

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

## **1. CONFIRMATION**

- Begin with a simple prayer asking the Holy Spirit to be with you.
- Sponsor and Candidate will enter into a covenantal relationship of trust, conversion, and commitment to Christian discipleship.
- Sponsor will introduce the Candidate to the riches of the Sacrament of Confirmation with a conversation that centers around these questions: What is a Sacrament, what are seven sacraments, what is Confirmation, and why does it matter?
- Watch two videos:
  - i) <https://www.youtube.com/watch?v=OrCUkEmCfi8>
  - ii) <https://www.youtube.com/watch?v=mlUq39lWHrk>
- Complete the questions below; DUE JANUARY 26, 2025

Share some information about your sponsor...What is your sponsor's name? Share about their faith journey with the Sacraments.

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What are the 7 Sacraments? What are the similarities and differences between the Sacraments of Baptism and Confirmation?

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Why is the Sacrament of Confirmation important to you?

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## **2. PERSONAL PRAYER**

- Begin with prayer through the Hallow App by choosing one of the sessions from the original Intro Challenge (Open Hallow → scroll to bottom of Home Page → click “Intro” → complete one of those sessions)
- Explore together your thoughts on prayer by focusing on these questions: what prayer is, why it matters, and how to do it. The goal is to agree on simple prayer habits and make a commitment to personal prayer.
- Please watch this video:
  - i) <https://www.youtube.com/watch?v=BO3YJHZVdxs>
- Complete the questions below; DUE FEBUARY 23, 2025

What is prayer? Why is it important?

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What are the ways you each like to pray?

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What do you want your prayer life to look like in the future? What steps can you take now to strengthen your prayer life?

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### **3. SERVICE**

- Pray the St. Francis of Assisi Prayer (Prayer for Peace)
- Candidate and Sponsor will explore the call to serve by determining what the Candidate is passionate about, commit to few service initiatives within the parish and in the community, and then reflect on the importance of service.
- Please refer to “Called to Serve: Service Opportunities” on page 13 of the Handbook for different ideas of service projects within and outside St. Boniface Community.
- Complete the reflections below; DUE MARCH 30, 2025

Reflect on your service experiences at St. Boniface.

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Reflect on your service experiences in the greater community, or an additional project you completed at St. Boniface.

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## 4. MASS & CONFESSION

- Talk about your experience at Sunday Mass and/or daily Mass.
- Do the following together:
  - i) Attend Confession together, then go for a special treat after!
  - ii) Participate in the Celebration of Eucharistic together
  - iii) Participate in Eucharistic Adoration (*St. Boniface has Adoration every First Monday of the month from 7-8PM and every Tuesday from 6-7PM*)
- Watch these three videos:
  - i) The Power of Confession  
<https://www.youtube.com/watch?v=C4hGM3ItKk&list=PL9Ge1qPY-P-h1sYTZdT69cQZi3gfv0tHi-&index=7>
  - ii) What Happens at Mass:  
<https://www.youtube.com/watch?v=55hPqxWAt9A>
  - iii) The Veil Removed:  
<https://www.youtube.com/watch?v=OOLZDaTgIaM>
- Complete the reflections below; DUE APRIL 27, 2025

Reflect on why it is important to attend Confession regularly.

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Reflect on why it is important to attend Mass every Sunday and Holy Day of Obligation.

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Watch The Veil Removed video, and write a reflection on what you thought of it.

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## 5. MARY AND THE SAINTS

- Pray: Listen to a “Saints Alive” podcast episode (your choice) on the Hallow App
- Explore the many Catholic Saints together, including the Blessed Virgin Mary, and guide Candidate to choose a Saint that holds significance.
- Sponsors, encourage the Candidate to choose a Saint they feel close to, research more information on the chosen Saint, and help the Candidate to pray with the Saint, to walk with the Saint, and to feel inspired to pursue holiness.
- Watch three videos:
  - i) You Don’t Know Jack...about the Saints:  
<https://www.youtube.com/watch?v=1-eZjWeRUnw>
  - ii) Candidates share their chosen Saints:  
<https://www.youtube.com/watch?v=usQuLFM8FcQ>
  - iii) Bishop Baron on Confirmation Names:  
<https://www.youtube.com/watch?v=Z7bjqlldHl4>
- Complete the questions below; DUE MAY 31, 2025

My chosen name is \_\_\_\_\_

Share information about who your chosen Saint is... (facts like birth, death, family, patron of, etc.)

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Share about your Saint’s faith life? How did they become a Saint?

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Why did you feel called to choose this Saint?

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## 6. THE FRUITS & GIFTS OF THE HOLY SPIRIT

- Pray “The Upper Room” by Made for Worship on the Hallow App
- Discuss: What are the seven **Gifts** of the Holy Spirit? What are the nine **Fruits** of the Spirit?
- Share about a time when you think you have used the gifts of the Spirit and a time when you have felt the fruits of the Spirit.
- Watch this video:
  - i) <https://www.youtube.com/watch?v=RTD8BNd-Nek>
  - ii) <https://www.youtube.com/watch?v=1INut0Gi09Q>
- Complete the questions below; DUE JUNE 29, 2025

What does “grace” mean to you? How do you receive it? Where in your life do you need it most?

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Share about a time when you used one of the gifts of the Spirit.

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Share about a time when you recognized you had received a fruit of the Spirit.

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## 7. I BELIEVE...

- Pray the Nicene Creed
- Review the words of the Creed and discuss anything you don't fully understand
- Please watch this video:
  - i) <https://www.youtube.com/watch?v=MPjxgNzcBL4>
- Read through this article and watch the video at the end:
  - i) <https://media.ascensionpress.com/2024/04/26/why-be-catholic-and-not-just-christian-from-fr-mike-schmitz/>
- Complete the prompt below; DUE JULY 27, 2025

In the space below, write out what you believe in, in terms of faith. If you would like to do a drawing, you may do so, but you must include an explanation of your drawing.

This image shows a single page of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page, leaving small margins at the top and bottom. There are no vertical margin lines, text, or other markings on the page.