

# HOLY NAME OF MARY PARISH

***What does it mean to receive the “seal” of the Holy Spirit? It means being indelibly marked, inalterably changed, a new creation. For those who have received this gift, nothing can ever be the same! Being “sealed with the Spirit” means not being afraid to stand up for Christ...”***  
***[Pope Benedict XVI, Homily given during the 23<sup>rd</sup> World Youth Day in Sydney, Australia]***

Dear Confirmation Candidates, Parents, and Sponsors:

Rather than adding onto the busyness that comes with our daily life, we want our Confirmation program to be an opportunity for each of us who are involved to *pause* from the craziness; to look inward and rediscover our relationship with Christ—a relationship that reaches new depths through this very meaningful sacrament. Through studying and discussing our faith, taking time for prayer and the sacraments, and showing our love for our brothers and sisters through service, we can reconnect with the Spirit in our lives and live with an ever growing awareness of the presence of God.

***“I will give you a new heart, and a new spirit I will put within you ... I will put my spirit within you so that you walk in my statutes, observe my ordinances, and keep them. You will live in the land I gave to your ancestors; you will be my people, and I will be your God.”***

***[Ezekiel 36:26-28]***

In Ezekiel we read of the promise from God to change our hearts by pouring his spirit in us. As your children prepare to receive the Sacrament of Confirmation and receive this Holy Spirit and his gifts, we have put together a series of projects to help you take time to reflect on different aspects of our Catholic Faith.

Ultimately, what makes for a good reflection is not how long it is, but how *sincere* it is. We invite you to take some time for yourself to be alone with God, take the questions to prayer, and write down whatever is in your heart. These are not book reports, but rather your own writings which should flow from your relationship with God.

Your projects will be checked during the year. This will assist us in monitoring your work, as well as give you an opportunity to show your interest in deepening your commitment.

Know that the parish community of Holy Name of Mary will be praying for you during this journey. May the Cross of Jesus strengthen you and the Holy Spirit enlighten your mind and heart.

Sincerely,

*Mrs. Cecilia Garzona*  
*Faith Formation Coordinator*

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<b>1. Weekly Homily reflection</b>	<b>Due on every class starting the week of Oct.11,2022</b>
<b>2.Choosing your Confirmation Name</b>	<b>Tuesday Nov 1, 2022</b>
<b>3.Choosing your Sponsor</b>	<b>Tuesday Nov 15, 2022</b>
<b>4.Interview your Sponsor</b>	<b>Tuesday Nov 29, 2022</b>
<b>5.Essay on the gifts of the Holy Spirit</b>	<b>Tuesday January 10, 2023</b>
<b>6.Service Hours/ Reflection</b>	<b>3 parts</b>
<b>a.Gifts or talents essay (1 Cor. 12:4-11)</b>	<b>Tuesday February 14, 2023</b>
<b>b. Foods for the food pantry at outreach</b>	<b>Tuesday March 14, 2023</b>
<b>c. any other kind of service ( 15 hours)</b>	<b>Tuesday April 4, 2023</b>

Please email projects to [hnmconfirmationreports@gmail.com](mailto:hnmconfirmationreports@gmail.com)

**Make sure to add your full name**

***The completion of these projects are a requirement to receive the Sacrament of Confirmation***

**Project 1: Weekly homily reflection-ongoing**

*Weekly mass reflection, this is an ongoing project that will last throughout the school year. Starting October 11, 2022 every student is required to go to mass on Sunday (or Saturday at 5 pm), fill out this form, bring it to the next class or email to [hnmconfirmationreports@gmail.com](mailto:hnmconfirmationreports@gmail.com)*

**Sunday Homily Reflection**

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

Name of Church: \_\_\_\_\_

What was the time of the Mass? \_\_\_\_\_

Name of Priest: \_\_\_\_\_

Gospel of the Day: \_\_\_\_\_

**Reflection**

What was the point of the homily? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## ***Project 2: Choosing your Confirmation Name***

You Name: \_\_\_\_\_ Class: \_\_\_\_\_

### **CHOOSING YOUR CONFIRMATION NAME Due November 1<sup>st</sup>, 2022**

Choosing a new name for Confirmation is an ancient and honorable tradition. Taking a new name can be symbolic of a new stage in life. Many of your parents probably participated in this tradition when they were confirmed. It follows in the scriptural tradition of the famous phrase, "I have called you by name" (Is 45:3-4). In the Hebrew scriptures, Abram became Abraham, and Jacob became Israel. In the New Testament the tradition continued when Simon was renamed Peter by Jesus (Mt 16:17), and Saul became Paul (Acts 13:9). The name you choose should be the name of a Saint. A Saint is someone in Heaven who strived to live life as a Christian. They were not perfect people. You should do research about the lives of different saints, what they did, why we honor them today as saints, etc. I would suggest you start by thinking about a name you like, or by seeing if a Saint's feast day is on your birthday.

Here are some websites you can use to read about the lives of saints:

[www.catholic.org](http://www.catholic.org)

[www.americancatholic.org](http://www.americancatholic.org)

[www.loyolapress.com](http://www.loyolapress.com)

Watch a movie on FORMED.org

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**THIS FORM MUST BE COMPLETED AND RETURNED BY November 1<sup>st</sup>, 2022 VIA E-MAIL TO  
hnmconfirmationreports@gmail.com**

**ANSWER THE FOLLOWING QUESTIONS ON A SEPARATE SHEET UNDER AN ESSAY  
FORMAT WITH **A MINIMUM OF 500 WORDS**. MUST STATE YOUR NAME IN ORDER  
TO GET CREDIT.**

**PLAGIARIZING FROM A WEBSITE OR FROM A CLASSMATE WILL NOT BE ALLOWED**

1)What Saint name have you chosen for Confirmation?\*

*\*Be specific, as there are some names that have a number of saints with the same first name. For example, St. John could be St. John (the apostle), St. John the Baptist, St. John Vianney, St. John Bosco, St. John of the Cross, etc.*

2)Write about the Saint

3)After reading about the life of the Saint, What did this Saint do that impressed you?

4)How do you identify with this Saint? How can this Saint help you in your life?

### **Project 3: Choosing your sponsor Due Nov 15, 2022**

#### **CHOOSING YOUR CONFIRMATION SPONSOR**

Choosing your Confirmation Sponsor is a very important decision. You should take time to pray to God about who He wants you to choose as your Sponsor since He knows much better than we do. Here is some information in order to help you better understand the role of the sponsor, and a prayer to help you choose someone.

#### **What is a Sponsor?**

A sponsor is a person who encourages and assists a candidate for Confirmation to embrace and actively practice the Catholic faith. The sponsor also presents the candidate to the Bishop at the celebration of Confirmation.

#### **Who can be a Sponsor?**

Being a sponsor is not just an honor, it is also an important responsibility. The sponsor must be an active, practicing Catholic who can be a role model for the candidate. This can be a grandparent, aunt or uncle, sibling, other relative, family friend, teacher, etc. The Catholic Church has set the following requirements to be a sponsor:

- Must regularly attend Sunday Mass and celebrate the sacraments
- Must be fully initiated Roman Catholic (received the Sacraments of Baptism, Confirmation, and Eucharist)
- Must be at least 16 years old
- May NOT be the parent of the candidate

#### **Prayer to help choose a Sponsor:**

Holy Spirit, helper and guide, give me wisdom as I choose my Confirmation sponsor. Help me to choose a person of prayer who will teach me also to be a person of prayer who will support me in difficult times, who will guide me to make good choices, and who will challenge me when I do not. Help me to choose someone who will love me and teach me to love Jesus. Thank you for giving me a community of people around me to support and guide me as I take this important step in becoming more fully a member of your Church. Amen.

Please write a 250 word essay about your sponsor and the reason why you have chosen him/her.

Please email the essay by Nov 15,2022 to [hnmconfirmationreports@gmail.com](mailto:hnmconfirmationreports@gmail.com)

**Project 4 SPONSOR INTERVIEW due on Nov.29,2022**

*Interview your Sponsor and write a summary of it below.*

*Please write a minimum of 250 words email the interview to [hnmconfirmationreports@gmail.com](mailto:hnmconfirmationreports@gmail.com)*

Some suggestions for the interview:

- \* How did your Sponsor feel when you asked him/her to be your Sponsor?
- \* Was he/she aware of the reasons why you selected him/her to be your Sponsor?
- \* According to your Sponsor, what does he/she think is the most important part of being a sponsor for Confirmation?
- \* How does your Sponsor plan on fulfilling this role?
- \* According to your Sponsor, what does it mean to live a good Catholic life?

**PLAGIARIZING FROM A WEBSITE OR FROM A CLASSMATE WILL NOT BE ALLOWED**

***Project 5 GIFTS OF THE HOLY SPIRIT Due January 10, 2023***

Confirmation is the sacrament that completes the grace we receive in Baptism. It seals, or confirms, this grace through the seven Gifts of the Holy Spirit that we receive as part of Confirmation. This sacrament also makes us better able to participate in the worship and apostolic life of the Church. Like Baptism, Confirmation is received only once in a person's life.

Through Jesus, we receive the Gifts of the Holy Spirit in the Sacrament of Confirmation.

**Wisdom** helps us recognize the importance of others and the importance of keeping God central in our lives.

**Understanding** is the ability to comprehend the meaning of God's message.

**Knowledge** is the ability to think about and explore God's revelation, and also to recognize that there are mysteries of faith beyond us.

**Counsel** is the ability to see the best way to follow God's plan when we have choices that relate to him.

**Fortitude** is the courage to do what one knows is right.

**Piety** helps us pray to God in true devotion.

**Fear of the Lord** is the feeling of amazement before God, who is all-present, and whose friendship we do not want to lose. (Loyola Press)

Please sign up into FORMED.org (go to Formed.org, sign up as a parishioner, find your parish: Holy Name of Mary Valley Stream, enter your name and email address, sign up for free)  
Parish code PCCCT4

Watch Symbolon Session 7: The Holy Spirit and the Life of Grace

<https://watch.formed.org/videos/the-holy-spirit-and-the-life-of-grace>

Please write a 400 hundred word essay on a personal reflection of the Gifts of the Holy Spirit.

Ex: How can the gifts of the Holy Spirit help me in my daily life? Which gift do I need the most?

And email it to: [hnmconfirmationreports@gmail.com](mailto:hnmconfirmationreports@gmail.com)

## *Project 6*

### *Service Hours/Reflection (3 parts Project)*

*a)* In preparation for this project, each candidate **is required** to read this excerpt from the **Letter of St. Paul to the Corinthians (1 Cor. 12: 4-11) as follows: (due February 14, 2023)**

4. There are different kinds of spiritual gifts but the same Spirit;<sup>c</sup>
- 5 There are different forms of service but the same Lord;
- 6 There are different workings but the same God who produces all of them in everyone.
- 7 To each individual the manifestation of the Spirit is given for some benefit.
- 8 To one is given through the Spirit the expression of wisdom; to another the expression of knowledge according to the same Spirit;<sup>d</sup>
- 9 To another faith by the same Spirit; to another gifts of healing by the one Spirit;
- 10 To another mighty deeds; to another prophecy; to another discernment of spirits; to another varieties of tongues; to another interpretation of tongues.<sup>e</sup>
- 11 But one and the same Spirit produces all of these, distributing them individually to each person as he wishes.<sup>f</sup>

Please write your reflection on an essay form of 300 words on what you think this reading means for you in your life. **This is a personal reflection**, please take the time to meditate and ask God to enlighten your life using this reading. Please do not copy your answer from the Internet or any other place.

**Please e-mail to [hnmconfirmationreports@gmail.com](mailto:hnmconfirmationreports@gmail.com)**

“The Holy Spirit reminds us; he reminds us of all that Jesus said. He is the living memory of the Church, and when he reminds us, he helps us understand the words of the Lord. This remembrance in the Spirit and by virtue of the Spirit . . . is an essential aspect of Christ’s presence within us and within his Church. The Spirit of truth and charity reminds us of all that Christ said and helps us enter ever more fully into the meaning of his words. We all have this experience: one moment, in any situation, there is an idea and then another connects with a passage from Scripture. . . . It is the Spirit who leads us to take this path: the path of the living memory of the Church. And he asks us for a response: the more generous our response, the more Jesus’ words become life within us, becoming attitudes, choices, actions, testimony. In essence the Spirit reminds us of the commandment of love and calls us to live it”. From Loyola Press website



***b) Food donation for Outreach at Holy Name of Mary  
(due March 14, 2023)***

You are asked to bring some non-perishable items for the food pantry and **write a reflection** about what you think (or know) about people who do not have enough to eat. How does it feel to help? What did you bring? How can you continue to help to feed the hungry in the future? Please email your response to [hnmconfirmationreports@gmail.com](mailto:hnmconfirmationreports@gmail.com)

**Food can be dropped off Monday through Friday from 10-2; other hours by appointment (825-0177) at HNM Outreach 65 E Jamaica ave Valley Stream NY 11580**

**Following is a list of preferred food**

baked beans	ketchup	coffee / tea	snacks
beans - red, pink, black;	mac & cheese	cookies / crackers	soup
cake mix	mayonnaise	detergent	stuffing
canned / boxed potatoes	mustard	flour	sugar
canned fruit	pancake mix	jelly	tissues
canned juice	pancake syrup	Tuna fish	Toilet paper
canned peas	paper towels	Cold cereal	Salad dressing
canned pasta	peanut butter	canned tomatoes	rice





