation all year long. Here's where I am right now in my prep process (check all that apply so far:)



## FINISHING MY FLIPBOOK

Week-by-week pages	<input type="checkbox"/> Finished	<input type="checkbox"/> Still working on it
Sponsor Checkpoints	<input type="checkbox"/> Finished	<input type="checkbox"/> Still working on it
Saint Page	<input type="checkbox"/> Finished	<input type="checkbox"/> Still working on it
Letter to Bishop	<input type="checkbox"/> Finished	<input type="checkbox"/> Still working on it
Service Hours/Log	<input type="checkbox"/> Finished	<input type="checkbox"/> Still working on it

***Confirmation Interviews are this Saturday, April 2<sup>nd</sup>.***

*Your flipbooks are due very soon on April 11<sup>th</sup> ...if you have any last-minute questions, please ask us now 😊*

**THIS  
WEEK:**

- ☐ I attended class on 3/28
- ☐ I did my Confirmation Interview on 4/2



## Week of Apr 3 – 9

CLASS NEXT WEEK: 4/11



*Read scripture to prepare for next Sunday's mass. Try reading the Gospel out loud and discuss the following questions as a family:*

Gospel Reading for  
Next Sunday, 4/10:

**Luke 22:14 → 23:56**

*This will be Palm Sunday,  
the start of Holy Week*

- This Sunday's reading is one of the longest of the year. Consider splitting it up into sections and maybe reading a little bit out loud together each night in preparation for Holy Week, or next week during Holy Week.

### VERSE FOR REFLECTION

*Then he took the bread, said the blessing, broke it, and gave it to them, saying,  
"This is my body, which will be given for you; do this in memory of me."  
(Luke 22:19)*



The Corporal Work of Mercy we are focusing on this month is **VISIT THE SICK**  
*...People can be sick in mind, body, or spirit,  
or negatively impacted by those who are.*

What specifically can you do in the next couple weeks to reach out to and offer comfort to the "sick on your doorstep" you listed last week?



***Make plans to take action.*** Challenge yourself to go out of your comfort zone to answer this call to mercy.

*This Lent we are challenging you to become familiar with the practice of praying the Examen. The Daily Examen, brought to us by St Ignatius Loyola, is easy to learn and can transform your life.*



### EACH NIGHT AS YOU ARE GOING TO BED, PRAY THESE STEPS:

1. **Ask for Grace** – We ask for grace from God to reflect back on our day effectively and with open eyes of our heart.
2. **Give Thanks** – Thank God for everything you have experienced today because He is present to us throughout all of it.
3. **Review** – Think back through your day from waking up until now: When was God prompting you to know Him, love Him, and serve Him? How did you respond in those moments?
4. **Ask for Pardon** – Ask mercy for your shortcomings from today.
5. **Make a Resolution** – pick one/two ways to improve tomorrow.

Make sure the following dates are on your calendar. Please check in with us if you have any conflicts or questions.



### LAST TWO CLASSES:

- ❖ April 11<sup>th</sup>
- ❖ April 25<sup>th</sup>

### DON'T FORGET:

**THIS FLIPBOOK IS DUE  
NEXT WEEK!** Please bring it with you to class.

### SERVICE OPPORTUNITIES:

Your parent/guardian should be signed up to receive Flocknote emails with Signups for service opportunities. It is your responsibility to sign up and serve before deadline, don't put this off, opportunities dwindle at the end of year!



# Week of Apr 10 – 16

CLASS THIS WEEK: 4/11



*Read scripture to prepare for next Sunday's mass. Try reading the Gospel out loud and discuss the following questions as a family:*

Gospel Reading for  
Next Sunday, EASTER:  
**John 20:1-9** or  
**Matt 28:1-10** or  
**Luke 24:13-35**

- The Easter readings vary depending on what mass you will attend.
- A good scriptural practice this week is to read and reflect on the Palm Sunday Gospel and/or the Stations of the Cross.

## VERSE FOR REFLECTION

*"For God so loved the world that he gave his only Son, so that everyone who believes in him might not perish but might have eternal life."*  
(John 3:16)



The Corporal Work of Mercy we are focusing on this month is **VISIT THE SICK**  
*...People can be sick in mind, body, or spirit, or negatively impacted by those who are.*

At the end of the week reflect: How did it go? Did you try out the plan that you came up with? What happened?



**Take this experience to prayer.** Talk to God about how He may be calling you to love and serve in this way more regularly. Ask Him for the strength to do so.

This is Holy Week. We encourage you and your family to prayerfully enter into this week with your whole hearts. You can do this both at home and in the liturgies taking place at the church. Consider this:



## At Home:

- Share as a family how your Lenten sacrifices impacted you
- Search Spotify for Holy Week or Adoration playlists, make this your music for the week.
- Visit this website: [www.lettherebe.faith/awaitthedawn](http://www.lettherebe.faith/awaitthedawn) for a list of at home traditions, activities and prayer services for Holy Week.

## Liturgies at Church:

- See Mass times online for:
- Palm Sunday (get your palms!)
  - Holy Thursday (including the washing of the feet and a Eucharistic procession)
  - Good Friday (including the Veneration of the Cross)
  - Easter Vigil (one of the most beautiful Masses of the year!)
  - Easter Sunday: *He is Risen!*

I am preparing for my Confirmation all year long. Here's where I am right now in my prep process (check all that apply so far:)



## FLIPBOOK

☐ I am turning in my Flipbook this week during class!

My favorite part of my Flipbook prep was:

**THIS  
WEEK:**

- ☐ I am attending class on 4/11
- ☐ I will bring my folder and Flipbook



# Choosing a Sponsor

## IN SHORT

You will have a qualified sponsor with whom you will meet regularly as part of your prep, including for your 3 Sponsor Checkpoints found in the Flipbook. We need a completed form from your Sponsor to verify that they qualify.



*Insofar as possible, there is to be a sponsor for the person to be confirmed; the sponsor is to take care that the confirmed person behaves as a true witness of Christ and faithfully fulfills the obligations inherent in this sacrament.*

Code of Canon Law 892



## What does the sponsor do?

This person is a representative of the whole Church into which the candidate is being confirmed, serves as a witness for the Church, and companions the candidate on his/her faith journey. Your sponsor will bring you forward to receive the sacrament, present you to the Bishop for anointing, and will later help you to fulfill your baptismal promises faithfully through the Holy Spirit whom you have received.

Thus, it is recommended that the sponsor be able to meet regularly with you, spend time building a bond, help you prepare for the sacrament through prayer, study, service and discussion and be in physical attendance at rehearsal and the confirmation liturgy. Part of this preparation together will include the **Sponsor Checkpoint** activities that are found as you work your way through your Flipbook. Arrange some time to spend with your sponsor for these activities—a special time during a family event, a hike or walk, a phone conversation, a ball game, lunch, etc. Spend time discussing the questions with your sponsor and record what you have discussed.

## What are the qualifications of a sponsor?

The confirmation sponsor must be a baptized, confirmed, practicing Roman Catholic and should be a person who can serve as a strong role-model of an active, Spirit-filled Catholic. Pastors are charged with the responsibility of seeing that the sponsors of our candidates are of adequate maturity and Catholic formation to take on this responsibility.

A sponsor must be:

- ➡ of sufficient maturity to fulfill this role (at least 16 years old)
- ➡ a practicing Roman Catholic who has been baptized, confirmed and received the sacrament of First Holy Communion. He/She should participate in the celebration of the Eucharist each week
- ➡ fulfilling their own baptismal promises by living the Christian life of faith and morals, guided by the teachings of the Catholic Church
- ➡ be in good standing with the church and not prohibited by [church] law from exercising the role of sponsor (ex. irregular marriage)
- ➡ not be a parent of the Confirmation candidate

The form your sponsor will fill out will ask him/her to review and sign off on meeting these qualifications. The form was included in the information received at your Orientation meeting and is available online.

***Choosing a Sponsor was an expectation of your preparation in Year 1 Confirmation (LAST YEAR.)***

***If you have already chosen your Sponsor, please double-check that we received your form last year.***

**Things to think about before you ask someone to be your sponsor:**

### **TIP #1**

Your sponsor should be someone who, through his/her example, shows you what it means to be Catholic.

### **TIP #2**

Your sponsor should be someone that you trust and feel comfortable turning to for help, advice and guidance, especially in regard to your spiritual life.

### **TIP #3**

Your sponsor is *your* choice. Think of someone that you respect and who actively lives out the beliefs of our Catholic faith—someone with a relationship with Christ that you would hope to learn from.

### **TIP #4**

Your sponsor should be willing and able to take an *active role* in your preparation for Confirmation.

### **TIP #5**

It is recommended (though not required) that the sponsor be a baptismal godparent of the confirmation candidate. This most fully expresses the integral connection between Baptism and Confirmation. Would your godparent be a fitting choice?

### **TIP #6**

After you receive the Sacrament of Confirmation your relationship with your sponsor *does not end!* You both are called to lead each other closer to God, to continue to grow in knowledge of your faith, and to challenge one another to lead lives of holiness and service.

### **TIP #7**

**PRAY!** Spend some time asking God for guidance on who to choose as your sponsor.

## **Frequently Asked Questions**

- ➡ Can I have more than one sponsor? No, there is one sponsor for each person confirmed.
- ➡ What if my sponsor cannot make it to Confirmation? Attendance by proxy is allowed in certain situations, such as the sponsor living out-of-town and being unable to travel to the celebration. Requests for proxy should be directed to the parish Director of Religious Education.

## **Once you have chosen your Sponsor**

Once you know who you would like to have as your Confirmation Sponsor, find a personal time to ask him or her. If he/she says yes, be sure to:

- ➡ Give them the **Sponsor Form** (found in Initial Paperwork received or printed from our website)
- ➡ Tell them the **DATE and TIME for Confirmation**: Saturday, May 14, 2022 at 10:30am. Also tell them about the **Confirmation Rehearsal** that we ask they attend, May 11, 2022 at 7pm. You should have received a beige info sheet for your Sponsor to remind them of these details.
- ➡ Schedule time when you can **start meeting together**. The pages you will use for your time together are found throughout your Flipbook, but are really meant as just a launching point.

# Choosing a Confirmation Name

## IN SHORT

You will choose a Confirmation saint who will become your heavenly Patron and whose name will be used in your Confirmation. Once you have chosen your Confirmation name, complete the Saint Page in this Flipbook.

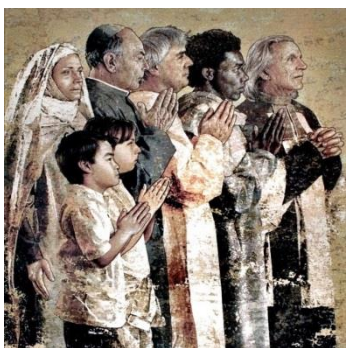


*"I have called you by name; you are Mine"*

*Isaiah 43:1*



Your name was spoken aloud on the day of your Baptism and it became part of your identity as God's child and a member of the Catholic Church. A great deal of thought went into your parents' choice in naming you. You may be named after a relative, a special family friend, or a saint your parents greatly admire. Now that you are becoming confirmed, you have the opportunity to think in a new way about your name and how it relates to your decision to be confirmed.



In both the Old and New Testament, when God had a **new mission** for someone, He often gave them a **new name**. Even without a new name, your name has always told others who you are. God calls on each of us to fulfill a special mission. It may be witnessing to non-believers about Jesus Christ, helping the poor, being a peacemaker, entering a religious vocation, or one of many other callings. Confirmation may be the continuation of a mission direction you began at Baptism or the beginning of a new mission. Our missions may be expressed in different ways; therefore there are two options when deciding on a Confirmation name:

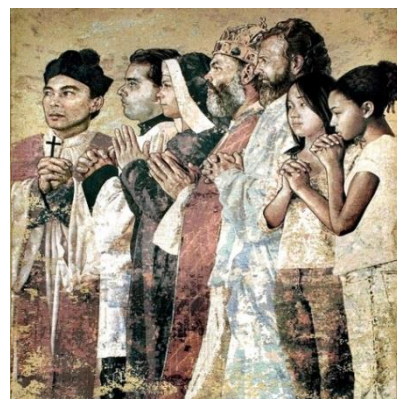
**First Option** - Because Confirmation is the strengthening of the work that God began in your life at your Baptism, you may consider using your Baptismal name (what your parents named you) for Confirmation. This shows the integral link between Baptism and Confirmation (note: this applies only if your Baptismal name was a Saint's name.)

**Second Option** – Perhaps you see Confirmation as the beginning of a new phase of mission for you and a fresh beginning in your faith journey. Then you may choose a new name for Confirmation. Your Confirmation name should be that of a saint you admire or the saint name of someone you know and look up to as a Christian role-model.

## Frequently Asked Questions

Do I have to choose a saint that is the same gender as I am? No, you can choose a male saint or a female saint regardless of your own gender.

What if I can't find the canonization date for the saint I've chosen? The saint you choose must be a Canonized Saint in the Roman Rite. Some saints will have "pre-congregation" listed instead of a canonization date. This means that the saint was recognized as a Catholic saint before the Church developed her current model for canonization. In this case, write "pre-congregation" as the canonization date. If you cannot find this date for your saint please contact us for guidance.



## Helpful Hints



**First...PRAY!** Just as you should pray about any decision, ask the Holy Spirit to guide you as you choose a saint. Ask: Where should I begin to choose a Confirmation name?

*"For everyone who asks, receives; and he who seeks, finds;  
and to him who knocks, it will be opened." Luke 11:10*

Remember,  
your Confirmation name is the

1. **name of a saint**  
and should
2. **reflect your closer  
identification as a  
member of the Catholic  
Christian community.**

So, you can  
choose...

... to use your given  
baptismal name (if it is  
the name of a saint.)

... a new name.  
Whose holiness would  
you like to strive to  
emulate?



The name you select can be associated  
with someone in your life, your family,  
your parish, or your community whom  
you respect and admire.

The name you select can be a saint you  
have researched and feel a connection to  
based on his/her patronage, qualities,  
and/or life story.



Some Confirmation  
candidates select a  
name from a parent or  
grandparent, honoring  
them for their  
example of love and  
holiness.

Some candidates  
select the name of  
their Confirmation  
sponsor, or the saint  
their sponsor chose  
when he/she was  
confirmed.

There are a variety of  
books depicting the  
lives of the saints and  
a book is a great place  
to start! Check the  
library or borrow one  
of ours!

Research the saints  
online! A list of  
websites that can help  
can be found below.  
Remember to be  
mindful of using  
reputable sources.

## Sites for Research

- Find a saint by patronage, nationality, name, etc: [www.catholicsaints.info](http://www.catholicsaints.info) & [www.catholic.org/saints/](http://www.catholic.org/saints/)
- Curated list for teens: [lifeteen.com/blog/biggest-best-list-confirmation-saints-guys-girls/](http://lifeteen.com/blog/biggest-best-list-confirmation-saints-guys-girls/)
- Find a saint by their Feast Day: [mycatholic.life/saints/saints-of-the-liturgical-year](http://mycatholic.life/saints/saints-of-the-liturgical-year)

## Once you have chosen your Confirmation Saint

- ➡ **Complete the Saint Page (front and back).** Found on the following page of this Flipbook.
- ➡ **Spend time in prayer with your Saint.** Your confirmation saint is your heavenly sponsor; so just like your earthly sponsor, your saint should play a role in your preparation. Ask him/her for guidance and to intercede for you. You may also seek out more information about your saint, like an autobiography or a specific prayer associated with him/her. Come to know that saint as if s/he were an old friend.



# MY CONFIRMATION SAINT

The name of my Confirmation Saint is \_\_\_\_\_

My Saint's Feast Day/Memorial Day is \_\_\_\_\_

*(if you cannot find the feast day, canonization date, or memorial day, contact us)*

Here are some highlights to describe the life of my saint:

These are the special virtues, qualities, or deeds of this saint that made for a holy life:

This is why I chose this person as my Confirmation saint:

Here are some specific ways I hope to imitate the holiness of this saint in my own life:

Try to find either a quote by your saint or a special prayer associated with or to your saint and write it here. If you can't find any, write your own prayer:

# In-Parish Service

Candidates are expected to serve within the Parish through our Parish ministries for at least 5 hours this year. Candidates will fill out a service log to track hours in their Flipbook, getting it signed along the way.

## *Why is In-Parish Service?*

Following the example of Christ we are called to love, to serve, and to build up the Church. In preparing to receive the sacrament of Confirmation, candidates learn to live the gospel message by reaching out to serve those in need through the Corporal Works of Mercy activities in their Flipbook, but also through their connection to the life of the Church in our own Parish community. All are called to develop their gifts and talents to put them at the service of the common good, and the commitment to follow this call is strengthened in our Confirmation. Our service, within the parish and outside of it, also provides opportunity for forming relationship with the people we serve and the people we serve alongside, which serves to form us all more deeply into one human family, one body in Christ. In Parish Service in particular, helps form our candidates to understand that an intentional disciple and active Catholic is connected to their parish community and giving of their time and talents in a ministry or manner that builds up Christ's church at their "ground-zero."

## *How do we find opportunities to serve?*

Candidates and their families are responsible for seeking out, choosing, and signing up for service activities. We will be sending opportunities we know of **by email through Flocknote**, but you are not limited to these choices. We encourage candidates to try to find a project or population to serve that they think they may be interested in continuing to work with after their Confirmation.

Flocknote emails are sent by [mail@flocknote.com](mailto:mail@flocknote.com), it is helpful to add this email address to your contacts list to ensure these emails are shown in your primary inbox.

**FLOCKNOTE** Keep an eye out of the Flocknote emails that will allow you to Signup for service opportunities in advance.

**SIGN UP** Sign up to serve for a particular project. Some opportunities have limited space for volunteers and sign ups are first-come, first-serve.

**SERVE** Show up and serve for the projects you have signed up for. Candidates are expected to complete at least 5 hours of in-parish service.

**LOG IT** Record the hours you have served in the Service Hours Log in your Flipbook. This will require the signature of the individual in charge of each project.

# Service Hour Log Page 1

What ministry did you serve with:	Who was the adult in charge of this service:	
Brief description of what you did:	SIGNATURE of adult in charge	
	Adult in charge record # of hours of service completed:	

What ministry did you serve with:	Who was the adult in charge of this service:	
Brief description of what you did:	SIGNATURE of adult in charge	
	Adult in charge record # of hours of service completed:	

What ministry did you serve with:	Who was the adult in charge of this service:	
Brief description of what you did:	SIGNATURE of adult in charge	
	Adult in charge record # of hours of service completed:	

Total number of hours  
combined on page 1

--

# Service Hour Log Page 2

What ministry did you serve with:	Who was the adult in charge of this service:	
Brief description of what you did:	SIGNATURE of adult in charge	
	Adult in charge record # of hours of service completed:	

What ministry did you serve with:	Who was the adult in charge of this service:	
Brief description of what you did:	SIGNATURE of adult in charge	
	Adult in charge record # of hours of service completed:	

What ministry did you serve with:	Who was the adult in charge of this service:	
Brief description of what you did:	SIGNATURE of adult in charge	
	Adult in charge record # of hours of service completed:	

**Total number of hours  
combined pages 1 + 2**

--

# Letter of Request to the Bishop

## IN SHORT

You will write a formal letter to the Bishop who will preside over our Confirmation Mass. Your letter will introduce yourself, discuss your preparation, and request to receive the sacrament.



*You will receive power  
when the holy Spirit comes upon you,  
and you will be my witnesses in Jerusalem,  
throughout Judea and Samaria,  
and to the ends of the earth.”*

Acts 1:8



Candidates are required to **TYPE** a formal letter to the Bishop requesting reception of the sacrament of Confirmation. We have provided an outline on the next page for writing a formal letter to the Bishop who will be administering the sacrament. The letters will be sent as a group to the Archdiocese and are due with the rest of this Flipbook on **April 11th**.



Type your letter:  
you will see  
guidelines for the  
format and  
suggestions for the  
content on the next  
page of this booklet.



Please be sure your  
letter prints neatly.  
Consider using a  
higher quality or  
more special paper  
than simple  
computer paper.



You must sign your  
letter in ink before  
turning it in to us.  
Make sure your  
name is also typed  
beneath your  
signature.

[What do we mean by “cc:” at the bottom of the outline? By “copying” Fr. Lee and Mrs. Seraphin, you are indicating that you understand all of these people may review your letter. You do not need to submit more than one physical copy of your letter.]



## *Outline to follow for your Letter to the Bishop*

### **Heading**

In the top left corner of your page put:

*Most Reverend Mario E. Dorsonville*  
*Archdiocese of Washington*

### **Greeting**

Begin with the greeting: *Dear Most Reverend Mario E. Dorsonville,*

### **Body**

Write to the Bishop with seriousness and respect---but also write from your heart.

The body of your letter should include:

- A brief introduction, a little about yourself and your family
- An expression that receiving the Sacrament of Confirmation is your desire
- The ways that you have prepared for the sacrament: your prayer life, participation in the sacraments (going to mass, confession), service, etc.
- Who your Confirmation Saint is and why you are choosing him/her
- The conclusion should tell how you plan to live out your faith in the future.

### **Signature**

To end your letter write:

Yours Respectfully,

*[Your Signature in Pen]*

*[Your full name typed]*

*Mother Seton Parish*

cc: *Father Lee Fangmeyer*  
*Mrs. Dominique Seraphin*

**This letter is due  
paperclipped to your  
Flipbook on April 11<sup>th</sup>**

**Reminder:  
Must be turned in  
as a hard copy.**



**ATTACH TO THIS PAGE:**

Your Letter to the Bishop

*(unless you chose the video alternative)*



*“Christ has confidence in young people  
and entrusts them with the very future of his mission,*

***‘Go and make disciples.’***

*Go beyond the confines of what is humanly possible  
and create a world of brothers and sisters!*

*And young people have confidence in Christ:*

***they are not afraid***

***to risk for him the only life they have,***

***because they know***

***they will not be disappointed.”***

**-Pope Francis**  
*at World Youth Day in 2013*

