

Spiritual Exercises with your Sponsor: Formational activities outside of Parish-led Programs
The following activities are for the Confirmation candidate to do on his own, but not alone. They are to be done with the candidate's Sponsor. Choose at least one from the list below to do with your sponsor as part of your spiritual growth and preparation. Complete the enclosed form and briefly share the impact of that exercise on your faith formation. Please turn in the form to the Religious Education Office by May of your Confirmation year.

1. Choose a service project of your choice to do with your sponsor. Before your service, attend Mass together and offer prayerful intentions for the people you will serve. Consider lighting a candle in the church as you pray for them.
2. Join a ministry you are interested in that you have not been involved in before. Talk with the ministry leader to learn their purpose and meet with them to discover how you may become involved. Some suggestions are: Children's Liturgy of the Word, Choir, Social Concerns. A complete list of the Ministries in our parish can be found in the bulletin.
3. If you and your sponsor are part of a Liturgical Ministry (Altar Server, Choir, CLW), compare your experience of attending Mass when you are serving in your ministry, versus when you are not. Discuss with your sponsor their involvement in a Liturgical Ministry and how their experience has been affected by their service during Mass.
4. Attend Mass in a Cathedral or Church to in another city.
5. Take a pilgrimage to the Blue-Army Shrine in Washington, NJ. Visit the website: shrine@bluearmy.com for a calendar of events. Some suggested activities include: Daily Mass at noon, confessions heard before and after Mass, walk through the outdoor stations of the cross in a wooded path, or walk through the Rosary Garden. You can also picnic on the grounds, and visit the gift shop.
6. Attend Sunday Mass, and interview 5 adult parishioners you do not know following Mass. Approach them, introduce yourself, and let them know you are a Confirmation Candidate seeking "faith insight". Ask them these questions: *How does attending Mass on Sunday feed your soul, and strengthen your relationship with God? How does your parish help foster your adult faith?*
7. Keep a Confirmation Journal with your sponsor (*this is particularly good if your sponsor is far away*). We have available to you in the parish office Confirmation Journals for you and your sponsor to share together. The journals will foster a beautiful discussion and spiritual enrichment.
8. Attend an introductory Bible Study lesson. See the bulletin for details, or our office can direct you.
9. Attend a Friday evenings "Soup & Stations of the Cross" during Lent.
10. Attend one of the many services during the Triduum (end of Lent). See the bulletin for the scheduled services. Choose one you have never been too. Suggestions: The Last Supper Liturgy on Holy Thursday, "7 Last Words" on Good Friday; the Living Stations on Good Friday; the Easter Vigil where the R.C.I.A. Candidates receive their Sacraments of Initiation.
11. Attend Mass every Sunday and write in a "Mass Journal". Bring your journal to Mass and write what you hear from God. Do this consistently 1 month or more. Sometimes one sentence or even a phrase from the Gospel that you write down will stay with you for the week and help to draw you closer to Jesus.
12. Read a Christian-themed book together with your sponsor and have a discussion about it. We have several in our office. One suggestion is: YOUCAT (the Youth Catechism of the Catholic Church)--choose one section and read a chapter weekly. What new information about your faith did you learn?
13. Watch a Christian movie with your sponsor and have a discussion about it. Did this movie teach you how to be a better Christian?

Suggestions are: Catholicism series with Fr. Barron, The Seven Pillars of Catholic Spirituality, Breaking the press (basketball theme/Prodigal Son), Facing the Giants (Football theme), The Genesis Code.

14. Make an appointment with one of our Clergy, or one from your Sponsors' parish. Ask them to share with you their faith journey and ask any questions you might have for them.

15. Contact our Evangelization coordinator, Melinda Ulrich (mulrich@iccannandale.org) to participate in a "special parish wide event" (this includes the Living Nativity, Live Stations of the Cross, and others events throughout the year).

16. On a Holy Day of Obligation, read about this day, attend Mass, and celebrate this day in new and special way than you have before.

17. Download the "Pope" or "Laudate" App and share this tool with your sponsor as a means to help you keep up with your faith.

18. Read the Pope's Encyclical together and discuss.

If there is a Catholic Spiritual exercise not on this list you consider faith forming, please contact the religious education office so we can consider adding it to this list.

"Spiritual Exercises with Sponsor" Form enclosed

