

Name \_\_\_\_\_

# Our Lady of Angels



## Youth Confirmation Booklet

**2017 - 2019**

**KEEP, USE, & BRING TO YOUR  
CONFIRMATION INTERVIEW**

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*OLA Parish Mission: Love God. Embrace all people. Share the Gospel joyfully.*

*OLA YM Mission: Form Disciples.*

*OLA YM Vision: OLA YM is forming disciples who KNOW Jesus, GROW in their faith and GO share the love of God with others.*

## Youth Ministry Prayer

You are the way, the truth, the life  
Without the way, there is no GOing  
Without the truth, there is no KNOWing  
Without the life, there is no GROWing  
Show us the way, that we may GO  
Teach us the truth, that we may KNOW  
Grant us the life, that we may GROW  
Eternally

By Ted Tracy, S.J.

# Confirmation Preparation Commitment

Thank you for taking the time to discern a deeper commitment to your relationship with God. We hope that through this process you deepen your relationship with God, connect with other believers, discover your gifts and talents, grow in your faith, and see what an impact you can have on the church, the community and the world.

I commit to:

- ✓ Attending Mass each weekend and on Holy Days of Obligation;
- ✓ Deepening my relationship with God and the Church by fully participating in the preparation set forth by Our Lady of Angels' Youth Ministry, including the Days of Reflection and retreats provided by Our Lady of Angels and experiencing all the foot S.T.E.P.S of a Disciple;
- ✓ Meeting with my Confirmation sponsor with whom I will have five (or more) faith conversations which are outlined in the sponsor's booklet;
- ✓ Taking the next step in my faith by continued participation in weekly formation, serving in parish ministries and/or missions;
- ✓ Completing and turning in by their due dates: a copy of the candidate's Baptism certificate, the online Sponsor Information Form, the Saint Profile, the Confirmation Youth Booklet, and my letter to the bishop
- ✓ Participating in a discernment interview approximately 3 weeks before Confirmation.

I fully understand and agree to all the guidelines and procedures set forth by Our Lady of Angels Youth Ministry.

Candidate's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

As a parent, I fully understand and agree to all the guidelines and procedures set forth by Our Lady of Angels Youth Ministry for Confirmation preparation. I will support my child in fulfilling the commitments. I will contact the YM staff to discuss any major conflicts or special circumstances which will impact my child's full participation. This includes, but is not limited to, child custody arrangements, required school events, special needs (physical, cognitive, emotional) or other issues that are ongoing or one-time. I understand that it is our responsibility to cover missed topics and information together at home. I understand that if my child does not fulfill each commitment or discerns that he/she needs more time to prepare, the date on which he or she is confirmed could be delayed.

Parent's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**DO NOT TEAR THIS OUT. IT IS AS YOUR COPY.**

# My Discipleship foot S.T.E.P.S

Use the following pages to help you keep track of events and activities that you participate in between now and your discernment interview. You can make notes of which ones you did, which were your favorite, etc.

After this section, you will find resources to help you with some of the S.T.E.P.S.: prayers, websites for prayer, service organizations you could volunteer with, etc.

**SERVE in Ministry & Mission to make a difference in the world! Be an ACTIVE Disciple.**

*“Love one another” John 13:34*

<b><u>SERVE</u> in Ministry &amp; Mission</b>	<b>Check here</b>
<b>Ministries</b>	
Elementary faith formation assistant	
Prepare supplies for Elem. Or MS formation	
Altar server	
Usher aid	
Choir member	
Lector for Children’s Breakout	
VBS assistant	
Shawl Ministry	
Make Rosaries	
MS Ignite Fellowship Team	
Boy Scouts	
Columbian Squires	
Altar Linen Angels and/or Art & Environment	
Home Visitation	
Welcome Ministry	
Hospitality Ministry - Parish picnic, Sacrament receptions	
Cookie Saturday/Donut Sunday	
Serve at the Fish Fries	
Hospitality for Summer Series, Parish Missions	
Funeral Receptions	
Meals & Rides	
Pro-Life Ministry	
Other:	
Other:	
<b>Missions - Sponsored by OLA</b>	
Angel Tree	
Food Pantry	
Packages for the Military	
St. Vincent de Paul Bundle Sunday	
YM Service Opportunities	
Mission Possible (MS & HS)	
SHINE (HS)	

<b>Feed the Hungry</b>	
Volunteer at a food bank or food pantry	
Serve a meal at a shelter	
Volunteer as a family with Meals on Wheels	
Grocery shop for someone who has difficulty getting out	
<b>Give Drink to the Thirsty</b>	
Plan a fundraiser for Living Water International or another water relief organization	
Hand out bottles of water to runners in a race	
<b>Clothe the Naked</b>	
Volunteer at a thrift store sorting clothing	
Work together with some friends and their families to "Adopt-A-Family" for Christmas	
Sort clothes & donations at a crisis pregnancy center	
<b>Shelter the Homeless</b>	
Help with a youth project at Habitat for Humanity	
Help Texas Refugee Services set up an apartment for incoming refugees	
Volunteer with Buckner to help orphans and families in need	
Volunteer at Genesis Women's Shelter or their Benefit Thrift Store	
<b>Visit the Sick/Imprisoned</b>	
Visit those in a nursing home or hospital	
Volunteer with Special Olympics	
Knit or crochet hats for cancer patients	
Organize a toy, book, or blanket drive for Children's Medical Center	
Visit an elderly neighbor who may be lonely – spend time with them and help them with chores	
<b>Bury the Dead</b>	
Pick up trash or help with landscaping at a local cemetery	
Visit or make a meal for someone who has recently lost a loved one	
Other:	
Other:	
Other:	
Other:	
Other:	

**Demonstrate your trust in God by TITHING 10%! Be a TRUSTWORTHY Disciple.**

***"Blessing without measure" Malachi 3:10***

<b><u>TITHE</u> through sacrificial giving</b>	<b>Check here</b>													
Give to the parish from your own money, not your parents'														
Give to other charitable organizations from your own money/possessions														
Noticed blessings from God after sacrificing														
Other:														

**ENGAGE** to grow in faith and Christian friendships! Be a RELATIONAL Disciple.

*“Unity of the spirit” Ephesians 4:3*

<b>ENGAGE</b> in formation & relationships	Check here if you attended/did the action												
<b>Participation in the following is expected:</b>													
Attend/participate in weekly MS or HS Nights													
Attend the Confirmation Days of Reflection (2)													
Attend Confirmation Rehearsal													
<b>Other Engage Opportunities:</b>													
Lock-ins													
Socials													
Make an effort to build friendships with others in your weekly small group													
Attend one or more Fish Fries during Lent													
Attend the Parish Picnic													
Read the bible on your own													
Learn a new fact about the faith													
Visit a Catholic website													
Other:													
Other:													

**PRACTICE** prayer & sacraments to grow in love & closeness to Jesus! Be a DEEPER Disciple.

*“Pray without ceasing.” 1 Thessalonians 5:17*

<b>PRACTICE</b> prayer & sacraments	Check here (at least ONE, preferably TWO retreats)												
<b>Participation in the following is expected:</b>													
Participate in Mass weekly													
Pray daily													
Awakening Retreat (7 <sup>th</sup> grade)													
Spirit Retreat (8 <sup>th</sup> grade)													
ACTION Retreat (9 <sup>th</sup> grade)													
Antioch Retreat (10 <sup>th</sup> – 12 <sup>th</sup> grade)													
Go to Reconciliation at least once before the Rite of Confirmation													
<b>Other Practice Actions:</b>	<b>Each time you do one of these, check a box</b>												
Retreat with another Catholic parish													
Catholic Youth Conferences (i.e. DCYC, NCYC)													
3-Minute Daily Retreat <a href="http://www.loyolapress.com">http://www.loyolapress.com</a>													
Pray the Examen (many variations)													
Perform acts of Penance													
Pray the Stations of the Cross													
Praise God through music (i.e. One Way Praise & Worship Night)													
Pray the Rosary													
Pray the Divine Mercy Chaplet													
Pray a novena													

Pray when you wake up																				
Pray before going to sleep at night																				
Pray before meals																				
Learn and pray a new written prayer																				
Pray in your own words																				
Keep a prayer or spiritual journal																				
Pray for an end to abortion as a family outside of an abortion center for an hour																				
Spend time in Eucharistic Adoration praying for others																				
Deliberately offer up the grace you receive at Mass for the benefit of someone else																				
Look in the obituaries for people who may have died without any family and attend their funeral																				
Visit a cemetery and lay flowers at the graves and say a prayer for the repose of the souls of the people buried there																				
Other:																				
Other:																				
Other:																				
Other:																				

**SHARE the Gospel to bring the love of Jesus Christ to others! Be a BOLD Disciple.**

*“Be an instrument of salvation” Acts 13:47*

<b>SHARE the Gospel</b>	<b>Check here</b>
Listen patiently	
Practice forgiveness, let go of grudges	
Make amends with friends or siblings you may have fought with	
Be selfless	
Choose to avoid gossip when the opportunity to participate in it arises	
Be supportive of others who are struggling with something	
Stand up for those who are being picked on or bullied	
Speak up when your friends are doing things you know are wrong	
Control your anger or frustration	
Perform Random Acts of Kindness for others	
Send a greeting card to someone preparing to become Catholic (in the RCIA program)	
Encourage someone by your words or by sending them a card	
Explain your faith to someone who trusts you	
Invite someone to mass or other event at the parish	
Other:	
Other:	
Other:	



# Serve in Ministry & Mission Reflections

For each Service action, use the questions below to help you reflect on your experience.

---

**Circle One:**    Ministry                      Mission                      **Date of the Action:** \_\_\_\_\_

**Name** of Organization or Ministry and/or **Location** of the Action: \_\_\_\_\_

Describe the Action that you did:

How did you bring the love of Christ to others through this action?

How did you encounter Christ through this action?

---

**Circle One:**    Ministry                      Mission                      **Date of the Action:** \_\_\_\_\_

**Name** of Organization or Ministry and/or **Location** of the Action: \_\_\_\_\_

Describe the Action that you did:

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**Name** of Organization or Ministry and/or **Location** of the Action: \_\_\_\_\_

Describe the Action that you did:

How did you bring the love of Christ to others through this action?

How did you encounter Christ through this action?

# Resources/Contacts

## Engage and Pray:

- *3-Minute Daily Retreats*: <http://www.loyolapress.com/3-minute-retreats-daily-online-prayer.htm>
- *Reimagining the Examen*: app for Android and Apple devices
- *Daily Scripture*: <http://www.ucatholic.com/category/readings/>
- *Daily Catechism*: <http://www.ucatholic.com/category/catechism/>
- *Saint of the Day*: <http://www.ucatholic.com/category/saints/>
- *Daily Inspiration*: <http://goo.gl/INo3d> (Holy Spirit Interactive)
- *Tweets from the Pope*: <https://twitter.com/Pontifex>
- *Catholic Teen Resources*: <http://www.lifeteen.com>
- *Stations of the Cross Online*: <http://www.ewtn.com/devotionals/stations/face.htm>
- *Divine Mercy App for Apple Devices*: <http://goo.gl/aSvM> 5 (I-Tunes)
- *Mary App for Apple Devices*: <http://goo.gl/wblx0> (I-Tunes)
- *Catholic Prayers*: <http://www.catholic.org/prayers/>
- *Catholic Devotions*: [http://www.ewtn.com/Devotionals/prayer\\_saint.htm](http://www.ewtn.com/Devotionals/prayer_saint.htm)
- *The Bible Online*: [http://www.vatican.va/archive/ENG0839/\\_INDEX.HTM](http://www.vatican.va/archive/ENG0839/_INDEX.HTM)
- *Modern Catholic Music*: <http://www.spiritandsong.com/>
- *Confession Preparation App for Apple Devices*: <http://goo.gl/uMkds> (I-Tunes)
- *Creative Acts of Penance*: <http://lifeteen.com/weird-lent-ideas-that-will-make-you-holier/>

## Serve:

- North Texas Food Bank: <http://www.ntfb.org> 214-330-1396
- Minnie's Food Pantry: <http://www.minniesfoodpantry.org> 972-596-0253
- God's Food Pantry: <http://www.godsfoodpantry.com> 972-633-9777
- A Catholic Charities food pantry at the Brady Senior Center or Neuhoff Senior Center <http://www.catholiccharitiesdallas.org> Maureen Dunlap: 214-520-6590 ext. 123
- Austin Street Shelter: <http://www.austinstreet.org> 214-428-4242
- The Soup Mobile: <http://www.soupmobile.org> 1-800-375-5022
- The Stewpot: <http://www.thestewpot.org> Jean Jones: 214-746-2785, ext. 320
- As a family, volunteer with VNA Meals On Wheels for homebound seniors: <http://www.vnatexas.org/> - Katherine Krause: 214-689-2639
- Volunteer at a local thrift store sorting clothing (Good Will, ReSale by CCA, World of Goods by Catholic Charities)
- Volunteer at St. Vincent de Paul Thrift Store in Plano, <http://www.svdpthrift.org/volunteer/>
- Birth Choice or White Rose: <http://www.whiterosewomenscenter.org> or <http://www.birthchoicedallas.org/>
- Help with a Youth Project at Habitat for Humanity: <http://www.dallasareahabitat.org> 214-678-2300 <http://www.habitat-scc.org> 972-398-0634
- Help Texas Refugee Services set up an apartment for incoming refugees: <http://refugeeservicesoftexas.org/Dallas.html> 214-821-4422
- Volunteer with Buckner to help orphans and families in need: <http://www.buckner.org/locations/tx-dfw.s.html> [volunteers@buckner.org](mailto:volunteers@buckner.org)
- Volunteer at Genesis Women's Shelter or their Benefit Thrift Store: <http://www.genesisshelter.org> 214-389-7701
- Volunteer with the Special Olympics: <http://www.sotx.org/about/areas/area-10/> 214-943-9981

# Examen Prayer Variations

The purpose of the Examen is to notice God's presence and his work within you, through you and around you. There are many variations; here are just a few. Try praying one of these for 5-10 minutes a day, every day. Then notice how much more aware you are of the action of the Holy Spirit as you go about your days.

## Reimagining the Examen

Free app available for Android and Apple devices.

## Two Questions Examen

1. Sit comfortably and take a few deep breaths. Breathe in God's unconditional love and when you breathe out, fill the space around you with his love.
2. Place your hand on your heart, aware of the presence of Jesus. Ask him to help you recall the moment today for which you are most grateful. Remember what was said and done in that moment that made it so special. Breathe in the gratitude you feel.
3. Ask God to bring to your heart the moment today for which you are least grateful. Remember what was said and done in that moment that made it so difficult. Sit with whatever you feel without trying to change or fix it in any way.
4. Give thanks to God for whatever you have experienced.
5. Journal about the experience.

## Alternative Questions:

- When did I give and receive the most love today? When did I give and receive the least love today?
- When did I feel most alive today? When did I feel life draining out of me?
- When today did I have the greatest sense of belonging to myself, others, God and the universe? When did I have the least sense of belonging?
- What was today's high point? What was today's low point?

(Adapted from Sleeping with Bread by M. Linn, SJ, S. & D. Linn)

## Paying Attention to Key Things

1. Begin by praying for the Spirit's guidance to become aware of what God wants you to notice as you review your day.
2. Ask yourself: What happened today that I do not want to forget or I can't forget?
3. What message was/is God trying to get through to me?
4. Given this how am I called to respond?
5. Close with a prayer of gratitude. Journal about the experience.

Adapted from a model by Jim Keegan, SJ

## Traditional Examen

1. **Prayer for guidance and of gratitude** – Begin with a simple prayer asking the Holy Spirit for inspiration and guidance as you review your day. Remember that all you have and all you are is a gift from God. Thank him.
2. **Practical Survey** – Let your mind drift over the last 24 hours, without judging yourself, whether approval or disapproval. First, pay attention to and delight in only those moments of the day for which you are grateful. Then recall your inner moods and feelings, noting, if you can, what led to them, but again without self-judgment. The important thing is to let Christ show you where you have allowed God to work in you or through you and if you have resisted or refused. Thank God for the times when you did and ask forgiveness for the times you didn't. Here are some questions that may help you get started:
  - a. What moment am I most grateful for? What am I least grateful for?
  - b. What was best about today? What was most difficult?
  - c. What did I enjoy most? What am I unhappy about?
  - d. How did I experience or give love today? How did I experience the absence of love?
3. **Conversion** – Usually there is one area of our hearts that God is calling to your attention, asking you to be more aware or perhaps change because it can mean a fuller life for you.
4. **Conclusion** – Conclude with a short prayer, giving thanks for the day – a prayer that also looks forward to the day to come, and asks for God's help.
5. **Journal** about the experience.

## Praying a Review of the Day

Lord Jesus Christ, at the close of this day I come before you.

Center my heart deep within your own; fill me with a growing awareness of your love and a greater desire to serve you.

Lord Jesus, I thank you for the gifts of this day... (Pause to recall these)

Lord Jesus, through this day you have been calling me and inviting me in these ways... (Pause to recall these)

Lord Jesus, I ask for healing and forgiveness for those times today when I was less than faithful... (Pause to recall these)

Lord Jesus, I beg you to bring to reality these desires that you have placed within me... (Pause to recall these)

Lord Jesus, please be with me in the coming day with your gifts of... (Pause to name those places where you are likely to need his help.)

Lord Jesus, compassionate heart of God, as you disciple and in your Spirit, may my life ever more be given to the glory of God. Amen.

Adapted from a prayer by Sr. Marie Schwan

# ***My S.T.E.P.S. Reflections***

A WEEK OR TWO BEFORE YOUR INTERVIEW: Look over your “My Discipleship foot S.T.E.P.S.” & your Serve Reflections pages. Use the notes you made on them to answer the questions on the next 4 pages.

*How I have experienced the foot S.T.E.P.S of a Disciple during my preparation for Confirmation and how I plan to continue to live as a disciple.*

---

## **S. - SERVE in ministry and missions – ACTIVE Disciple**

***“Love one another” John 13:34***

*Goals:*

- ✓ Identify and appreciate the gifts, passions and personality God has given you
- ✓ Identify what types of service you are passionate about (working with children or the elderly, the poor, the lonely, the environment, etc.)
- ✓ Share your gifts, time and talents inside (ministry) and outside (mission) the parish walls

**Answer these questions.**

1. Look back over your **Serve** checklist and your **Serve Reflections**. How have you used your time and talent to **Serve** others? How have these opportunities helped you grow as a disciple of Jesus?
  
  
  
  
  
  
  
  
  
  
2. What gifts from God did you use to **Serve** others? Did you discover any gifts you didn't know you had? If so, what were they?
  
  
  
  
  
  
  
  
  
  
3. How do you plan to continue to **Serve** in the future?

## T. - TITHE through sacrificial giving – TRUSTWORTHY Disciple

*“Blessing without measure” Malachi 3:10*

*Goals:*

- ✓ Understand that tithing means giving 10% of your earnings
- ✓ Understand that tithing is an important sign of your trust in God
- ✓ Practice offering money to God and noticing how God blesses you

**Answer these questions.**

1. Look back over your **TITHE** checklist. What actions have you taken to support the parish or the poor with your material possessions?
  
  
  
  
  
  
  
  
  
  
2. How has your trust in God grown as a result of **TITHING**? What choices have you made that were influenced by your trust in God? Did you notice any blessings from God?
  
  
  
  
  
  
  
  
  
  
3. How do you plan to keep **TITHING** in the future?

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## E. - ENGAGE in formation & small-group relationships – RELATIONAL Disciple

*“Unity of the spirit” Ephesians 4:3*

*Goals:*

- ✓ Have friends at church with whom you feel comfortable sharing fun and faith
- ✓ Have adults at church with whom you feel comfortable talking to, asking questions about faith and discussing the faith
- ✓ Grow in your understanding of the faith and how to keep growing

**Answer these questions.**

1. Look back over your **ENGAGE** checklist. Which **ENGAGE** opportunities did you participate in?
  
  
  
  
  
  
  
  
  
  
  2. How have these **ENGAGE** opportunities helped you form relationships with peers and adults in this parish? How have you grown in your faith through these opportunities? Name at least three.
  
  
  
  
  
  
  
  
  
  
  3. How do you plan to continue to **ENGAGE** in formation and small-group relationships?
- 

**PRACTICE prayer and the sacraments – DEEPER Disciple**

*“Pray without ceasing.” 1 Thessalonians 5:17*

*Goals:*

- ✓ Weekly participation in mass
- ✓ Explore different ways of praying and pray daily
- ✓ Have a deep, personal relationship with Jesus

**Answer these questions.**

1. Look back over your **PRACTICE** checklist. In what ways did you **PRACTICE** prayer and the sacraments with the church community? (Include how often you attended mass and how you prayed along)
  
  
  
  
  
  
  
  
  
  
2. In what ways did you **PRACTICE** prayer by yourself or with your family? Which ones did you try for the first time?



3. What types of prayer **PRACTICES** do you think you should continue or start using to help you grow in your relationship with Christ beyond Confirmation?
- 

## **S. - SHARE the Gospel – BOLD Disciple**

*“Be an instrument of salvation” Acts 13:47*

### *Goals:*

- ✓ Get to know the people around you by listening to them and putting their needs first; building trusting relationships
- ✓ Pray for a specific person who does not have a relationship with Christ
- ✓ Explain your faith to someone with whom you have a trusting relationship

### **Answer these questions.**

1. Look back over your **SHARE** checklist. How have you **SHARED** your faith? In the church? In your school? In the community?

2. What difference did your **SHARING** make in the lives of others?

3. How do you plan to continue to **SHARE** the Gospel with others in the future?

## **Prayer at Confirmation**

*All-powerful God, Father of our Lord Jesus Christ,  
By water and the Holy Spirit  
You freed your sons and daughters from sin  
And gave them new life.  
Send your Holy Spirit upon them to be their Helper and Guide.  
Give them the spirit of wisdom and understanding,  
The spirit of right judgment and courage,  
The spirit of knowledge and reverence.  
Fill them with the spirit of wonder and awe in your presence.*

*(Rite of Confirmation, no. 25)*