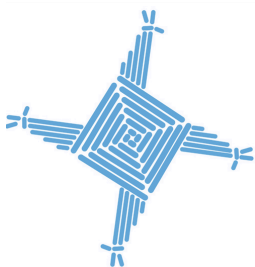


OFFICE OF FAMILY FAITH FORMATION



FIRE I CONFIRMATION JOURNAL

NAME: _____



Dear Confirmation Candidate and Family:

Welcome to FIRE! We are excited to provide you with the FIRE Year I Journal as part of the process for reception of the Sacrament of Confirmation at St. Brigid's. Your presence in the Faith Formation program of our parish and school up to this point is an indication that you may be ready for the next step.

Our Church needs young women and men of faith, character, passion and hope to transform the life of the church and the world. We need you and your family to be "all in". That means praying, participating at Mass, celebrating the sacraments, serving the poor and vulnerable and more - you know the stuff Jesus and the Church tell us that we must do as good Catholics! Seeking the sacrament of Confirmation is not something you *have to do*. It is something you should *want to do*. It should come from a place of prayer, almost like God is asking you to take this next step.

This journal is in place to help you **discern (that's the Church word for asking God to help you figure things out)** if God is calling you to the Sacrament of Confirmation. Working through the projects and activities in this journal will help you to better figure this out.

Please pay attention to the instructions for each activity. If we ask for 2 sentences, provide at least 2 sentences. If we ask for 1 paragraph, give us at least 1 paragraph. One word responses or "I don't know" won't provide you with any value as you discern what God is saying to you.

We look forward to praying with you, learning with you, serving with you, and coming to know you even better as you take this journey.

Let's get started!!!

Father John Sureau
Pastor

Mr. Clagnaz
Principal

Vince Buzzeo
Director of Confirmation Preparation

"I would like an abundance of peace, full vessels of charity"

and rich treasures of mercy"
-St. Brigid

Table of Contents:

Section 1: page 4	Understanding the FIRE process Confirmation Preparation program expectations. <i>Note: students enrolled in St. Brigid/Our Lady of Hope school do not attend the Thursday sessions as they receive faith formation as part of the Catholic school curriculum.</i>
Section 2: pages 5-6	Back to the Beginning - Baptism For students who have been baptized, look back with Parents, Grandparents, Godparents. If you are not yet baptized, you can skip this section.
Section 3: pages 7-8	The Gifts of The Holy Spirit Review the 7 Gifts of The Holy Spirit and write about 1.
Section 4: pages 9-19	Mass Reflections- The Word of God & Eucharist Attend Mass every Sunday (or Saturday evening) and complete 5 Mass Reflections.
Section 5: pages 20-30	Help for the Journey Class Reading Plan: Commit, Share, Grow & Choose a Sponsor,
Section 6: pages 31-36	Serve the Lord with Gladness - Living out the Works of Mercy Complete and log 15 hours of community service and reflect on your experience.
Section 7: pages 37-38	Preparing for Reconciliation You will attend a Reconciliation service as part of the FIRE process during the season of Lent.
Section 8: page 39	Prayer Daily Prayers, Prayer to the Holy Spirit, The Rosary, Stations of the Cross.
Appendix A	FIRE Year 1 Calendar <i>Note: students enrolled in St. Brigid/Our Lady of Hope school do not attend the Thursday sessions as they receive faith formation as part of the Catholic school curriculum.</i>
Appendix B	Mass Schedule

Section 1: Understanding FIRE

FIRE is a two-year process to prepare for the Sacrament of Confirmation.

Parents and students should review the bullet points below to ensure they understand the commitment they are making to the process for Confirmation Preparation. Failure to meet these expectations will require repetition of the formation year.

- Families entering FIRE will need to apply to the process. This will allow the candidate and his/her family to reflect on why they wish to be confirmed and what they hope to gain from the process.
- Students who have had a gap in their faith formation will be required to complete the **BRIDGE** program offered during the summer months.
- Students who have not yet been baptized will participate in **WATER** in addition to the **FIRE** program. **Attendance in BOTH programs is required.**
- Students who have not yet received their **First Holy Communion** will receive the sacrament on the day they are confirmed at the conclusion of FIRE Year 2. A separate **First Holy Communion** preparation experience will be scheduled prior to Confirmation.
- Young people will be placed in small groups led by a mentor/leader in our parish. It is our hope this person will lead the group for the entire 2 year process.
- **Small groups meet at St. Brigid's school every other Thursday from October through May (approximately two times a month) from 7:00pm - 8:30pm. There may be sessions scheduled other days due to public school calendar challenges and parish events. The complete calendar can be found in the Appendix.**
 - **Students may not miss more than two sessions and must be on time. If a student arrives after 7:15 p.m., he/she is considered absent as our presentations begin on time.**
 - **If a student misses more than two sessions, he/she will need to repeat the level in the following fall. Families will be notified upon the second absence.**
 - **Students must read the assigned scripture from the Reading Plan in advance of each session.**
- Families must attend Mass every Sunday (or Saturday evening). Mass schedule can be found in the Appendix. Mass reflections must be completed as explained in Section 4 of this journal/workbook.
- Other events (Opening Prayer Service, Reconciliation) may be held on Wednesday or Thursday evenings or at other times throughout the year.
- Students in Fire-Year 2 will be required to attend a retreat experience on a Saturday or Sunday.
- Each student is required to complete a level appropriate workbook/journal that is a condition for moving forward to the next year of FIRE or to the sacrament of Confirmation.
- Parents/guardians should expect to attend three to four meetings a year.

Section 2: Back to the Beginning - Baptism

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?”** One of the responses to this is “Baptism”.

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.

Talk to your parents/guardians about the day you were baptized. Ask them about the hopes and dreams they had for you and why they wanted you to be baptized.

If you have not yet been baptized, discuss why you and your parents are deciding to start this journey of joining the Catholic church.

This discussion of my Baptism with my parents/guardian took place on:

Date

My Godparents are: _____

My Parents chose them to be my Godparents because:

The church where I was baptized is: _____

Parent’s Signature _____

Confirmation Candidate: Share some information you learned about your Baptism or what you hope for by being Baptized below.

Attach a picture from the day of your baptism below or some other symbol of baptism or reminder of the day.

Section 3: The Gifts of The Holy Spirit

There are Seven Gifts of The Holy Spirit that you will be sealed with at your Confirmation. The Bishop will anoint you with the holy chrism and say “Be sealed with the gifts of the Holy Spirit.” You get them all, but take some time to read about them and **pick 1 to write about.**

Wisdom is our ability to value spiritual things over worldly ones. It enables us to desire the things of God and correctly order the things in our life. This gift helps us view the world through God’s perspective and the light of our faith. It instills a desire to contemplate the things of God.

Understanding helps us grasp the truths of the faith more easily and profoundly. Our human intellect cannot grasp all of God’s mysteries, but through the gift of understanding we can be led to truth, even when we do not fully comprehend. This gift strengthens our insight through prayer, scripture, and the sacraments.

Right Judgment/Counsel acknowledges the difference between right and wrong and bestows proper judgment. A person with right judgment avoids sin and leads a life for Christ. Counsel inspires us to speak up and encourage others to do the correct thing. It bestows upon us prudence, allowing us to act promptly and rightly in the face of difficult situations.

Courage/Fortitude sustains our decision to follow the will of God in any situation. It allows us to stand up and defend our faith, even when threatened by bodily injury or death. This gift allows us to be steadfast in our decisions to do well and to endure evil even when we do not want to.

Knowledge is awareness of God’s plan. It is not simply an accumulation of facts, but rather an understanding of God’s purpose and how we ought to respond. Knowledge helps bring to light the temptations that we face, and to discern whether to give in or live a life worthy of God’s approval.

Piety or reverence is our obedience to God and our willingness to serve him. It is not just obedience through a sense of duty or obligation, but rather obedience out

of love and devotion. It facilitates a deeper respect and honor for God and His Church.

Wonder and Awe/Fear of the Lord makes us aware of the glory and majesty of God. This gift is also synonymous with the "Fear of the Lord", in which we dread sin and fear offending God. We fear displeasing God and losing our connection with him because of our love for Him. Wonder and awe increases our desire to draw closer to God and depart from sin.

Select 1 of the 7 gifts of the Holy Spirit you feel most in need of at this time in your life? Why? How would your life be better if you really opened yourself up to this gift? You can type in a Google doc and staple it to this page. **Write at least 1 paragraph for the gift you choose.**

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.

Section 4: Mass Reflections - The Word of God & Eucharist

The 4th Commandment tells us: **Keep holy the sabbath.** Sunday is the sabbath for Christians (those who believe in and follow Jesus.)

Therefore, Catholics are **obligated** to attend Mass **every Sunday**. An obligation is a commitment or a promise. As Catholics, we have promised to join together in community every week, listen to the stories of our faith (in the Bible readings) and share a meal which we call Eucharist or Holy Communion. Remember, it's not just for the weeks when you need to write a Mass Reflection, it's every Sunday!

The Mass Schedule can be found in the appendix and on our website. If you are out of town, you can attend Mass at any Catholic Church. The readings will be the same wherever you go. All Catholics are hearing the same readings every week- isn't that awesome?

For 25 of the Masses you attend, you must do two things:

1. At the END of each mass, you must have the Mass Attendance page in this journal signed by the priest or deacon and complete the Focus Question. The Focus Question will be helpful in completing the Mass Reflections.
2. Complete the Mass Reflection for every 5 Masses you attend.

Mass Attendance/Reflections are for the Sunday obligation (Saturday evening or Sunday Masses) **or Holy Days Obligation only** and cannot be done for weekday Masses. (Weekday masses cannot be used for this part of the journal and please note Ash Wednesday is NOT a Holy Day of Obligation.)

It may be helpful and a good practice to take a look at the readings for Mass in advance so you can start to think and talk about this together with family and friends. You can link to the readings on our parish website or at <https://bible.usccb.org>

Mass Attendance

Mass #	Date	Church	Celebrant	FOCUS QUESTION: What is one thing you want to remember from today's Mass? (This will help for writing your Mass Reflections)	Priest/Deacon Signature
1					
2					
3					
4					
5					
COMPLETE Mass Reflection #1 on page 11					

Mass Reflection ✠ 1

Looking back on the last 5 Masses, what have you learned about who Jesus is?	
What qualities of Jesus have stood out to you most often in the Gospel readings?	
How has attending Mass helped you build a relationship with Jesus?	

Mass Attendance

Mass #	Date	Church	Celebrant	FOCUS QUESTION: What is one thing you want to remember from today's Mass? (This will help for writing your Mass Reflections)	Priest/Deacon Signature
6					
7					
8					
9					
10					

COMPLETE Mass Reflection #2 on page 13

Mass Reflection ✦ 2

What have you learned about the importance of the Eucharist?	
What do you think Jesus is trying to teach you through Mass?	
What part of Mass makes you feel closest to Jesus? Why?	

Mass Attendance

Mass #	Date	Church	Celebrant	FOCUS QUESTION: What is one thing you want to remember from today's Mass? (This will help for writing your Mass Reflections)	Priest/Deacon Signature
11					
12					
13					
14					
15					
COMPLETE Mass Reflection #3 on page 15					

Mass Reflection # 3

How is your relationship with Jesus different now that you have been reflecting on your Mass experiences?	
What changes have you noticed in your understanding of the Mass?	
What is one way you can spend time with Jesus outside of Mass? (Don't just say "pray.")	

Mass Attendance

Mass #	Date	Church	Celebrant	FOCUS QUESTION: What is one thing you want to remember from today's Mass? (This will help for writing your Mass Reflections)	Priest/Deacon Signature
16					
17					
18					
19					
20					

COMPLETE Mass Reflection #4 on page 17

Mass Reflection ✦ 4

How has your understanding of Jesus grown since you started reflecting on your Mass experience?	
What have the Gospels taught you about what is most important to Jesus?	
What qualities of Jesus have stood out to you as you've listened to the Gospels?	

Mass Attendance

Mass #	Date	Church	Celebrant	FOCUS QUESTION: What is one thing you want to remember from today's Mass? (This will help for writing your Mass Reflections)	Priest/Deacon Signature
21					
22					
23					
24					
25					
COMPLETE Mass Reflection #5 on page 19					

Mass Reflection # 5

What have you learned about Jesus through attending Mass this year?	
How have you tried to live out what you've heard at Mass in your daily life?	
What is one area of your relationship with Jesus you would like to continue to grow in?	

Section 5: Help for the Journey

A. Commit to attend every session of your Confirmation Preparation.

Get to know the people in your Confirmation group. Be respectful. Listen to them. Build trust. Dialogue. Share your values. Build friendships. Participate in the experience. This includes reading and reflecting on the assigned scripture in advance of each class (see the Reading Plan below through page 27.) Attendance at all sessions is expected and will be tracked.

FIRE Year 1 Reading Plan

The Bible is the Word of God. Pope Leo XIV tells us: “God throws the seed of his Word on all kinds of soil, that is, in any situation of ours: at times we are more superficial and distracted, at times we let ourselves get carried away by enthusiasm, sometimes we are burdened by life’s worries, but there are also times when we are willing and welcoming. God is confident and hopes that sooner or later the seed will blossom. This is how he loves us: he does not wait for us to become the best soil, but he always generously gives us his word. Perhaps by seeing that he trusts us, the desire to be better soil will be kindled in us. This is hope, founded on the rock of God’s generosity and mercy.”

(First general audience of Pope Leo XIV, 21-May-2025)

Each week you attend the program will focus on a different aspect of our Fire Year 1 theme, Meeting Jesus.

In advance of each session, please read the assigned scripture and answer ONE of these questions in the pages that follow (we will talk about this in our small groups):

- What words or phrases stand out to you from this passage? Why?
- Is there a challenge or encouragement in this passage for you? Explain
- What surprises you about this reading? Explain
- What do you think God wants us to learn from this?
- If you were in this story, who would you be? Why?

October 1: God's Love and My Story
Psalms 139:1-6, 13-14 CYB pg 760

October 15: God is Present in My Life
Exodus 3:1-6 CYB pg 92-93

October 29 : Sin, Brokenness, and Mercy

Luke 15:11-24 CYB pg 1373-1373

November 12: Jesus the Healer

Mark 2:1-12 CYB pg 1302-1303

December 3: Jesus Call His Friends

Mark 1:16-20 CYB pg 1300

December 17 : Jesus Sees the Unseen

Luke 19:1-10 CYB pg 1379-1380

January 14: Learning from Jesus
Matthew 5:1-12 CYB pg 1240-1241

January 28 : Choosing to Follow
Mark 10:17-22 CYB pg 1320

February 9 : Talking with Jesus
Luke 11:1-4 CYB pg 1362

March 10: Listening for God
1 Kings 19:11-13 CYB pg 406

March 18 : Jesus Sends Us

Matthew 28:16-20 CYB pg 1297

April 1: Come and See

John 1:35-39 CYB pg 1397

April 15: Remain With Me
John 15:1-17 CYB 1425

April 29: Go and Tell
John 1:35-51

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

C. Choose a Confirmation Sponsor. Read the Guidelines for Choosing a Confirmation Sponsor. Reflect on who you will choose.

Guidelines for Choosing a Confirmation Sponsor Selección De Padrinos

According to the Rite of Confirmation, “ the sponsor brings the candidate to receive the sacrament, presents them to the bishop for the anointing, and will later help them to fulfill their baptismal promises faithfully under the influence of the Holy Spirit whom they have received”.

Según el Rito de Confirmación dice que “ el padrino conduce al candidato a recibir el Sacramento, le es presentado al obispo para ser ungido; el padrino le brindará todo su apoyo para que el confirmado llegue a realizar sus promesas bautismales, con la ayuda del Espíritu Santo, a quien ha recibido”

In choosing a Confirmation Sponsor, the Church has some requirements:

Al seleccionar un padrino, la Iglesia pide los siguientes requisitos:

1. A sponsor must be at least 16 years old
El padrino debe ser mayor de 16 años.
2. A sponsor must be a fully initiated Catholic, confirmed in the Catholic Church
El padrino debe haber sido confirmado en la Iglesia Católica.
3. A sponsor should lead a life in harmony with our faith and the role to be undertaken.
El padrino debe ser una persona que vive una vida en armonía con su fe y el papel que va a desempeñar como padrino.
4. A sponsor may not be a parent of the one to be confirmed.
Los padres no pueden ser padrinos del que va a ser confirmado.

Parents may not act as sponsors, since they already have the primary role of being models of the faith to their child. One Godparent from Baptism may be a Confirmation sponsor, demonstrating the link between Baptism and Confirmation.

Los padres no pueden ser padrinos ya que tienen el papel principal de ser modelos de fe como padres. Un padrino de bautizo puede ser padrino de confirmación, así estará reafirmando el enlace que existe entre el bautismo y confirmación.

The sponsor is meant to be a person who will help guide and support the teen as they struggle to live out their lives as faithful members of the Catholic community.

Un padrino debe ser la persona que ayudará y guiará en el apoyo de nuestra lunch para llevar a cabo una vida como fieles miembros de una comunidad católica.

Each Confirmandi may only have one sponsor.

Cada Confirmando sólo puede llevar un padrino.

The sponsor should be present at the Confirmation ceremony, but in the event that he/she is unable to be present, another responsible adult may act as proxy.

El padrino debe estar presente en la ceremonia de confirmación, pero si por alguna razón esto no sería posible, se le puede dar el poder a otra persona, responsable, de representar a padrino. Favor de informar a la oficina si el padrino no va poder asistir a la ceremonia.

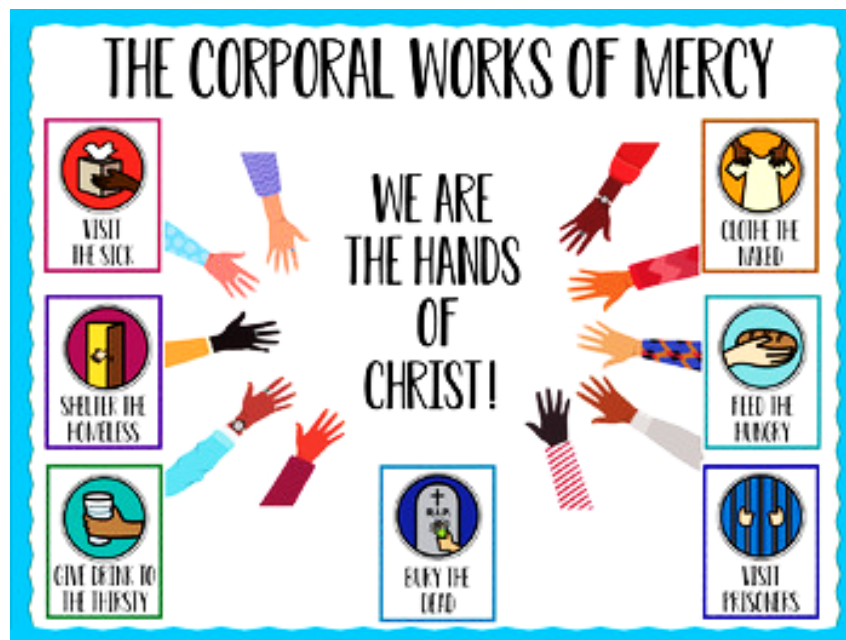
Nombre del padrino que estás considerando/Name of Sponsor you are considering.

Section 6: Serving the Lord with Gladness

Jesus said: "You shall love the Lord your God with all your heart, and with all your soul, and with all your mind. This is the greatest and first commandment. And the second is like it: You shall love your neighbor as yourself."

The best way to do this is to think about how we can make the words of Jesus in Matthew's Gospel come to life. "For I was hungry and you gave Me food, I was thirsty and you gave Me drink; I was a stranger and you made Me welcome; naked and you clothed Me, sick and you visited Me, in prison and you came to see me." (Matthew 25:35-37)

Our Church names these as the **Corporal Works of Mercy**: Feed the hungry, Give drink to the thirsty, Clothe the naked, Shelter the homeless, Visit the sick and imprisoned, Bury the dead.



Feed the Hungry / Give Drink to the Thirsty:

- Help sort donated food, stock shelves, or pack bags at a food pantry.
- Volunteer at a local community garden that donates fresh produce to food banks. Assist with planting, weeding, or harvesting.
- Volunteer at a local soup kitchen, or to help with our parish Community Meals.

Clothe the Naked:

- Help collect, sort, fold, and organize donated clothing at various outreach and service organizations.
- Organize a drive for socks, hats, gloves, or coats for a homeless shelter during the winter.
- Volunteer to help at the parish thrift store.

Shelter the Homeless:

- Collect and pack small essential items like toiletries, snacks, and socks for individuals entering a shelter.
- Assist with light cleaning or organizing common areas at a local family shelter.

Visit the Sick and Imprisoned:

- Volunteer at a children's hospital: Help with activities in the playroom, read to young patients, or create craft projects (following hospital guidelines).
- Visit residents at a nursing home: With permission and supervision, engage in conversation, play games, or read to elderly residents.
- Create and deliver cards, small gifts, or sing-alongs for patients at a local hospital or nursing home.
- Write encouraging and supportive letters to individuals in recovery, through a reputable organization.
- Collect gently used books to donate to libraries at recovery facilities, nursing homes, prisons.

Bury the Dead:

- Volunteer for cemetery beautification.
- Support a local hospice: Help with tasks like creating bereavement cards or organizing supplies (under the guidance of hospice staff).

These are provided to help you get ideas for the types of service you are encouraged to perform. All activities should be conducted through organizations skilled in these areas and your hours are to be signed off by a member of the organization's staff. Parents may not sign off on your community service hours.

You are required to complete a total of 15 hours of Community Service in each year of Fire - Confirmation Preparation.

Es obligatorio completar un total de 15 horas de servicio comunitario durante cada año del programa de preparación para la Confirmación "Fire".

Community service looks outward, focusing on benefiting others and the community, while service at home as part of a family looks inward, focusing on the upkeep and functioning of the family. **In Confirmation preparation, we require service to be outward facing.** Accepting pay or gifts for service is not allowed.

El servicio comunitario se dirige hacia el exterior, centrándose en beneficiar a los demás y a la comunidad; por el contrario, el servicio en el hogar como parte de la familia se dirige hacia el interior, centrándose en el mantenimiento y el funcionamiento de la familia. Para la preparación de la Confirmación, requerimos que el servicio esté orientado hacia el exterior. No se permite aceptar remuneración ni regalos a cambio del servicio.

Log each service activity that you complete and have the event leader sign as appropriate.

Registre cada actividad de servicio que complete y solicite la firma del responsable de la actividad según corresponda.

Complete the Service Reflection Form to document how your experience impacted you and the people or organizations you served.

Complete el formulario de reflexión sobre el servicio para documentar cómo influyó su experiencia en usted y en las personas u organizaciones a las que prestó servicio.

Service Opportunities

St. Brigid's is not responsible to provide you with service opportunities, although we love when students and families work together here in the parish. As a courtesy, we will let you know of service opportunities as we hear about them. Many of you are already doing community service for school. Those hours can be used as long as they are signed off by the leader of the service activity.

St. Brigid's no tiene la obligación de proporcionarles oportunidades de servicio, aunque nos encanta que los estudiantes y las familias colaboren aquí en la parroquia. A modo de cortesía, les informaremos sobre las oportunidades de servicio a medida que tengamos conocimiento de ellas. Muchos de ustedes ya realizan servicio comunitario para la escuela; dichas horas pueden contabilizarse siempre y cuando cuenten con la firma del responsable de la actividad de servicio.

We will be publishing service opportunities on our website. You can always check the site and sign up by clicking on the QR code.

Publicaremos oportunidades de servicio en nuestro sitio web. Siempre puedes consultar el sitio y registrarte haciendo clic en el código QR.



MY CONFIRMATION SERVICE LOG (15 Hours Minimum)

[illegible]

Write at least 2 paragraphs about how your service experience impacted you and the people or organizations you served. You can choose one activity to write about or you can summarize all your service experiences. Think about the **Corporal Works of Mercy** on pages 30-31 and how your service mapped to one or more of these.

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.

Section 7: Preparing for Reconciliation

We will attend Reconciliation together as part of this year's program. To prepare, here are some things for you to know:

Examine your conscience. What has been happening in your relationships that you would like to change? What actions could you have done differently? How could you have been more respectful, more loving, kind, or caring toward others? Are you sorry for what occurred?

Reflect on the following areas:

My Relationship with God

- Do I pray to God from my heart, telling God how I feel, how I need help, my problems, my struggles, good experiences that are happening in my life, and about how I am growing in my relationships or not?
- Am I making an effort to learn all that I can about God during this time of preparation for Confirmation?
- Am I growing in my love of God through the Word of God at Mass and reception of Holy Communion?

My Relationship with Others

- How is my relationship with my parents, siblings, and other family members? How do I show my respect and love for them or not?
- Am I truthful in my relationships or do I lie to others out of fear or deceit?
- Am I willing to share with others or do I only think about my needs? Do I steal from others? What? Why?
- Do I respect others as made by God: respecting their person, race, respectful of their bodies, listening to what they have to say, cherishing life and peace?

My Relationship with Myself

- Do I accept being the person that God created me to be?
- Am I trying to be the best person that I can be here and now?
- Have I mistreated my own body through improper use of drugs, alcohol, sex?
- Do I let discouragement overpower me? Am I depressed or lonely? Have I sought help when I am, by talking with a parent, teacher, counselor or friend?

Five Steps of the Sacrament of Reconciliation

1. Greetings & Make the Sign of the Cross.
Te persinas.
2. Say something about yourself...How long since your last confession?
Di al sacerdote si estás hacienda tu primera confesión, o cuánto tiempo ha pasado desde la última confesión.
3. Confess your sins or what actions for which you are sorry.
Sabes que Dios te ama. Confiesa tus pecados con pasión en tu corazón.
4. Priest gives a penance. It could be a prayer or good act.
El sacerdote te dará una penitencia, podría ser rezar una oración, o hacer una buena obra.
5. Say an Act of Contrition. The priest gives absolution i.e. forgiveness of God through the priest.
Rezar el acto de contrición. El sacerdote imparte la absolución.

Act of Contrition

O my God, I am sorry for my sins. In choosing to do wrong
And failing to do good, I have sinned against you and your church.
I firmly intend with the help of your Son, To make up for my sins
And to love as I should. Amen

Acto de Contrición

Señor mío me arrepiento de mis pecados. En escoger el mal y
olvidar hacer el bien, he pecado contra ti Y tu iglesia.
Me propongo firmemente, con la ayuda de tú hijo, de enmendar
mis Pecados, y amar como tú nos lo has pedido. Amen.

Section 8: Prayer Keeps It All Together

Being a Catholic Christian is a Way of Life. Jesus is our example.

Develop a Prayer Plan: Each day, when will you pray?

Daily Prayer

- Morning Prayer: When you wake up in the morning, say hello to God in your own words. If you wish, add an Our Father, Hail Mary, etc.
- Before and/or After Meals: remember to thank God for the gift of food.
- Night Prayer: In your own words, thank God for the blessings and challenges of the day. How might you handle what happened today any differently tomorrow, with God's help? We call this kind of prayer an "examen."
- Read a Bible story.
- Pray for family members, friends, etc.

Prayer to the Holy Spirit

Dear Almighty God, Father of our Lord Jesus Christ,

Who gave me the gift of Baptism

Free me from any lack of love toward You, my family and friends, neighbors or myself.

Send upon me your Holy Spirit and give me

The spirit of wisdom, and understanding,

The spirit of right judgment and courage,

The spirit of knowledge and prayer,

And fill me with the spirit of wonder and awe in Your Presence.

Through Christ our Lord.

Appendix A

FIRE Year 1 - 2026-2027 Calendar

See Section 5, pages 20-26 for Reading Plan assignments expected each week. *Note: students enrolled in St. Brigid/Our Lady of Hope school do not attend the Thursday sessions as they receive faith formation as part of the Catholic school curriculum.*

Opening Prayer Service & Orientation: Thursday, September 17 - 7pm (Chapel)

Sessions begin - Thursdays from 7pm - 8:30pm (Chapel)

- October 1
- October 15
- October 29
- November 12
- December 3
- December 17
- January 14
- January 28
- February 9 - TUESDAY
- March 4
- March 18
- April 1
- April 15
- April 29

Reconciliation - Monday, March 8 **OR** Tuesday, March 9 - 7 pm - Church - Groups to be assigned.

Parent Meetings:

Monday, October 19 - 7pm (Chapel)

Monday, January 11 - 7pm (Chapel)

Monday, April 19 - 7pm (Chapel)

Appendix B

Weekend Mass | Misa De Fin De Semana

Church | Iglesia | 85 Post Ave

Saturday | Sábado

5:00pm (English)

7:00pm (Español)

Sunday | Domingo

8:00am (English/Italian - Bilingual)

10:00am (English)

11:45am (English)

2:30pm (Kreyol)

6:00pm (English)

School Chapel | Capilla De La Escuela | 101 Maple Ave

Sunday | Domingo

7:30am (Espanol)

9:15am (English)

11:00am (Español)

12:45pm (Español)

Confession | Confesiones

Church | Iglesia | 85 Post Ave

Monday-Friday | Lunes-Viernes

12:40pm

Saturday | Sábado

4:00-4:45pm

6:15-6:45pm

Wednesday | Miércoles

6:45-7:15pm

Parent/Guardian Comments & Parent/Guardian Signature:

Small Group Leader Comments & Signature:

Candidate's Name _____ Phone # _____

Catechist/Leader's Name _____