

# Spiritual Enrichment Experience

## Confirmation Requirement

**Spiritual Enrichment Suggestions** (Note: This is only a list of suggestions. Please email the Faith Formation Office with any questions.)

1. Attend a Triduum Mass/Service (Holy Thursday, Good Friday Service, Holy Saturday).
2. Attend an Adoration (not during class time).
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. Attach your work to the Spiritual Enrichment Worksheet.
9. Read a Christian-themed book. Write a brief paragraph about the book, include if you enjoyed it and why. Attach your work to the Spiritual Enrichment Worksheet.
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. Attach your work to the Spiritual Enrichment Worksheet.
  - 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, Living, Rosarian 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 or any Catholic Shrine.

Website w/ Calendar of Events: [shrine@bluearmy.com](mailto: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

**(Worksheets Attached)**

Candidate Name: \_\_\_\_\_

**2018 Confirmation Class**  
**8<sup>th</sup> Grade**

**Spiritual Enrichment Experience Worksheet**

**Due May 1, 2018** – Place *Spiritual Enrichment Worksheets*, totaling at least 2 hours, in the black, cloth bin, in the shelves, across from the parish office door. Use a separate worksheet for each experience.

**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?*

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