

St. Rita Catholic Parish Confirmation Preparation

Packet #1 - “Heroes”



Distributed: _____

Due: _____

Packet #1 - "Heroes"

Packets: These packets are designed to be a communication and development tool as part of your sacramental preparation process. You will need to work on these packets with your SPONSOR. This can be done in person, or through a ZOOM/Facetime app. Set up a meeting time and follow the instructions below.

Create the Perfect Environment

1. Make sure you have adequate time to get through the packet, or the portion of the packet you wish to accomplish today. Note, each packet takes approximately 2 hours to complete.
2. Make sure you have a comfortable environment; comfortable seating, a table to write on, minimal distractions.
3. Have with you, the following items:
 - a. A bible and a catechism
 - b. Your session packet
 - c. Your worksheet (last page of the packet)
 - d. Pen/Pencil/Paper
 - e. A positive, open attitude
 - f. A computer/notepad or phone with access to the internet
4. Provide a snack/meal to share. Take turns, if you wish, providing a snack to share.

Theme

This first meeting will focus on heroes. Who do we look up to? For some, it may be a professional athlete or performer. For others it may be a teacher or coach who made an impact on us. In most cases, it is someone we want to emulate. Someone we want to be like. We need heroes in our lives to set examples for us. They give us benchmarks to meet and goals to attain. Who we pick as heroes is the important part. Often, people we THINK are heroes turn out to be duds down the road when greed, selfishness and pride affect their character. The pedestal we have them on crumbles and we are left with a pile of rubble. In this session, we will talk about people we should be looking up to, role models that can make a positive impact on our lives and help us achieve the BIG GOAL – getting to heaven.

Preparation (to be completed before the meeting)

1. In your Catechism of the Catholic Church (CCC), Read CCC 2013 (Call to Holiness), Read CCC 2156 (Baptismal Names), Read CCC 828 (Canonizing of Saints)
2. Read about the "Saint of the Day" for the DAY that you have picked to meet. For example, if your planned meeting is for January 31st, look up the Saint of the Day for January 31st (it's St. John Bosco). It can be found online at www.americancatholic.org. Note, some days are considered FEAST DAYS without a saint (i.e. January 3rd is the Feast of the Most Holy Name of Jesus). If that is the case for the day you selected, pick a saint whose feast day is CLOSEST to the day you selected or one that you are named after or admire. Peruse a few other Saints noting their gifts and talents.
3. Find out the origins, or reason, for your given names, including your first name and middle name (if applicable).

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The Meeting

1. **Opening prayer:** Make the sign of the Cross and read aloud the passage from Titus 2:1-8.
2. **Being a HERO:** Take a few minutes for each of you to discuss who your personal "heroes" are, the people you look up to or see as role models?
 - 1) What is it about them that you admire?
 - 2) Would you say this person is "successful"? If so, why?
 - 3) What do you know about their lives BEFORE they became "famous"? Did they have any struggles? What kind of support did they have in their lives? Who did they look up to?
3. **Discuss** the Saint of the Day.
 - 1) What is it about them that you admire?
 - 2) Would you say this person is "successful"? If so, why?
 - 3) What do you know about their lives BEFORE they became "famous"? Did they have any struggles? What kind of support did they have in their lives? Who did they look up to?
4. **Read the *Plan for Success* and discuss.**
5. **God Moments:** I like to think (and identify) God moments in my life. When in your life have you, if ever, noticed God's hand in directing your path? Often things we think are "coincidences" are truly God's hand in our lives. Sometimes disappointments turn out to be blessings in disguise. Discuss a time this has happened to you.
6. **Role Models:** Discuss possible role models in your life that can help you achieve the goal of getting to heaven. Choosing to associate with people who are willing to help you be successful (get to heaven) is imperative. You need to learn from people who have done it before (the Saints) and people who have the same goal (parents, peers, mentors). Surround yourself with these people in your life, and not those whose goals are not the same as yours.
7. **Pick A Saint:** As part of the confirmation preparation process, we ask all of the youth to pick a Saint (capital "S") whom they feel can help them achieve success. Together with your mentor, peruse the Saints and pick one that you would like to use as a role model or spiritual mentor for this journey. You can find information online about the Saints in a variety of websites. How you pick one is up to you. Print out information about the Saint and keep it readily available to refer back to. Pray to them for guidance and assistance. After your mentor meeting, complete information about them on the worksheet.
8. **Closing Prayer:** Lord Jesus, may everything I do begin with You, continue with Your help, and be done under Your guidance. May my sharing in the sacraments free me from my sins, and make me worthy of Your healing. May I grow in Your Love and Your service, and become a pleasing offering to You. With the help of St. _____, may the mystery I celebrate help me to reach eternal life with You. Amen.

Plan for Success

We are called to be successful and God gives us many talents and gifts in order to BE successful. But true success comes from the positive impact we leave on others, the good that we do (charity) and our holiness. The reward for our earthly success is heaven!

We can only get to heaven if we become a SAINT. That doesn't mean we have to be canonized, or formally recognized for our good works and holiness (which is denoted by a capital "S" in Saint). We are all called to be saints (with a small "s"), living our lives in a holy way. That is a true ticket to heaven. So, how do we get there?

Know what it takes to be "successful", to get to heaven!

- **SIN:** Know what sin is and avoid it! Ask for reconciliation when we do sin and repent. Use the Examination of Conscience (attached) to help avoid sin. Read through these together to get a better understanding of what God's Commandments truly are.
- **EMULATE:** Identify people who are worthy of our admiration and look to them for inspiration and guidance. Get to know the Saints and pray to them for help.
- **LISTEN and PRAY:** God built you for a specific purpose. He has given you a variety of gifts and talents to supply you with the tools needed for success. Do you know what His plan is for you? Often we have our OWN plan and ideas, but those may not be ones that are truly made to fit the person we are, the person God made us to be. Praying to God for guidance and understanding in HIS plan for us. Listening to His response guides us on the path to true success.



Confirmation Preparation WORKSHEET

Candidate FULL Name:

First: _____ Middle: _____ Last: _____

The worksheets are for the candidate to complete AFTER the mentor meeting. These must be completed and turned in by the due date listed above. You may also use additional sheets of paper, if needed. The first worksheet is to gather information about

- 1) Your Name Sake and Baptismal Saint (if any)
- 2) Your Mentor
- 3) Your Confirmation Saint

- 1) Talk to your parents about the name they selected for you at your birth and at your baptism. Complete the information about those names.**

My Given (first) Name was selected for me because:

My Baptismal Name (first or middle, if applicable) was selected for me because:

- 2) About my Mentor (Sponsor)**

My Mentor's Full Name Is: _____

My Mentor's Email address is: _____

How do you know your mentor/sponsor?

I chose them to be my mentor/sponsor because:

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3) About My Confirmation Saint

The Saint I have chosen is _____

Saint's Date of Birth: _____ of Death: _____ Feast Day: _____

What is he/she the patron saint of: _____

Where did this Saint spend the majority of his/her life? _____

In *no less than 50 words*, tell me why you have chosen this Saint. Give specific reasons and examples.

In *no less than 50 words*, tell me about a specific event in this Saint's life that is interesting to you.

List the resources you used (books, websites, videos, etc.)