

Candidate's Name

Phone #

Catechist's Name

Grade 6 Workbook

Gospel Witness: Living the Sacramental Commitment



<https://www.pngegg.com/en/png-pomtj>

****PLEASE KEEP COPIES OF ALL WORK****

Gospel Witness Year 1: Living the Sacramental Commitment

Dear future Confirmation Candidates & Parents/Guardians:

Welcome to the Gospel Witness program, our parish's Confirmation preparation ***journey***.

The *Catechism of the Catholic Church* (1309) explains the preparation for Confirmation “should aim at leading the Christian toward a more intimate union with Christ and a more lively familiarity with the Holy Spirit.

The concept of ***Journey*** is a powerful one for people of faith because the very journey in and of itself, becomes our point of encounter with God. In truth, ***Journey*** offers us new experiences, teaches us new insights, and introduces us to new people who bring us closer to God and His Church through study and practice of the Catholic faith.

As every journey involves planning and mapping out of the course, we would like to suggest a spiritual pre-planning activity. Please read the following Scripture passages:

- ***From the book of Genesis, Chapter 12 verses 1-9, the calling of Abram.***
- ***From the Gospel of John, Chapter 1 verses 35-42, the calling of the first disciples.***

Take the time to pray and reflect on the journey that you are about to undertake, and ask the Holy Spirit to be your guide and strength throughout the journey.

On a practical point, this workbook will be your guide to understanding the life commitment you make to the Church in the reception of the Sacrament of Confirmation. It will help you to expand your knowledge and understanding of faith in God. It will also give you the opportunity to put into practice all that you have learned on your journey. Your book has pages which you will hand in during the year. This will assist us in monitoring your work as well as giving you an opportunity to show your interest in deepening your commitment. The book should not be looked at as “tasks” to get done; but rather, as a milestone on a faith journey that will lead you to the celebration of the Sacrament of Confirmation. Know that the parish community will be praying for you during this journey. May the Holy Spirit enlighten your mind and open your heart.

Mr. James LaRocca

Confirmation Coordinator

Fr. Johnny Mendonca

Pastor

Confirmation Preparation Process Guidelines and Expectations

- Each student enrolled in the Gospel Witness phase of our parish formation program will receive 3 workbooks, one for each year of Confirmation preparation.
- The books are designed to complement the candidate's "classroom" instruction as presented by his/her catechist
- The format of these books consists of various projects, to be completed during the course of the year. Each project is explained in detail throughout the book. Read through it all and plan out your journey. Your book will be reviewed by the Confirmation Coordinator. Please see dates that the booklet is to be turned in to the classroom teacher or submitted via email.
- It is our hope that students, their parents and (eventually) their sponsor will work together on projects contained in these workbooks.

Note: If you have any questions about any part of this workbook or about the Gospel Witness program, please email Mr. LaRocca at JaLaRocca1@gmail.com or contact the Religious Education Office at 223-5813. Projects must be submitted twice per year, once at a mid-year checkpoint and again for final submission. Hard copies may be submitted in class *or* projects may be typed or scanned and submitted to Mr. LaRocca via email.

Table of Contents

This Booklet will be submitted to the class catechist *or* emailed to Mr. LaRocca (jalarocca11@gmail.com) – preferably as an attached PDF – TWICE as follows:

- **January 17th** (Submit with the first **3** projects completed)
- **April 25th** (entire workbook completed and submitted).

The Basics (pp. 5 – 8) and *mandatory Candidate Covenant*

Projects:

#1 Baptism-History & Reflection

This project has **4 parts** & each is required for the project to be complete!

#2 Reflections on Eucharist

This project has **2 parts** and each one is required for the project to be complete!

One Reflection in Ordinary Time &

One Reflection in Advent OR Christmas Day

#3 Reflection on a Saint

#4 Reconciliation Reflection

#5 Service/Ministry Reflection & Description of Service Hours

This project has **2 parts** & each is required for the project to be complete!

#6 Confirmation Sponsor

#7 Prayer Experience

BASICS (Things we should know)

SIGN OF THE CROSS

In the name of the Father, and of the Son, and of the Holy Spirit. Amen

OUR FATHER

Our Father, who art in heaven, hallowed be thy name. Thy Kingdom come, thy will be done, on earth, as it is in heaven. Give us this day our daily bread and forgive us our trespasses, as we forgive those who trespass against us. And lead us not into temptation, but deliver us from evil. Amen.

HAIL MARY

Hail Mary, full of grace, The Lord is with you. Blessed are you among women, and blessed is the fruit of your womb, Jesus. Holy Mary, mother of God, pray for us sinners, now and at the hour of our death. Amen.

GLORY BE

Glory be to the Father, and to the Son, and to the Holy Spirit, as it was in the beginning is now, and will be forever. Amen

ACT OF CONTRITION

My God, I am sorry for my sins with all my heart. In choosing to do wrong and failing to do good, I have sinned against you whom I should love above all things. I firmly intend, with your help, to do penance, to sin no more and to avoid whatever leads me to sin. Our Savior, Jesus Christ, suffered and died for us, in his name my God, have mercy. Amen.

THE CREED

PROFESSION OF FAITH

I believe in one God,

the Father almighty,
maker of heaven and earth,
of all things visible and invisible.

I believe in one Lord Jesus Christ,
the Only Begotten Son of God,
born of the Father before all ages.

God from God, Light from Light,
true God from true God,
begotten, not made,
consubstantial with the Father;
through him all things were made.
For us men and for our salvation
he came down from heaven, and by the Holy
Spirit was incarnate of the Virgin Mary, and
became man. For our sake he was crucified
under Pontius Pilate, he suffered death and
was buried,

and rose again on the third day
in accordance with the Scriptures.

He ascended into heaven
and is seated at the right hand of the Father.
He will come again in glory
to judge the living and the dead
and his kingdom will have no end.

I believe in the Holy Spirit,
the Lord, the giver of life,
who proceeds from the Father and the Son,
who with the Father and the Son
is adored and glorified,
who has spoken through the prophets.

I believe in one, holy,
catholic and apostolic Church.
I confess one baptism
for the forgiveness of sins
and I look forward to the resurrection of the dead
and the life of the world to come. Amen.

The Bible is a “Library” of books: 73 in all: 46 in the Old Testament and 27 in the New Testament.

Two ‘Sections’: Old Testament: Hebrew (Jewish) Scriptures
New Testament: Christian Scriptures

The Old Testament is the story of God’s Covenant with His people (Jewish). The key event for the Jewish people, which revealed God’s love for them, is the **EXODUS** from their slavery in Egypt. In this story we find the Passover, the Red Sea, the giving of the Ten Commandments, Moses and the promise of a Land flowing with milk and honey, which was to be their own—*The Promised Land*.

The Old Testament books are a collection of MYTHS (stories as in Genesis 1-11), Poetry, Psalms, historical books (as in Chronicles, Samuel, Kings), Proverbs, Prophetic books (as in Isaiah, Jeremiah) and the Apocalyptic books (as in Daniel).

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

The New Testament books are a collection of gospels, epistles (letters written by St. Paul to various Christian communities), historical (Acts of the Apostles) and apocalyptic (Revelation).

THE FOUR EVANGELISTS (writers of the Gospels)

Matthew, Mark, Luke and John

HOLY WEEK

- **Palm Sunday** Jesus enters Jerusalem
- **Spy Wednesday** Judas Iscariot makes arrangements to betray Jesus for 30 pieces of silver
- **Holy Thursday** Jesus celebrates the last supper with the twelve apostles
- **Good Friday** Jesus is tried and condemned to die upon the cross, by the Roman Governor, Pontius Pilate, as a criminal. **INRI** is the charge: Jesus of Nazareth, King of the Jews
- **Holy Saturday** Jesus is in the tomb
- **Easter Sunday** Jesus rises from the dead
- **Ascension Thursday** - 40 days after Easter, the day Jesus ascended into heaven.
- **Pentecost** - 50 days after Easter, the sending of the Holy Spirit upon the Apostles as Jesus promised. The empowerment of the Church to give witness to Jesus as Lord.

THE SEVEN SACRAMENTS

Initiation (3): Baptism, Confirmation, Holy Eucharist
Healing (2): Reconciliation, Sacrament of the Sick
Vocation (2): Holy Orders, Holy Matrimony

Reconciliation is also known as Penance and/or Confession:

The Sacrament of Reconciliation (Penance) is one of the few sacraments that we can receive more than once in our lifetime. It is a wonderful experience of God's mercy and love for each of us. Many young people who receive this sacrament say that it lifts the burdens of their hearts.

It is important for all Catholics to participate in this sacrament regularly. Jesus told his apostles, "Whose sins you shall forgive they are forgiven....." This established the apostles, and today, priests, as the representatives within the Christian family invested with the power of forgiving sins in Jesus' name.

Eucharist is a Greek word meaning thanksgiving. It is used as the proper word for the ritual action we more commonly call the Mass (which is itself a Latin word taken from the last action in the Eucharist—the blessing and dismissal; in Latin called mission). The *Eucharist* is the Christian Passover—life in and through the Blood of Christ and His sacrifice upon the Cross.

*"Through the sacrament of Confirmation, those who have been born anew in Baptism receive the inexpressible Gift, the Holy Spirit, by which they are endowed. . . with special strength. . . Moreover, having received the character of the sacrament, they are bound more intimately to the Church and they are more strictly obliged to spread and defend the faith both by word and by deed as true witnesses of Christ."
~Rite of Confirmation*

Candidate Covenant

As a candidate for Confirmation and witness to the Gospel, I promise the following:

- I will make a personal commitment to my Confirmation journey with an open mind and an open heart.
- I will encourage my family to attend Mass on Sunday and on holy days of obligation.
- I will show respect for my catechists, priests, parish staff, and class members.
- I will commit daily to prayer and my relationship with the three Persons of the Trinity.

I will fulfill these promises by:

- **Faith Formation Instruction:** I understand that satisfactory completion of each year of instruction is required and that Confirmation may be delayed if class attendance or assignment completion are unsatisfactory. This includes class instruction not exceeding 3 absences, submission of *all* assignment requirements in a timely manner, and attendance at all Gospel Witness grade level events such as Reconciliation and a Confirmation retreat in year 3.
- **Worship:** I will open my heart and mind to the Word of God during Sunday Mass and regularly use Scripture as my guide. I will regularly attend Mass and submit 7 Grade Level Mass sheets per year in addition to completing required Mass and Prayer Service reflections in the workbooks.
- **Call to Discipleship:** I will complete and submit my community service hours, logging my progress on the verification forms. A minimum of 7 community service hours will be completed for each year of the Gospel Witness program.

As I make these promises in the loving embrace of the Holy Spirit, I ask God for the grace to be open to His plans for my life as revealed through the Eucharist, prayer, examples of the Blessed Mother and Saints, virtues, and the gifts and talents bestowed upon me.

_____	_____	_____
Candidate's Name	Candidate's Signature	Date
As the candidate's primary catechist, I have read this covenant with my child and I acknowledge and will support all of the expectations and requirements of the Gospel Witness program.		

_____	_____	_____
Parent/Guardian's Name	Parent/Guardian's Signature	Date

Project #1 - Baptism History - Part 1

In the sacrament of Baptism, the Church welcomes children and adults into the faith community. In infant Baptism, the priest or deacon asks the parents, "What do you ask of God's Church for your child?" The response to this is "faith," "baptism," "entrance into the community of faith." The gift of faith comes to you from God through the Church and the community of believers, your family and the parish family. The gift of faith must be accepted if it is to be truly a gift for you.

At Baptism, your parents and godparents accepted this gift in your name. They promised to nurture you in the faith of the Church and help you to understand this gift by their lived example, so that one day you would be able to accept it yourself.

The sacrament of Baptism is the first step of our faith journey. It is probably one of the most important steps of that journey.

Ask your parents to tell you about the day you were baptized.

- What were their hopes and dreams for you in faith?
- Ask for a copy of your baptismal certificate and fill in all of the following information:

BAPTISMAL NAME:

CHURCH OF BAPTISM:

DATE OF BAPTISM:

PRIEST/DEACON:

GODPARENTS:

Project #1 - Baptism - Part 2

Ask your parent(s)/guardian(s) to write a letter to you stating how they will continue their promise, made at your baptism, to help you grow in faith and in love of God.

- *You may submit handwritten letter(s), insert a scan/picture, OR you may type a letter here:*

Project #1 - Baptism - Part 3

Ask one of your godparents (if possible) to write a brief note to you about how they feel about being your godparent.

- *You may submit handwritten letter(s), insert a scan/picture, OR you may type a letter here:*

Project #1 - Reflection on Baptism - Part 4

Students are required to attend a *Catholic* celebration of Baptism **this school year**.

They will then write a reflection on what they saw and how they felt as they watched the ceremony. The candidate's reflection should include their impressions of the ceremony's dynamics and their thinking on why the Presider (priest or deacon) did what he did (e.g.: the questioning of the parent's intention; the presence of the Paschal Candle; the giving of a candle; the blessing of the senses; etc. We remind the candidates to review the ***Baptism*** section of this workbook, especially the material about their parent's promise and reasons for their receiving their name.

Our parish celebrates Baptisms ***on the second, third and fourth Sunday at 2:00 pm*** and ***on the second and third Saturday at 1:00 pm in the Church***.

* Be sure to call the Rectory at (516) 223-0723 **before** attending a service to make sure that there will be a celebration of Baptism that particular day.

- *If there is a Baptism of a family member or friend that you attend **this year**, you may reflect on that experience.*
- *For students enrolled in our formation classes, there is a tentative plan to try to incorporate a Baptism into one of the evening classes. You will be notified in advance if this is possible.*

Project #1 - Reflection on Baptism - Part 4

Celebrant (Priest/Deacon):

Date of Baptism (in-person): *(BOTH required)*

Type or write Reflection here:

Project #2

Reflections on the celebration of Eucharist

The Sunday Liturgy (**Mass**) is the gathering of the faithful to pray and give praise to God. During the Liturgy we hear the Word of God proclaimed; the Celebrant (Priest) or Deacon shares his thoughts on the Word so that we may take the Word with us as we leave the Church. One way for us to truly live out the Word of God is to spend time reflecting on what these words mean to us.

Each candidate, with the help of his/her parent(s), must write a reflection on the Gospel and homily for two (2) Masses during the year:

- ◆ (1) Mass during Ordinary Time
- ◆ (1) Mass during Advent or on Christmas Day

There are designated pages in this book for your reflection.

Suggestions on how to write these papers:

- Write down the Scripture reference (e.g. Luke 5:1-5) of the Gospel so you can refer back to it when you are writing your paper.
- Discuss what you heard and write it down on the way home in the car, asking everyone to participate.
- Ask yourself and your family what the Scripture and homily has to do with your life today.
- When you get home, write your reflection in your workbook while it is fresh in your mind.

Remember, this is a reflection paper; what you write is what you feel the Scripture is saying to YOU at this moment of your life's journey.

***NOTE:** Virtual/remote Masses will *not* be accepted this year as the diocesan dispensation for in-person Mass attendance ended on 8/15/21. Students must attend Mass in person unless public safety guidelines necessitate an emergency change that is recognized by the Diocese of Rockville Centre.

Project #2

"SAMPLE" - Mass Reflection

Date: January 6 (Epiphany)

Time: 9:30 am Mass

Celebrant: Fr. Mendonca

Gospel Evangelist: Matthew

Citation (Chapter & Verse) 2:1-11

(or Luke/John/Mark)

**** UNACCEPTABLE if Time/Citation are missing**

Brief Summary of the Gospel:

The Magi come searching for the King of the Jews. They followed a star and found Jesus in the city of Bethlehem. They offered Him gifts of gold, frankincense and myrrh.

Reflection on what the Gospel means for you. How does it challenge you and your lifestyle?

It makes me ask the question of how faithful I am in following/searching for Jesus in my own life.

The Kings come to Jesus through a star whose light lead them. How do I come to Jesus, what leads me to Him? Parents, Church, friends, nature? What are the signs that direct me to Jesus and allow me to proclaim Him the King, the Lord and truth of my life?

The Gospel also makes me ask – “What are the gifts that I offer to Jesus?” “How willing am I to offer them to Jesus or other people?” I guess my gift is my time with my family, especially when I help out at home. Also my being respectful of other people, especially if they are different from me.

Most importantly it is to be like the Kings and listen to how God calls me to come to Him, to follow Him. So I know that it is important to make sure I pray every day and go to Mass.

Project #2 - Part 1

SUNDAY MASS REFLECTION in Ordinary Time

Date:

Time:

Celebrant (Priest's Name):

Gospel Evangelist:

(Matthew, Mark, Luke, or John)

Chapter & verse:

Type Brief Summary of the Gospel:

What the Gospel means for you.

How does the Gospel challenge you and your lifestyle? Write/type here:

Project #2 - Part 2

MASS REFLECTION for Advent OR Christmas

Date:

Time:

Celebrant (Priest's Name):

Gospel Evangelist:

Chapter & verse:

(Matthew, Mark, Luke, or John)

Type Brief Summary of the Gospel:

What the Gospel means for you.

How does the Gospel challenge you and your lifestyle? Write/type here:

Project #3

Reflection Essay on a Saint of Your Choosing

- Select a saint and research his or her life either by reading a book or viewing reputable online sources. Write a 4-6 paragraph essay telling about the saint, discussing why you think this person was declared a "saint", and reflecting on how you are inspired by this saint's life.
- These should be in YOUR OWN words and a reflection that has meaning in your life. It must be redone if it is plagiarized.

Write/type here (Continue on the following page):

Reflection Essay on a Saint

(continue here - more pages may be attached if needed)

Project #4

Reconciliation Reflection

The Sacrament of Reconciliation (Penance) is one of the few sacraments that we can receive more than once in our lifetime. It is a wonderful experience of God's mercy and love for each of us. Many young people who receive this sacrament say that it lifts the burdens of their hearts. Although many young people struggle with this sacrament because they do not understand it, it is important for all Catholics to participate regularly. Jesus told his apostles, "Whose sins you shall forgive they are forgiven." This established the apostles, and today, priests, as the representatives within the Christian family invested with the power of forgiving sins in Jesus' name.

All Grade 6 Gospel Witnesses are **required** to go to Reconciliation during Lent, but they are encouraged to celebrate this great sacrament of God's healing forgiveness and love frequently during the course of their journey toward Confirmation.

Project #4

Reconciliation Reflection

Religious Education students will attend a Reconciliation Service on **March 14th** with a **parent or guardian**. Catholic school students will receive during school hours.

Thoughts, impressions, comments about the service:

(Reflection will be completed in class on March 21st for those enrolled in parish formation classes)

Project #5: Service & Ministry

Community Service Project Guidelines

Service is based on the spiritual and corporal works of mercy and, most of all, on the example of Christ, who came to serve. When giving service, the following points should be considered:

- Your service is not just a job to be done. It is selflessly and lovingly helping those in need.
- You should reflect on how your service project is helping you take on the mind and heart of Christ, fulfill the needs of others and build up the Christian Community.
- The giving of service should continue after your Confirmation and all through your life.

Below are listed suggestions of ways you can serve others selflessly:

- Visit the elderly in a senior citizen center, residences or home.
- Perform volunteer work in your neighborhood or school.
- Help a handicapped person or support the family of a handicapped child by playing or caring for the child.
- Participate in a walk-a-thon to support your favorite charity.
- Contribute your services to your local library – Oceanside and Levittown are very cooperative!
- Initiate a clean-up campaign in a local playground, park etc.
- Help a teacher before or after school.
- Visit with and help to take care of someone who is sick.
- Care for lawns, rake leaves, plant gardens, or clear snow for elderly or sick neighbors.
- Volunteer in a homeless shelter or food pantry.
- Contribute your services to your Parish (223-0723) assisting in the Pantry or as an Altar Server or junior lector.
- Babysit, perform another “chore”, or run a lemonade or similar stand for which money is received and then donate the proceeds to charity.
- Organize and participate in a food or clothing drive.

Project #5

Community Service Project

Each student is required to complete a minimum of 7 HOURS of service each year for a total of 21 hours served by reception of Confirmation after the third year in the Gospel Witness program. The seven hours per year **MUST** come from a combination of at least of two projects.

- *No community service hours will be given for household chores done for immediate family members.*

- **Other projects must be approved by the Religious Education Office as a suitable Apostolic Service.**

- **Information will be sent later this academic year regarding parish-wide service opportunities designed to supplement students' individual service projects.**

Project #5 - Level I Community Service Reflection

(a copy of this page must be submitted with every project)

Candidate's Name:

Service Project:

Organization's Contact Person:

Phone Number:

Dates & Times Service Performed:

Signature of Contact Person:

(will not be accepted without this signature)

Describe your experience during the service project. What happened? What did you learn?
What gifts and talents did you share with others?

Type response here:

Student Signature:

Parent Signature:

Date:

(You may copy this page if needed)

Project #5 - Level I Community Service Reflection

(a copy of this page must be submitted with every project)

Candidate's Name:

Service Project:

Organization's Contact Person:

Phone Number:

Dates & Times Service Performed:

Signature of Contact Person:

(will not be accepted without this signature)

Describe your experience during the service project. What happened? What did you learn?
What gifts and talents did you share with others?

Type response here:

Student Signature:

Parent Signature:

Date:

(You may copy this page if needed)

Project #5 - Level I Community Service Reflection

(a copy of this page must be submitted with every project)

Candidate's Name:

Service Project:

Organization's Contact Person:

Phone Number:

Dates & Times Service Performed:

Signature of Contact Person:

(will not be accepted without this signature)

Describe your experience during the service project. What happened? What did you learn?
What gifts and talents did you share with others?

Type response here:

Student Signature:

Parent Signature:

Date:

(You may copy this page if needed)

Project #6

Confirmation Sponsor

****The final choice of a sponsor for the reception of the Sacrament of Confirmation will take place NEXT SCHOOL YEAR ****

During the preparation for the reception of the Sacrament of Confirmation, each candidate must choose a sponsor. A sponsor's role is that of one companioning the candidate throughout the preparation time.

In choosing a sponsor, the Church's law gives us some requirements that must be met:

- *A sponsor must be at least sixteen years of age.*
- *A sponsor must be fully initiated Catholic (one who has celebrated Baptism, Confirmation and Eucharist) who "leads a life in harmony with the faith and the role to be undertaken."*
- *A sponsor must not be bound by any Church penalty (i.e. married outside the Church (a civil marriage), divorced and remarried without an annulment.*
- *A sponsor must not be a parent of the one to be confirmed*

It is also important to reflect on the following characteristics when choosing a sponsor:

- *Local residency, to ensure consistent involvement throughout the Confirmation process.*
- *A positive and comfortable relationship with the candidate.*
- *A willingness and capacity to engage in the Confirmation process as a means of enhancing his or her own growth as a Catholic Christian adult.*

The person you choose for your sponsor should be willing to participate with you in the preparation for the sacrament. If they are not able to, you may consider choosing someone to act as a "proxy" for the preparation period. Inviting your sponsor to prayer nights, community service projects, and the Confirmation Commitment Prayer Service will give him/her an opportunity to join you during this journey, rather than just having him/her "check-up" on you about fulfilling your obligations.

It is our hope that when you choose a sponsor for Confirmation you will look to someone who will be a good listener, a guide and confidant; a person who is interested in not only your growth as a Christian, but willing to grow in faith along with you.

FOR NOW - *we would only ask you to consider two or three people you would consider asking to be your sponsor. Who are they? What is special about them that you would consider asking them to be your sponsor?*

Project #6

Whom might you choose as your Sponsor?

Name:

Relation:

Characteristics (list at least 3):

1.

2.

3.

Name:

Relation:

Characteristics:

1.

2.

3.

Name:

Relation:

Characteristics:

1.

2.

3.

Project #7

Prayer Service Reflection

In preparation for the reception of Confirmation, each candidate should strive to deepen his/her own faith, develop his/her own prayer life and participate in the communal prayer services of the parish community.

*In this stage of the Confirmation Preparation process (Year 1), **the candidate is required to attend ONE of the following:***

PARISH PRAYER EXPERIENCES

◆ Advent or Lent Evening Prayer:

- *See bulletin or contact rectory at 223-0723*

◆ Holy Hour Adoration of the Blessed Sacrament:

- *See bulletin or contact rectory at 223-0723*

◆ Stations of the Cross:

- *During the Season of Lent – may be experienced as part of regular class sessions **or** on a Lenten Friday at 7:30 p.m.*

Write a reflection on the PRAYER EXPERIENCE that you attended.

- **What happened?**
- **Who attended?**
- **How did you feel?**
- **Would you go to that kind of a prayer experience again?**
- **Why or why not?**

Project #7
Prayer Service Reflection

Write/type Reflection here:

(Reflection will be completed in class on April 25th for those enrolled in parish formation classes)