

Spiritual Enrichment Experience

Confirmation Requirement

Spiritual Enrichment Suggestions (Note: This is only a list of suggestions. Please email me with any questions.)

1. Attend a Triduum Mass/Service (Holy Thursday, Good Friday Service, Holy Saturday).
2. Attend an Adoration.
3. Attend All Souls Day Mass.
4. Attend Mass in a Cathedral or Church in another Country.
5. Attend a Penance Service.
6. Attend a retreat (other than your Confirmation Retreat).
7. Go hear a religious speaker or presentation.
8. Listen to *“Broken Halo”* on the radio; write a description and your opinion on a topic of conversation. Provide me with your work.
9. Read a Christian-themed book. Write a brief paragraph about the book, include if you enjoyed it and why.
10. Interview 3 adults that you do not know after Sunday mass. Let them know that you are a Confirmation Candidate seeking faith insight. You might approach them by saying, *“Excuse me. Would you be willing help me with my Confirmation project by answering a couple of questions?”* Ask them the questions below and record their responses. Provide me with your work.
 - i. How does attending Mass on Sunday feed your soul and strengthen your relationship with God?
 - ii. How does your parish enrich your adult faith?
11. Participate in or attend Stations of the Cross: Teen Stations, Living Stations or Traditional Stations
12. Keep a Mass Journal for a month (4 Sundays). Bring a journal to Mass and write down what you hear from God. Write down whatever comes to mind: something that catches your attention during the readings or Gospel, something in the Mass ritual that you haven’t noticed before or a question about the Mass. Show me your work. I will not read your private journaling. I will just verify that the work was completed.
13. Take a pilgrimage to the Blue-Army Shrine in Washington, NJ.
Website w/ Calendar of Events: shrine@bluearmy.com
Some activities:
 - Attend Mass (Confessions heard before and after Mass)
 - Walk the wooded, outdoor Stations of the Cross
 - Walk the Rosary Garden

(Worksheet Attached)

Candidate Name: _____

2018 Confirmation Class
7th Grade

Spiritual Enrichment Experience Worksheet

Due **May 2, 2017** – Place *Spiritual Enrichment Worksheets*, totaling at least 2 hours, in the black, cloth bin, in the shelves, across from the parish office door. You can return your worksheets beginning April 25, 2017; no earlier please. Use a separate worksheet for each of the 2 different experiences.

Important Directions: Print clearly or type your answers on a separate sheet and staple it to this worksheet. Any incomplete or illegible worksheets will be returned for completion or redo. Answer each question/inquiry with **2 complete, thoughtful sentences**. Answer all **5** questions.

Where did you go?

What did you do?

What did you learn?

Has this experience changed your view of the Catholic faith?

Would you do it again?