

MISSION STATEMENT

With Jesus as our model and inspiration, we deepen our Catholic identity and faith through religious instruction, moral formation, prayer, worship, and Christian service.

Với Chúa Kitô là gương mẫu và là nguồn cảm hứng, chúng tôi đào sâu về đức tin và căn tính Kitô Giáo qua việc giảng dạy, huấn luyện lương tâm, cầu nguyện, nghi lễ phụng tự và những việc bác ái Kitô Giáo.



WELCOMING LETTER | Thư Chào Mừng

Dear Parents, Sponsors, and Confirmation Students,

What a blessing it will be, journeying and teaching our teens to be closer to Christ during Confirmation preparation. This is truly a special time of spiritual formation for our teen, one that I hope will strengthen your entire family.

We pray that with the help of amazing Priests, Catechists and the Parish Community, we will be able to guide you to have a more grounded understanding of the Catholic Church, to conform your lives to the life and teachings of Jesus Christ, and to live joyfully in Christ.

Through the Cross to Glory

Quý Phụ Huynh, Người Đỡ Đầu và các em học sinh Thêm Sức thân mến,

Thật là một hồng phúc cho chúng tôi cùng đồng hành và giảng dạy các em thanh thiếu niên được đến gần Chúa hơn trong quá trình chuẩn bị Thêm Sức. Đây là thời gian rất đặc biệt để huấn luyện tâm linh cho các em. Mong sao hành trình này cũng giúp tăng trưởng cả gia đình của quý vị.

Với sự trợ giúp của các Linh Mục, các Giáo Lý Viên và toàn thể giáo xứ, chúng tôi nguyện ước được hướng dẫn các em hiểu biết hơn đức tin Công Giáo, để thay đổi con người và lối sống của chúng ta phù hợp với đời sống và lời giảng dạy của Chúa, và để sống trong Chúa.

Qua Thánh Giá tới Vinh Quang



Sr. Cecilia Trang Pham, LHC
Director of Faith Formation



Chris Ord
Coordinator of Youth Ministry

HOLY SPIRIT CATHOLIC CHURCH | FAITH FORMATION PROGRAM

17270 Ward Street. Fountain Valley, CA 92708 | 714.963.7871 | faithformation@hscsfv.org

OFFICE HOURS

Monday - Friday: 9:30 AM - 5:00 PM
Saturday: 9:00 AM - 2:00 PM

CONFIRMATION SESSIONS

Tuesday: 7:00 PM - 8:30 PM
Saturday: 9:30 AM - 11:00 AM
Saturday: 11:30 AM - 1:00 PM

Sr. Cecilia Trang Pham, LHC

714.963.7871 | faithformation@hscsfv.org

Chris Ord

714.330.4063 | youthministry@hscsfv.org



CONFIRMATION REQUIREMENTS * YEAR I

1. Deepening relationship with Christ Jesus:
 - a. Be faithfully attending Mass and receiving Eucharist on Sunday and Holy Days of Obligation
 - b. Praying regularly
 - c. Regular reception of the Sacrament of Holy Eucharist and Reconciliation
 - d. Reading the Bible
2. Have participated fully in a process of preparation with appropriate attitudes and understanding
3. Regular attendance of classes with active participation and respect. *(More than three absences will delay advancement to Confirmation II.)* Be responsible for making up work missed due to absence.

CHECKLIST <i>C=Candidate; S=Sponsor; P=Parent</i>	DATE	Page #	PARENT SIGNATURE
Attendance:			
<input type="checkbox"/> Absent 1 <input type="checkbox"/> Absent 2 <input type="checkbox"/> Absent 3	<input type="checkbox"/> Make up 1 <input type="checkbox"/> Make up 2 <input type="checkbox"/> Make up 3		
Confirmation Name-Saint Projects, submitted by Feb. 1			
<input type="checkbox"/> Part 1: Confirmation Name		8, 10	
<input type="checkbox"/> Part 2: I am a Saint			
Workshops – Retreats			
<input type="checkbox"/> Mini Retreat & Ritual of Commitment * C/P	Sunday, Nov. 6, 2016 * 2:00am-6:00pm	5	
<input type="checkbox"/> Planted For Life Weekend Retreat * C/P	December 16-18	6	
<input type="checkbox"/> 2 CYF Nights * C	Every other Sunday, * 7:30pm-9:30pm	7	
<input type="checkbox"/> Youth Day * C	Thursday, Feb. 23, 2017 * 6:00am-5:00pm	6	
<input type="checkbox"/> Seder Meal * C/S	Tuesday, Mar 7 * 6:30pm-8:39pm	6	
<input type="checkbox"/> Teen Integrity * C/S/P	Sunday, April 30 * 2:00pm-5:00pm	6	
12 Hours of Christian Service & Written Reflection			
<input type="checkbox"/> * Family Project – 4 hours	<input type="checkbox"/> Due Dec. 1. Hours ___ * Date _____	7,	_____
<input type="checkbox"/> * Parish Project – 4 hours	<input type="checkbox"/> Due Mar. 1. Hours ___ * Date _____	12,	_____
<input type="checkbox"/> * Community Project – 4 hours	<input type="checkbox"/> Due Apr. 1. Hours ___ * Date _____	13	_____
Others			
<input type="checkbox"/> Certificate of Baptism, submitted by Feb. 1			
<input type="checkbox"/> Sponsor Form, submitted by Feb. 1		7, 11	
<input type="checkbox"/> Confirmation Interviews * C/S	Sunday, Feb. 12 or 19 * 11:00am-2:00pm	8	
Assessments			
<input type="checkbox"/> Final	<input type="checkbox"/> Final		

Prayers to Remember By Heart	Signature		Signature
<input type="checkbox"/> 1. The Lord's Prayer		<input type="checkbox"/> 10. Seven Sacraments	
<input type="checkbox"/> 2. Hail Mary		<input type="checkbox"/> 11. How to go to Confession	
<input type="checkbox"/> 3. Glory Be		<input type="checkbox"/> 12. The Beatitudes	
<input type="checkbox"/> 4. Act of Faith		<input type="checkbox"/> 13. Mysteries of the Rosary	
<input type="checkbox"/> 5. Act of Hope		<input type="checkbox"/> 14. 14 Works of Mercy	
<input type="checkbox"/> 6. The Act of Love		<input type="checkbox"/> 15. Hail Holy Queen	
<input type="checkbox"/> 7. Act of Contrition		<input type="checkbox"/> 16. Memorare	
<input type="checkbox"/> 8. Ten Commandments		<input type="checkbox"/> 17. Come, Holy Spirit	
<input type="checkbox"/> 9. Church Laws			



1. Deepening relationship with Christ Jesus:
 - a. Be faithfully attending Mass and receiving Eucharist on Sunday and Holy Days of Obligation
 - b. Regular reception of the Sacrament of Holy Eucharist and Reconciliation
 - c. Praying regularly; Reading the Bible
2. Have participated fully in a process of preparation with appropriate attitudes and understanding
3. Regular attendance of classes with active participation and respect. *(More than three absences will affect advancement to Confirmation)*. Be responsible for making up work missed due to absence.
4. Be able to demonstrate knowledge and understanding of Jesus, his teachings & the values of the Catholic faith
5. Be able and willing to express their free decision to accept Confirmation and a desire to continue to nurture their relationship with Christ.

CHECKLIST CHECKLIST <i>C=Candidate; S=Sponsor; P=Parent</i>		DATE	Pg #	PARENT SIGNATURE
Attendance:				
<input type="checkbox"/> Absent 1 <input type="checkbox"/> Absent 2 <input type="checkbox"/> Absent 3		<input type="checkbox"/> Make up 1 <input type="checkbox"/> Make up 2 <input type="checkbox"/> Make up 3		
Workshops – Retreats				
<input type="checkbox"/>	Mini Retreat & Ritual of Support * C/S	Sunday, Oct. 23, 2016 * 2:00pm-6:00pm	5	
<input type="checkbox"/>	Charismatic Retreat * C	Sunday, January 15, 2017 * 9:00am-6:00pm	6	
<input type="checkbox"/>	Free the Fire Retreat * C	March 10-11-12	6	
<input type="checkbox"/>	2 CYF Nights * C	Every other Sunday * 7:30pm-9:30pm	7	
<input type="checkbox"/>	Teen Integrity * C/S/P	Sunday, April 30 * 2:00pm-5:00pm	6	
<input type="checkbox"/>	Mass & Ritual of Acceptance * C/S	Sunday, April 30 * 5:00pm Mass	5	
15 Hours of Christian Service & Written Reflection				
<input type="checkbox"/>	* Family Project – 4 hours	<input type="checkbox"/> Due Dec. 1. Hours ____ * Date _____	7,	
<input type="checkbox"/>	* Parish Project – 4 hours	<input type="checkbox"/> Due Mar. 1. Hours ____ * Date _____	12,	
<input type="checkbox"/>	* Community Project – 4 hours	<input type="checkbox"/> Due Apr. 1. Hours ____ * Date _____	13	
<input type="checkbox"/>	* Other – 3 hours	<input type="checkbox"/> Other Hours ____ * Date _____		
Others				
<input type="checkbox"/>	Bishop Letter (Petition for Confirmation)	<input type="checkbox"/> Due Feb. 1	8, 14	
<input type="checkbox"/>	Confirmation Interviews * C/S	Sunday, Jan. 22 or Feb. 5 * 11:00am-2:00pm	8	
Assessments				
		<input type="checkbox"/> Entrance	<input type="checkbox"/> Final	
Prayers to Remember By Heart		Prayers to Remember By Heart		Signature
<input type="checkbox"/>	1. The Lord's Prayer	<input type="checkbox"/>	10. Seven Sacraments	
<input type="checkbox"/>	2. Hail Mary	<input type="checkbox"/>	11. How to go to Confession	
<input type="checkbox"/>	3. Glory Be	<input type="checkbox"/>	12. The Beatitudes	
<input type="checkbox"/>	4. Act of Faith	<input type="checkbox"/>	13. Mysteries of the Rosary	
<input type="checkbox"/>	5. Act of Hope	<input type="checkbox"/>	14. 14 Works of Mercy	
<input type="checkbox"/>	6. The Act of Love	<input type="checkbox"/>	15. Hail Holy Queen	
<input type="checkbox"/>	7. Act of Contrition	<input type="checkbox"/>	16. Memorare	
<input type="checkbox"/>	8. Ten Commandments	<input type="checkbox"/>	17. Come, Holy Spirit	
<input type="checkbox"/>	9. Church Laws	<input type="checkbox"/>	18. Nicene Creed	



WHY A SPECIAL PREPARATION FOR CONFIRMATION?

Sacramental catechesis is a total process of faith development that includes growth in personal prayer, intense involvement in a faith community (which includes community, worship, service, and message), and deepened commitment to the Church. This catechetical process involves not only the individuals who are preparing to celebrate the Sacrament, but also their families and the entire parish community.

“Preparation for Confirmation should aim at leading the Christian toward a more intimate union with Christ and a more lively familiarity with the Holy Spirit – his actions, his gifts, and his biddings---in order to be more capable of assuming the apostolic responsibilities of Christian life. To this end catechesis for Confirmation should strive to awaken a sense of belonging to the Church of Jesus Christ, the universal Church as well as the parish community. The latter bears special responsibility for the preparation of confirmands.” (CCC - Catechism of the Catholic Church, 1309)

Therefore, your Confirmation candidate will be exposed to:

- ◆ Increased prayer and worship opportunities with the parish community.
- ◆ Mentors, guides, and witnesses from the parish.
- ◆ Community-building activities that give the candidates a sense of belonging to their parish community.
- ◆ Special activities and celebration of rituals with parish liturgies that alert the parishioners to their role as supporters of those to be confirmed.
- ◆ Prayer partners from the parish.
- ◆ Invitations to assume responsibility in the ministry and service aspects of parish life.
- ◆ Study of the gifts and fruits of the Spirit.
- ◆ An understanding of the role of the Holy Spirit in the life of the individual and of the Church.
- ◆ Study of the Sacrament of Baptism where we first received the Spirit.
- ◆ Study of the ritual of Confirmation with its symbols and Scripture readings about the Spirit.
- ◆ Time for prayer, reflection, and discussion on the presence and working of the Spirit in our lives.

Preparation for Confirmation should aim at
LEADING THE CHRISTIAN TOWARD A MORE INTIMATE UNION WITH CHRIST
and a more lively
FAMILIARITY WITH THE HOLY SPIRIT
his actions, his gifts, and his biddings -
in order to be more capable of assuming the
APOSTOLIC RESPONSIBILITIES OF CHRISTIAN LIFE.

CCC, 1309



PIECES OF THE PUZZLES



The following is a list of certain “pieces” which “make-up” the Confirmation program “puzzle.” They are intended to help each teen develop a commitment to faith and prepare for life ahead.

Sau đây là các điều cần thiết của chương trình Thêm Sức, để giúp các thanh thiếu niên quyết định chọn lựa và chuẩn bị cho hành trình đức tin.

1. Prayer Life – Đời Sống Cầu Nguyện

The candidates are encouraged to deepen their relationship with Christ through their regular personal prayers, meditations, Bible readings, and family prayers. It is strongly encouraged that Confirmation Candidates and family members attend Eucharistic Adoration every Friday night through Saturday morning in the Church.

Các ứng viên được khuyến khích để gia tăng mối liên hệ mật thiết với Chúa Kitô hơn qua việc thường xuyên cầu nguyện, suy niệm, đọc Kinh Thánh, và gia đình cầu nguyện. Chúng tôi kêu gọi quý phụ huynh và các em cùng đến viếng Thánh Thể hoặc tham dự giờ Cầu Thánh Thể mỗi tối Thứ Sáu đến sáng Thứ Bảy hàng tuần.

2. Liturgy and Rites – Phụng Vụ và Các Nghi Thức

At the center of the Catholic Christian faith is the celebration of the Eucharist, the real presence of Christ in the bread and wine. It is at the Eucharistic Liturgy, where we come together with all of our Catholic Christian friends to celebrate as one church.

Trung tâm điểm của đời sống đức tin Công Giáo là việc cử hành Thánh Lễ, với sự hiện diện thật sự của Chúa qua hình bánh và rượu. Chính nơi Bàn Tiệc Thánh Thể, chúng ta đến với nhau, với một đại gia đình anh chị em Công Giáo trong một Giáo Hội duy nhất.

A mandatory component of the Confirmation Program is weekly mass attendance. All candidates are encouraged to attend Youth Mass which is held on Sunday at 5:00PM.

Một yếu tố bắt buộc đầu tiên của Chương trình Thêm Sức là tham dự Thánh Lễ hàng tuần, đặc biệt tham dự Thánh Lễ Giới Trẻ lúc 5:00PM ngày Chúa Nhật.

"Rites" mark important steps of the faith journey toward Confirmation. These Celebrations are shared with loved ones and those in our parish community.

Các “Nghi Thức” đánh dấu bước quan trọng trong hành trình Thêm Sức. Nghi Thức được cử hành với sự hiện diện, cầu nguyện và nâng đỡ của gia đình và cộng đoàn giáo xứ.

• Year I:	Prayer Service & Ritual of Commitment	* November 6, 2016	2:00pm-6:00pm
• Year I & II:	Parish Reconciliation Celebrations	* See calendar	7:00pm
• Year II:	Prayer Service & Ritual of Support	* October 23, 2016	2:00pm-6:00pm
• Year II:	Teen Integrity & Ritual of Acceptance	* April 30, 2017	2:00pm-6:00pm
• Year II:	Confirmation Mass	* May 19 or May 12 (<i>Tentative</i>),	5:30pm



3. Confirmation Retreats – Tĩnh Tâm Thêm Sức

Retreats are such an important part of the Confirmation process; they are even important in life. Retreats are intended to give people the chance to “get away” from things that are not allowing them to focus. Confirmation Retreats allow the teens to go away to play, to pray, but more importantly, to deepen their love in Christ through fellowship, praise and reflection. When you return from these retreats, you can be guaranteed that your life will be changed.

- **Year I:** “Planted for Life” Retreat at Outdoor Education Center, Irvine * December 16-18, 2016
- **Year II:** “Alive in Spirit” Charismatic Retreat in Doyle Hall * January 15, 2017
- **Year II:** “Free the Fire” retreat at YMCA, Big Bear * March 10-12, 2017

The 3 days WEEKEND RETREAT is MANDATORY for reception of Confirmation. If you are unable to attend your own assigned retreat, contact Faith Formation Office in advance to locate a parish with a retreat that you can attend.

Tĩnh tâm là một yếu tố rất quan trọng trong hành trình Thêm Sức, và thậm chí quan trọng trong đời sống chúng ta. Mục đích của việc tĩnh tâm là để cho chúng ta có cơ hội cách xa những điều làm chúng ta chia trí. Tĩnh tâm Thêm Sức giúp cho các thanh thiếu niên được vui chơi, cầu nguyện, nhưng điều quan trọng là để tiến sâu hơn trong tình yêu Chúa qua bạn hữu, ca chúc tụng và suy niệm. Chắc chắn rằng đời sống các em sẽ được thay đổi trong Chúa sau một cuộc tĩnh tâm.

Tham dự cuộc tĩnh tâm 3 ngày cuối tuần nêu trên là bắt buộc cho các ứng viên Thêm Sức. Nếu vì lý do trở ngại không tham dự ngày giờ trên của giáo xứ, xin liên lạc với Văn Phòng Giáo Lý để sắp xếp tham dự tĩnh tâm tại Giáo xứ khác.

4. Confirmation Workshops – Hội Thảo Thêm Sức

In small and large groups setting, Confirmation workshops are designed to explore basic Catholic faith and to study the life of Jesus Christ. Workshops will be interactive, informative, at times extremely fun, prayerful and different. This large group workshop has special speakers with unique presentations. All workshops should be attended. If you cannot attend, you must contact RE office in advance. Excessive absences (excused or unexcused) will affect your progress to move forward in the program or receive the Sacrament of Confirmation.

Các cuộc hội thảo Thêm Sức lớn và nhỏ nhằm để đào sâu thêm đức tin Công giáo, và để học biết thêm về Chúa Giêsu Kitô. Nội dung cuộc hội thảo bao gồm sự tương tác, thông tin, vui chơi, cầu nguyện và những sinh hoạt cho giới trẻ. Hội Thảo lớn sẽ có những diễn giả đặc biệt nhằm phục vụ nhu cầu của các em. Học sinh cần phải tham dự những buổi hội thảo này. Vắng mặt (có xin phép hoặc không có xin phép) sẽ ảnh hưởng đến việc lãnh nhận Bí Tích Thêm Sức.

- **Year I:** Seder Meal (Sponsor & Candidate) * Tuesday, March 7, 2017
- **Year I & II:** Family Faith Festival & Teen Intergity Workshop * Sunday, April 30, 2017

5. Youth Day – Đại Hội Giới Trẻ

Youth Day is held annually on the Thursday of the Religious Education Congress weekend. All High School students, from all walks of life, are invited to come together to participate in morning and afternoon workshops, culminating in a Youth Rally. Confirmation Candidates must attend at least one Youth Day in either year of the two-year program. This event will have a separate release form and fee.

Đại Hội Giới Trẻ được tổ chức hàng năm vào ngày Thứ Năm của Đại Hội Giáo Lý Los Angeles. Các học sinh Trung Học từ các nơi được mời gọi tham dự các buổi hội thảo, đặc biệt là Youth Rally. Các ứng viên Thêm Sức phải tham dự ít nhất một Đại Hội Giới Trẻ trong vòng hai năm chuẩn bị. Văn Phòng Giáo Lý sẽ có giấy xin phép nghỉ học ở trường, giấy phép phụ huynh và lệ phí riêng.



YOUTH DAY Feb. 23, 2017

Anaheim Convention Center

DEADLINE to submit Youthday
Permission Form is **Jan. 1**

6. Catholic Youth Fellowship/CYF Night – Họp Mặt Giới Trẻ Công Giáo

The CYF program is designed to create a place where teens get support, grow in faith and friendship while learning to apply their Catholic values and beliefs into their daily lives. A typical CYF meeting has prayers, games and activities that reinforce the Gospel message. These meetings give the candidates a chance to build lasting friendships with peers that have similar values. *CYF meetings are held every other Sunday from 7:30pm-9:30pm.* Check our website holyspiritcyf.com for special events, meeting times, service opportunities, and fundraising opportunities for Youth Ministry.

❖ Confirmation candidates are required to attend at least 2 CYF NIGHTS each year. See calendar

Chương trình Giới Trẻ CYF được soạn thảo để giúp con em quý vị được lớn lên trong đức tin cùng với bạn bè khi được học hỏi và áp dụng chân lý Kitô Giáo. Một buổi họp điển hình CYF bao gồm phần dẫn nhập, cầu nguyện, trò chơi và các hoạt động nhằm củng cố sứ điệp Tin Mừng, và được kết thúc bằng giờ cầu nguyện. Những buổi họp này tạo cho con em quý vị một cơ hội để xây dựng tình bạn lâu dài với các bạn có chung một lý tưởng. Buổi họp CYF được tổ chức vào mỗi cách Chúa Nhật từ 7:30pm-9:30pm. Xin quý vị xem mạng lưới holyspiritcyf.com để cập nhật lịch trình những sinh hoạt đặc biệt.

❖ Các ứng viên Thêm Sức phải tham dự ít nhất 2 buổi họp mặt CYF trong mỗi năm.

7. Stewardship, Service and Outreach – Quản Lý & Phục Vụ

Stewardship is an important part of any persons' commitment and obligation to a group or organization. Stewardship is composed of three areas: *Time* (service), *Treasure* (financial responsibilities), and *Talent* (using your abilities to make the group better). In order to better understand what WE are responsible for in our Church and community, every Confirmation Candidate will have to show that they are fulfilling their share of the responsibility.

This year we are requiring that all Confirmation Candidates serve in the following ways:

- In a Liturgical Ministry (lector, band, usher, hospitality, Mass clean up, or altar server for Youth Mass).
- Support a parish ministry with the gift of your time and talents
- Perform service projects during the year. *See required hours, suggestions, guidelines & calendar on pages 12-13.*

In addition, parents and sponsors are expected to work with their teen to complete a personal Service Project. Please view some of the events that our Youth Ministry offers from www.holyspiritcyf.com

Quản Lý là một phần quan trọng trong cam kết của bất kỳ ai, hoặc nghĩa vụ cho một nhóm hay một tổ chức. Quản Lý bao gồm ba lãnh vực: Thời gian, Tài chính, Tài năng. Để hiểu rõ hơn trách nhiệm trong Giáo Hội và giáo xứ, mỗi ứng viên Thêm Sức sẽ phải xác nhận mình đang thực hiện việc chia sẻ trách nhiệm.

Năm nay chúng tôi khuyến khích các ứng viên Thêm Sức phục vụ những việc sau:

- Ban Phục Vụ (thừa tác viên Lời Chúa, ca đoàn, ban tiếp đón, dọn dẹp sau Thánh Lễ, giúp lễ....) vào các Thánh Lễ Giới Trẻ.
- Hỗ trợ các mục vụ của giáo xứ tùy thuộc vào thời gian và khả năng của mình.
- Thực hiện việc phục vụ tông đồ trong năm. *Giờ yêu cầu, đề nghị, hướng dẫn và lịch trình, xin xem trang 12-13.*

Ngoài ra, chúng tôi xin quý phụ huynh, người đỡ đầu cùng thực hiện việc tông đồ chung với các em. Mục vụ Giới Trẻ cũng sẽ cộng tác tổ chức những dịp phục vụ khác nhau. Chương trình và chi tiết, xin xem www.holyspiritcyf.com

8. Sponsors – Người Đỡ Đầu

Sponsors are people who you can rely on during your faith journey. They should be people with a deep commitment to the Catholic faith and who are active, confirmed members of their parish. They should be willing to listen to you, help you answer questions, and be willing to share their faith.

Người đỡ đầu/bảo trợ Thêm Sức là người các em có thể đồng hành và giúp đỡ hành trình đức tin của các em. Người đỡ đầu nên là người thực hành đức tin Công giáo một cách sâu sắc, đã được lãnh Bí Tích Thêm Sức, là thành viên của một giáo xứ. Họ là người sẵn sàng lắng nghe các em, giúp trả lời câu

Sponsors are expected to maintain REGULAR contact with their candidate to not only pray, but to socialize and develop a stronger relationship. Sponsors are encouraged NOT to be family members.

- **Year I candidates:** should pray & discern on their choice of sponsor and submit by Feb. 1. [See the guidelines for Sponsor on page 11.](#)
- **Year II candidates:** should already have a sponsor.

Confirmation Sponsors will be required to attend the large group workshops with their candidate. Please take the time to do more than the required events with your candidate. They need more from you and have chosen you for a reason - they see God in you!

hỏi, và sẵn sàng chia sẻ đức tin của mình. Người đỡ đầu nên duy trì liên lạc thường xuyên với các em, không chỉ để cầu nguyện, nhưng còn để phát triển mối quan hệ mạnh mẽ hơn. Người đỡ đầu không nên là thành viên trong gia đình.

- **Lớp Thêm Sức I:** ứng viên nên cầu nguyện, suy nghĩ và chọn lựa người đỡ đầu - nộp hồ sơ ngày 1 tháng 2. [Xem bản hướng dẫn cho người đỡ đầu trang 11.](#)
- **Lớp Thêm Sức II:** nên đã có người đỡ đầu.

Người đỡ đầu Thêm Sức cần phải tham dự những buổi hội thảo lớn chung với các em. Xin vui lòng dành thời gian hơn những sự yêu cầu để đồng hành với các em. Các em cần quý vị, và đã chọn quý vị vì một lý do - các em thấy Chúa trong bạn!

9. Saint Project/ Confirmation Name– Hạnh Thánh Nhân / Tên Thánh Thêm Sức

As Catholic Christians we are called to be saints, to be perfect as our heavenly Father is perfect and to have a deep, intimate union with Christ. Candidates will choose a name to be confirmed under. The name should be a Saint's name or the name of a person from Scriptures who modeled what it truly means to pursue holiness. [See the guidelines for the Saint Project on page 10.](#)

- **Year I candidates:** Saint's Reports will be turned in and presented by February 1, 2017.

Là người Kitô hữu Công giáo, chúng ta được kêu gọi để nên thánh, nên hoàn thiện như Cha chúng ta trên trời, và có một đời sống kết hiệp thâm sâu với Chúa Kitô. Các ứng viên Thêm Sức sẽ phải chọn một tên Thánh khi Thêm Sức. Vị Thánh này đã được Giáo hội công nhận, hoặc là một người trong Thánh Kinh thực sự là gương sáng cho sự thánh thiện. [Xin xem bản hướng dẫn trang 10.](#)

- **Lớp Thêm Sức I:** ứng viên nộp bản Hạnh Thánh Nhân trễ nhất vào ngày 1 tháng 2 năm 2017.

10. Bishops Letter – Thư thỉnh nguyện lên Đức Giám Mục

By the end of January, all Confirmation Year II candidates are required to write the Confirming Bishop a letter asking for permission to be confirmed. [See the guidelines on page 15.](#)

Bishop Letters will be collected when the candidate meets with the Priests, Youth Minister or Catechetical Leaders for their final interviews.

Vào khoảng cuối tháng 1, các ứng viên Thêm Sức năm thứ II sẽ phải nộp thư thỉnh nguyện lên Đức Giám Mục xin lãnh nhận Bí Tích Thêm Sức. [Xin xem bản hướng dẫn viết thư trang 15.](#)

Các thư thỉnh nguyện sẽ được nộp khi các ứng viên đi tham dự cuộc phỏng vấn lần cuối với các Linh Mục, hoặc các vị lãnh đạo đức tin.

11. Confirmation Interview – Phỏng Vấn

The Priests, Catechetical Leaders, Youth Minister, and Catechists will conduct interview at each year of Confirmation preparation to ensure that the candidate is truly prepared and committed to receive the Sacrament of Confirmation.

Confirmation candidates are to sign up for the interview schedule as follow:

- **Year I:** The 2 weekends of February 12 or 19, 2017
- **Year II:** January 25 or Feb. 5. [Both Service Projects and the Bishop letter must be turned in.](#)

Các Linh Mục, các vị lãnh đạo đức tin, hoặc các Giáo Lý Viên sẽ tiến hành phỏng vấn mỗi năm trong quá trình chuẩn bị Thêm Sức, để đảm bảo rằng các ứng viên được thực sự chuẩn bị và cam kết để lãnh nhận Bí Tích Thêm Sức.

Các ứng viên Thêm Sức sẽ ký chọn ngày giờ hẹn cho buổi phỏng vấn theo lịch trình sau:

- **Lớp Thêm Sức I:** cuối tuần ngày 12 or 19 tháng 2, 2017
- **Lớp Thêm Sức II:** cuối tuần 25 tháng 1 or 5 tháng 2. [Xin mang theo Service Projects và thư Đức Giám Mục.](#)

12.] Traditional Prayers - Các Kinh Cần Học

This program preserves the tradition of both private and communal prayer in the Church. Depending upon their age, the students are expected to learn and recite the prayers in the language they prefer. The followings are required prayers:

1. Sign of the Cross - *Dấu Thánh Giá*
2. The Lord's Prayer - *Kinh Lạy Cha*
3. Hail Mary - *Kinh Kính Mừng*
4. Glory Be to the Father - *Kinh Sáng Danh*
5. The Act of Faith - *Kinh Tin*
6. The Act of Hope - *Kinh Cậy*
7. The Act of Love - *Kinh Mến*
8. The Act of Contrition - *Kinh Ăn Năn Tội*
9. The Ten Commandments - *Mười Điều Răn*
10. Church Laws - *Luật Hội Thánh*

Chương Trình Giáo Lý lưu giữ truyền thống Cầu Nguyện cá nhân và cộng đoàn của Giáo Hội. Tùy theo ngôn ngữ và trình độ, học sinh được khuyến khích hoặc/và đòi hỏi phải học thuộc những kinh cần bản sau đây:

11. Seven Sacraments - *Bảy Bí Tích*
12. How to go to Confession - *Cách Xưng Tội*
13. The Beatitudes - *Tám Mối Phúc Thật*
14. Mysteries of the Rosary- *Mầu Nhiệm Mân Côi*
15. 14 Works of Mercy - *14 Việc Bác Ái*
16. Cardinal Virtues - *Bốn Nhân Đức Trụ*
17. Hail Holy Queen - *Kinh Lạy Nữ Vương*
18. Memorare - *Kinh Hễ Nhớ*
19. Come, Holy Spirit - *Kinh Chúa Thánh Thần*
20. Nicence Creed - *Kinh Tin Kính*

13. Parent Involvement – Đóng Góp Của Cha Mẹ

It is indeed a blessing to journey with your teen in their Confirmation preparation. Parental involvement will help our leaders draw our candidates closer to Christ. There are various ways to be involved:

- ❖ **Help Preparing Food:** Help prepare food for all gathering events.
- ❖ **Confirmation Catechist:** Help teach the Catholic Faith to teens and their friends. Trainings will be provided. Just a love for God and others is required.
- ❖ **Clerical Support:** Take care of paper works or prepare the materials for the teachers and students.

Please contact Faith Formation Office if you could help.

Thật là một hồng ân được đồng hành với các em trong việc chuẩn bị lãnh nhận Bí Tích Thêm Sức. Sự hiện diện và đóng góp của cha mẹ sẽ trợ giúp các Giáo Lý Viên trong sứ vụ mang Chúa đến cho các em. Xin quý phụ huynh giúp:

- ❖ **Lo phần ẩm thực:** giúp lo cho các em phần ẩm thực trong các buổi hội thảo, tĩnh tâm...
- ❖ **Dạy Giáo Lý:** giúp dạy Giáo Lý hoặc làm phụ giáo trong các lớp học. Sẽ có các lớp huấn luyện, chỉ cần phụ huynh có lòng yêu mến Chúa và các em.
- ❖ **Phụ giúp việc văn phòng:** giúp chuẩn bị giấy tờ và lo phụ liệu cho các em và các thầy cô.

Xin liên lạc với VP nếu phụ huynh có thể giúp được.

14. Parent Formation – Huấn Luyện cho Phụ Huynh

Parent Formation: As your request, we have parent formation programs in both SPIRITUALITY and PARENTING.

- ❖ **Common Sense Parenting:** Help you to raise responsible and caring children offered by Boystown Californian Family Support Services
- ❖ **Thriving Marriage Workshops:** Workshops to help strengthen the Faith, Marriages & Families provided by Dr. John & Claire Yzaguirre, MFT, M.Div. Check out www.ThrivingFamilies.com.

Huấn Luyện cho Phụ Huynh: Giáo xứ có chương trình huấn luyện cho phụ huynh về cả hai phương diện TÂM LINH và GIÁO DỤC.

- ❖ **Giáo Dục Con Cái cách Khôn Ngoan:** Giúp con cái trở nên người có tình nghĩa và tinh thần trách nhiệm, do chương trình Boystown đảm trách.
- ❖ **Thriving Marriage Workshops:** Hội thảo giúp tang trưởng Đức Tin, Đời sống Hôn Nhân và Gia Đình, do Tiến sĩ John & Clair Yzaguirre đảm trách. Xem thêm www.ThrivingFamilies.com.





As we go through our sacramental preparation for Confirmation, Confirmation saints are chosen to be a person we want to be like, as well as someone who can pray for us from heaven. When you are confirmed, the Bishop will ask what name you have chosen. It must be a **canonized** saint's name, either the one you already have from your baptism, or a saint that you admire. Now is the time to get to know more about this saint. The challenges, holiness, and charitable works of these holy people are examples of what it means to be a faithful disciple, grateful steward and active evangelist.

Examples of correct names:

- Francis of Assisi or Francis de Sales
- Therese of Lisieux or Teresa of Avila
- Mary, Mother of God

Incorrect Names:

- Francis
- Therese
- Mary

You are required to complete two parts:

Part I: MY CONFIRMATION SAINT (2 pages typed, double space, font 12 (max.), 1" margins).

Content of paper:

1. The saint's picture
2. Date and place of birth and death. Some significant facts about the saint's life.
3. **Describe the challenges, holiness and charitable works of your Saint that are a source of inspiration.**
4. **Include specific ways** you would like your saint to help you to prepare for Confirmation. In what ways will you need your patron saint to help you after Confirmation?
5. What have you learned about your patron saint that you personally desire to imitate? What qualities you would like to have as your own? Why? Are there anyways that you are already similar to him/her?

Part II: I AM A SAINT (1-2 pages typed, double space, font 12 (max.), 1" margins).

Content of paper:

1. Your picture (maximum of picture content – half page)
2. Your name: (Ex. St. Samantha Nguyen of Fountain Valley)
3. Title of your sainthood (the virtue of which you are most known for in your daily life).
4. Reflect and acknowledge your God given talents and virtues. Give concrete examples of good deeds that you have done.
5. What needs to be "straightened out" in your life to respond to God's call "to be perfect as your Father in heaven is perfect?"
6. What is one message that you would leave for the next generation?

Websites: www.catholic.org/saints www.americancatholic.org www.oce.catholic.com

Note: This is the name you will use on Confirmation Day. If you choose another name, you will need to do another saint report.

Your Confirmation Name/Saint Report is DUE by **February 1, 2017**

SPONSOR'S ROLE & RESPONSIBILITIES

VAI TRÒ VÀ TRÁCH NHIỆM CỦA NGƯỜI ĐỠ ĐẦU THÊM SỨC

The Sponsor's function is to take care that the person confirmed behaves as a *true witness of Christ* and faithfully fulfills the duties inherent in this sacrament."

Canon 892



1. The Sponsor Is - Người Bảo Trợ là Người:

- A role model in faith and prayer life. A person that will pray with/for the candidate regularly.
 - A real friend, someone that the candidate can trust and confide in, and someone who can be there when needed.
 - Someone the candidate looks up to and someone after which he/she would like to model his/her life. A guide, confidant and listener who will assist the parent(s) in witnessing to the integrity of the Catholic Faith.
 - A person who will invite the candidate into fuller participation in parish life and service, and whose relationship with the candidate will continue after the celebration of Confirmation.
 - One who is interested in his or her own growth as he or she walks the faith journey with the candidate.
- Là người có một đời sống đức tin và đời sống cầu nguyện gương mẫu. Là người cầu nguyện cho con em của mình mỗi ngày.
 - Một người bạn chân thành, người mà các em có thể tin tưởng để chia sẻ; người có mặt khi em cần để lắng nghe.
 - Người mà em có thể noi gương theo; là người biết hướng dẫn, thân tín, và biết lắng nghe. Là người giúp đỡ cha mẹ sống và làm chứng cho chân tính của đức tin Kitô giáo.
 - Là người tiếp tục đồng hành với ứng sinh sau khi lãnh nhận Bí Tích Thêm Sức, và luôn mời gọi ứng sinh tham gia vào đời sống sinh hoạt và phục vụ của giáo xứ.
 - Quan tâm đến sự trưởng thành tâm linh của chính mình để cùng đồng hành với ứng sinh trong hành trình đức tin.

2. Qualifications For Sponsors – Tiêu Chuẩn của Người Đỡ Đầu:

- Must be 18 years or older.
 - Must be a confirmed and PRACTICING Catholic.
 - If married- marriage blessed in the Catholic Church.
 - Must not be restrained by Church Law. Must be sufficiently mature to fulfill their role as a Sponsor.
 - May either be male or female.
 - Must be able to attend meetings, rehearsals, Rites and Confirmation Mass.
 - May NOT be the mother or father of the person to be confirmed.
 - Must be able to RECEIVE THE EUCHARIST at the CONFIRMATION MASS.
- Cần phải 18 tuổi trở lên
 - Là người đã lãnh nhận Bí Tích Thêm Sức, và đang thực hành đức tin Công giáo tích cực.
 - Nếu lập gia đình, họ phải làm phép cưới trong Giáo Hội Công Giáo.
 - Không bị trở ngại bởi luật Hội Thánh. Phải trưởng thành đủ điều kiện để làm tròn bổn phận người bảo trợ.
 - Có thể là phái nam hoặc phái nữ.
 - Là người có thể tham dự những buổi cử hành phụng vụ, những buổi họp trong quá trình chuẩn bị cho con em lãnh nhận Bí Tích Thêm Sức.
 - Không phải là Cha hoặc Mẹ của ứng sinh.
 - Phải là người có thể lãnh nhận Bí Tích Thánh Thể (được Rước Lễ) trong Thánh Lễ Thêm Sức của các em.

Sponsor Form is DUE by February 1, 2017



CHRISTIAN SERVICE PROJECTS | Phục vụ Kitô Giáo

SERVICE PROJECT GUIDELINES

Before making a commitment to a service project, think about the variety of ways in which you can use your talents and abilities to help others. In order to gain a better understanding of the need you are addressing, review the Corporal and Spiritual Works of Mercy and Catholic Social Teachings and pray about whether your service project lends a hand to those needs. A few guidelines about the service projects:

1. The total hours required for Confirmation Candidates are:
 - **Year I:** 12 hours minimum of 3 Service Projects.
 - **Year II:** 15 hours minimum of 3-4 Service Projects.
2. Service Projects must be done in the three following context: FAMILY, PARISH, COMMUNITY
3. To receive credit for the service projects, candidates must
 - a. Spend a minimum of 2 hours on each project.
 - b. Obtain a signature from the person in charge.
 - c. Reflect & write the report *using the form "Service Project Reflection,"* and submit it to the Office of Faith Formation.
4. Three Service Project reports are due by the **DECEMBER 1st, MARCH 1st & APRIL 1st.**

PROJECT SUGGESTIONS

These suggestions are only some of the ways other candidates have chosen to serve.

PARISH

SPIRITUAL WORKS OF MERCY

1. Help with Children Liturgy at 9AM Sunday Mass
2. Participate to be a First Communion retreat leader
3. Serve as a teacher's aid or work in the Faith Formation Program.

COPORAL WORKS OF MERCY

4. Help with the collection and distribution of Food, toiletries, blankets or toys for the poor children (Thanksgiving Food Drive, Christmas Gifts-with His Hands)
5. Help with Parish Festivals
6. Help serve Parish Activities: Monthly Pancake Breakfast, Lenten Fish Dinner (with Knights of Columbus...)
7. Participate in Protection of Life events offered by Respect Life: Life Chain Sunday, Human Trafficking...
8. Participate in Outreach events offered by Youth Ministry (see Service Project Opportunities below)

FAMILY

1. Help a family member who needs assistance of do something that you usually don't do that your family really needs to have done. Prepare a meal or dessert for your parent Birthday, Anniversary, family gatherings
2. Help take care of your home: clean around the house, clean the garage, help laundry, help in the garden, cut the grass.
3. Help a family member who needs assistance

COMMUNITY/SOCIETY

1. Help at Human Trafficking Awareness booth to inform the general public of the existence and dangers of human trafficking.
2. Help prepare and serve a meal at a shelter (SHIP...) or help at a soup kitchen.
3. Participate and/or raise money for charitable organizations: His Hands, Thomas Walkathon, Concern America Walk Out of Poverty...
4. Participate in clean-up and beautification programs for your neighborhood or the beach.
5. Write cards/letters to those in the hospital, nursing home, prisons, military...
6. Make gifts and/or visit children or elderly in nursing homes, disability centers or child care centers.

 Service Projects are DUE by
December 1st, March 1st, & April 1st

SERVICE PROJECT OPPORTUNITIES * 2016-2017

DATE	EVENT	LOCATION	TYPE OF SERVICE
October 2, 2pm-3:30pm	Life Chain Sunday	Euclid and Warner	Community
October 14-15, After all Masses	Selling Talent show Tickets	Church Patio	Parish
October 21-22, After all Masses	Selling Talent show Tickets	Church Patio	Parish
October 29, 5:00pm-10pm	Talent show set up and clean up	Doyle Hall	Parish
November 19, 6am-10:30am	His Hands Thanksgiving Baskets	Doyle Hall	Community
December 3-4, After all Masses	Pass out Calendars	Church Patio	Parish
December 12, 5:30pm-9:30pm	Parish Christmas Dinner	Doyle Hall	Parish
December 17, 6am-11:30am	His Hands Christmas Presents	Doyle Hall	Community
January 21, 1:15pm-3:30 or 5:30pm-10pm	Vocations Dinner Set up or Serving and Clean Up	Doyle Hall	Parish
February 6, 8am-2pm	RE Prayer Fair - Bilingual	Doyle Hall	Parish
February 19, 9am-12pm	First Holy Communion Retreat <i>Only Attend if chosen to be a leader</i>	Doyle Hall	Parish
Fridays of Lent, 4pm-7:30pm <i>March 3, 10, 17, 24, 31 & Apr. 7</i>	Selling sodas and waters at the Parish Lenten Dinners	Doyle Hall	Parish
March 5, 8:30am-4:30pm	First Holy Communion Retreat	Doyle Hall	Parish
March 11, 5:30pm-9:30pm	Saint Patrick's Day Dinner	Doyle Hall	Parish
April 8, 6:30am-10am	Concern America Walk Out of Poverty	Mile Square Park	Community
April 29, 3:30pm-8pm	Family Faith Festival Set Up	Doyle Hall	Parish
May 2-3, 3:15pm- 5:30pm	RE Prayer Fair - English	Doyle Hall	Parish

ONGOING SERVICE OPPORTUNITIES

- Volunteer to help assist CHILDREN LITURGY, every Sunday during 9am Mass (8:30am-10:30am). Contact Roz Esh 714.963.7871
- Join KINGDOM SEEKERS CHOIR for the 5pm Youth Mass. Contact Andrew Campos 714.331.5795
- Volunteer to USHER OR LECTOR at the 5pm Youth Mass. Contact Chris Ord to get trained and scheduled
- Help serve at KNIGHTS OF COLUMBUS PARISH BREAKFAST on the last Sundays of the month from 6am – 12pm (Sundays, Oct 23, Nov. 27, Jan 22, Feb 22, Mar 26, April 23rd). Contact Chris Ord 714.330.4063
- Help serve at the PARISH LENTEN DINNERS (Selling sodas and waters) on Fridays of Lent, 4pm-7:30pm (March 3, 10, 17, 24, 31 & Apr. 7). Contact Chris Ord
- Help at HUMAN TRAFFICKING AWARENESS booth to inform the general public of the existence and dangers of human trafficking. Every Fridays from 11am-5pm at the Huntington Beach Pier. Parents or Guardian must accompany the teen. Contact Susan 714.865.7477

SOME SUGGESTED COMMUNITY SERVICE ORGANIZATIONS THAT ALLOW TEENS TO VOLUNTEER

ORGANIZATION	CONTACT PERSON	LOCATION
Human Trafficking Awareness	Susan 714.865.7477	Huntington Beach Pier
Huntington Beach Central Library	http://www.huntingtonbeachca.gov/government/departments/library/kids_stuff/volunteers.cfm	
Isaiah House Catholic Worker	(714) 835-6304	316 South Cypress Avenue, SA
Mercy House	Irene Mendoza 714.836.7188 http://mercyhouse.net/volunteer/one-time/	1505 17th St, Santa Ana
OC Food Bank	Dre Gaithe 714.897.6670	11870 Monarch St, G. Grove
Self Help Interfaith Program- SHIP	Pat Godman 714.847.6617	Help prepare & serve a meal at a shelter
Someone Cares	949.548.8861	720 W 19th St, Costa Mesa
Thomas House Family Shelter	Phuong Tran 714.554.0357 http://www.thomashouseshelter.org	12601 Morningside Ave #6, GG

- Find the organization that fits your skills and passions <https://www.volunteermatch.org/>
- Register at VolunteerUp.com to find other service organizations in your area that accept minors as volunteer.

For other service opportunities with Faith Formation, Youth Ministry or Parish, please contact Chris Ord or if you need ANY help finding service, call/text Chris Ord: 714.330.4063

During these past 1 1/2 years you have expressed your desire to be confirmed in many ways—through your attendance and participation in class and in group gatherings, by your service to others, in the growth in your faith life through prayer, Mass, and the Sacraments. You have therefore shown that you want to belong fully to the Catholic Christian Community of Holy Spirit Parish. The initiation process, begun for you at Baptism by your parents and by the Church, is soon to be completed at your Confirmation.

It is now time for you to officially request Confirmation from the Bishop of the Diocese of Orange who will come to confer the sacrament. It is the custom here to do this through a letter.

Important Directions:

- Your letter must be TYPED and SIGNED on a clean, unfolded, 8 1/2" x 11" piece of white paper.
- Your letter should be at least one page long.
- Please write your letter to *Bishop Kevin W. Vann*
- Remember, this is a letter, so all of the sentences should be complete thoughts and not just a list of answers to the above questions.
- **The letter must be handed in at your confirmation interview.** You cannot turn them in early and will be reviewed by the minister interviewing you.



LETTER TO BISHOP VANN

The following information should be included in the letter:

Date

Your Excellency, Bishop Kevin W. Vann

1. Your name, age, school you attend, and your Parish.
2. The reason why you want to be confirmed and what you have been doing to prepare for this Sacrament.
3. State your Confirmation Name and why you chose that Saint.
4. State how you plan on living out your Christian commitment after confirmation (i.e., going to Mass weekly, serving the Church, What qualities of Jesus you want to live out in your life)
5. An explanation of what the Gospel reading chosen for the Confirmation Mass means to you. (*The Bishop will inform us the date and the Gospel reading*) What is Jesus saying?
6. You may add anything else you think important. State the service projects, retreat experiences and workshops you have participated in and what you have gotten out of those experiences. For example, how you feel you have grown during this time of preparation...or how your service to others may have helped you to grow...or how time spent with your Sponsor may have helped you, how the retreats have helped you in your relationship with Jesus, who is the saint you want to emulate in your life.
7. Finally, a formal request to be confirmed.

Sincerely .

Your Signature

Your name



LECTIO DIVINA

First, find a place where you can be still and quiet. Then, choose a passage of scripture to use as a guide for this time. Psalms work well, but any passage is fine for this practice. Once you find your passage, stop. Be still. Be quiet. I like to be totally silent as much as possible during the entire practice. The only words that need to be spoken out loud are the words of the scripture. Breathe. Notice your breathing. As you breathe deeply, ask God to speak to you. Don't rush.

1. **LECTIO (reading)**, the first level, involves alert reading of the passage, with "a desire to understand its true content: **what does the biblical text say in itself?**
 - i. When you feel ready, read the passage slowly, out loud. As you read listen for a word or phrase that speaks to your soul. Don't force it, just allow it to come.
 - ii. After you have read through the passage, be still. Think about the words. Breathe.
2. **MEDITATIO (meditation)** prompts the question: **What is this passage saying to us?**
 - i. Read the passage again out loud. Again, listen for a word or phrase that seems to stand out to you. Then be quiet and still.
3. **ORATIO (prayer)** is the specific moment for prayer: **What do we say to the Lord in response to his word?**
 - i. Read the passage a final time out loud. Then be quiet and let the word or phrase roll around in your head. Meditate on it. Pray it back to God.
 - ii. Ask Him what He is trying to tell you. Don't force it, let it come.
4. **CONTEMPLATIO (contemplation)**, we take up, as a gift from God, His own way of seeing and judging reality, and ask ourselves: **what conversion of mind, heart, and life is the Lord asking of us?**
 - i. After you've prayed, just rest. Don't let distractions derail you. It's ok to be distracted. Give those distractions to God.
 - ii. Think about why you are thinking the thoughts in your head and how they might be connected to the passage earlier.
5. **ACTIO (action)**, we do well also to remember that the process of lectio divina is not concluded until it arrives at **action**, which moves the believer **to make his or her life a gift for others in charity.**

Pray that this practice might help you experience God in a fresh, inspiring way.



EXAMINATION OF CONSCIOUSNESS AT THE END OF THE DAY

1. **PRESENCE:** Center myself in God's presence. Ask for the light of the Holy Spirit to see through God's eyes...
2. **GRATITUDE:** What have been the gifts during the day that I should be thankful for?
3. **REVIEW:** Where God has been working during the day in my life; where am I co-operating with Him today; where I am co-operating with the sinful element within me and not doing what I want to do in the Lord (Rom 7:15-20).
4. **REPENT:** Ask for sorrow and forgiveness for the times when I have not been attentive and responsive to His presence and love in my life.
5. **GRACE:** Finally, ask for His help and guidance for tomorrow, trusting that He will be with me.

EXAMINATION OF CONSCIENCE FOR A GOOD CONFESSION

Ten Commandments

1. **I AM THE LORD YOUR GOD. YOU SHALL NOT HAVE STRANGE GOD BEFORE ME.** Did I fail to love God, to make God first in my life, to thank Him, trust Him, love Him as He deserves? Did I fail to pray? Have I doubted or denied my faith? Was I careless in saying my prayers? Do I give God time everyday in prayer? Have I been involved in magic, Ouja boards, Tarot card, and the occult?
2. **YOU SHALL NOT TAKE THE NAME OF THE LORD YOUR GOD IN VAIN.** Did I curse or swear? Did I use God's name in vain, lightly, carelessly, in blasphemy? Have I used foul language or jokes?
3. **REMEMBER TO KEEP HOLY THE SABBATH.** Have I deliberately missed Mass on Sundays or Holy Days of Obligation? Was I late to Mass or did I leave Mass early without a serious reason? Was I irreverent in church? Did I fast one hour before Communion? Did I receive Communion in a state of mortal sin? Have I been to Communion at least once a year? Did I receive Holy Communion in the state of serious sin? Have I been to confession recently? In any of my previous confessions, did I lie to or deliberately conceal something, especially a mortal sin, from the priest? Did I fail to perform the penance? Did I do unnecessary work on Sunday?
4. **HONOR YOUR FATHER AND YOUR MOTHER.** Did I honor and obey my parents? Respect my brothers and sisters? Respect others with lawful authority, especially teachers? Have I talked bad? Did I fail to help at home or to spend time with my family?
5. **YOU SHALL NOT KILL.** Did I give in to feeling of anger or jealousy? Did I keep hatred in my heart? Did I fight? Did I give a bad example or cause scandal? Have I abused alcohol or drugs? Have I had or in any way permitted or encouraged aborting? Have I thought about suicide?
6. **YOU SHALL NOT COMMIT ADULTERY.** Did I consent to impure glance? Passionate kisses? Sinful touches? Was I immodest in dress or behavior? Did I look at pornography, impure books, magazines or video? Am I guilty of masturbation (impurity with self), fornication (premarital sex), adultery (having sex outside marriage) or contraception (by pills, device, etc.)? Do I live chastely according to my state in life (married, single, or ordained)? Do I avoid laziness, gluttony, idleness and the occasions of impurity?
7. **YOU SHALL NOT STEAL.** Have I stolen what is not mine? What or how much? Did I return it or make up for what I have stolen? Have cheated on tests or homework? Did I waste time at work? Have I written graffiti (this steals nature's beauty)?
8. **YOU SHALL NOT BEAR FALSE WITNESS AGAINST YOUR NEIGHBOR.** Have I lied or gossiped? Talked about another behind his back? Do I always tell the truth? Am I sincere? Did I reveal secrets that should have been kept confidential? Am I critical, negative or uncharitable in my talk?
9. **YOU SHALL NOT COVET YOUR NEIGHBOR'S WIFE.** Have I consented to impure thoughts? Have I encouraged them by stares, curiosity or impure conversation? Did I neglect to control my imagination or desire other people?
10. **YOU SHALL NOT COVET YOUR NEIGHBOR'S GOODS.** Is my heart greedy? Am I jealous of what another has? Am I envious of others because I don't have what they have? Am I moody or gloomy? Do I work, study and keep busy to counter idle thought? Am I critical, negative, or uncharitable in my thoughts of others? Is my heart set in earthly possessions or in the treasures in Heaven?



Seven Precepts of the Church

1. To assist at mass on Sundays and Holy Days of Obligation* and to avoid unnecessary work on Sundays.
2. To celebrate the Sacraments frequently, confession mortal sins at least once a year and receiving holy communion during the Easter season.
3. To study catholic teaching in preparation for Confirmation and to be confirmed.
4. To observe the marriage laws of the Church: to give religious training by examples and words to one's children; to use parish schools and religious education programs.
5. To contribute to the support of the church.
6. To do penance, including abstaining from meat and fasting on the appointed days.
7. To join in the Church's Missionary Spirit / Apostolate.

Holy Days of Obligation (for Latin Rite Catholics)

All Sundays

January 1, the solemnity of Mary, Mother of God

August 15, the solemnity of the Assumption of the Blessed Virgin Mary

November 1, the solemnity of All Saints

December 8, the solemnity of the Immaculate Conception

December 25, the solemnity of the Nativity of Our Lord Jesus Christ

Seven Capital Sins vs. Seven Virtues

1. COVETOUSNESS VS. GENEROSITY
 - To covet is to neglect the less fortunate and be greedy with money or possessions. See also the 10th Commandment.
 - To be generous is having the willingness to give and having only an appropriate regard for one's earthly things.
2. PRIDE VS. HUMILITY
 - To have pride is to delay forgiving and to have an inappropriate appreciation for one's self worth.
 - To have humility is to have modest behavior and to give respect to oneself and others.
3. LUST VS. CHASTITY
 - It is lustful to dress or act immodestly or to watch TV shows, social media, movies, or read magazines that promote immoral sex or violence. See also the 6th and 9th Commandments.
 - It is chaste to embrace moral purity in thought and action, and to treat God's gift of sexuality with reverence and respect.
4. ENVY VS. BROTHERLY LOVE
 - It is envious to be excessively jealous of other, to ridicule others, or to be prejudiced.
 - It is brotherly love, or kindness, to be unprejudiced, compassionate, and to have charitable concern for others.
5. ANGER VS. MEEKNESS
 - It is the sin of anger to become unreasonably angry, to speak unkindly to others, to fight with others, or to purposely angers others. See also the 5th Commandment.
 - It is meekness, or patience, to focus on seeking appropriate resolutions to conflicts, to forgive, and to show mercy.
6. SLOTH VS. DILIGENCE
 - To be slothful is to have extreme laziness, especially in matters of faith.
 - It is diligent to have an appropriate attitude toward living and sharing the faith.
7. GLUTTONY VS. TEMPERANCE
 - To be gluttonous to is over-indulge, such as by taking or selling recreational drugs, or to get drunk on purpose.
 - To have temperance, or to practice abstinence, is to have behavior centered on self-control and moderation.

Works Of Mercy

CORPORAL WORKS OF MERCY

1. To feed the hungry
2. To give drink to the thirsty
3. To clothe the naked
4. To visit the imprisoned
5. To shelter the homeless
6. To visit the sick
7. To bury the dead

SPIRITUAL WORKS OF MERCY

1. To counsel the doubtful
2. To instruct the ignorant
3. To comfort the sorrowful
4. To admonish the sinner
5. To forgive all injuries
6. To bear wrongs patiently
7. To pray for the living and the dead.

The Beatitudes

1. Blessed are the poor in spirit, for theirs is the kingdom of heaven.
2. Blessed are the meek, for they shall possess the land.
3. Blessed are they that mourn, for they shall be comforted.
4. Blessed are they that hunger and thirst after justice, for they shall be filled.
5. Blessed are the merciful, for they shall obtain mercy.
6. Blessed are the clean of heart, for they shall see God.
7. Blessed are the peacemakers, for they shall be called the children of God.
8. Blessed are they that suffer persecution for justice's sake, for theirs is the kingdom of heaven.

Four Cardinal Virtues

- | | | | |
|-------------|------------|--------------|---------------|
| 1. Prudence | 2. Justice | 3. Fortitude | 4. Temperance |
|-------------|------------|--------------|---------------|

Seven Gifts Of The Holy Spirit

- | | | | |
|--------------|------------------|---------------------|------------|
| 1. Wisdom | 2. Understanding | 3. Counsel | 4. Courage |
| 5. Knowledge | 6. Piety | 7. Fear of the Lord | |

12 Fruits of the Holy Spirit

- | | | | |
|-----------------|--------------------|-----------------|---------------|
| 1. Charity | 2. Joy | 3. Peace | 4. Patience |
| 5. Kindness | 6. Goodness | 7. Faithfulness | 8. Gentleness |
| 9. Self-control | 10. Long-suffering | 11. Humility | 12. Chastity |

SOME BASIC TRUTHS OF OUR FAITH



GOD AND OURSELVES

1. Who is God?
God is the Creator of heaven and earth, of all that is seen and unseen.
2. What does "Creator" mean?
A Creator is one who makes from nothing. The only Creator is God.
3. What is God like?
God is a pure spirit. He is completely perfect- all-knowing, all-good, all-powerful and all-loving.
4. What is the mystery of the Blessed Trinity?
The mystery of the Blessed Trinity is one God is three divine persons: the Father, the Son, and the Holy Spirit.
5. Does God care about us?
God cares about us very much. He keeps us in existence, helps us in everything we do, and watches over us with love.
6. How do we know about God?
We know about God through what He has created and especially through the Catholic Church and the Bible.
7. What is the meaning of life?
God gave us life so that we will use it to know Him, love Him and serve Him now and be happy with Him forever in heaven.
8. How do we learn to know, love and serve God?
We learn to know, love and serve God from the teachings and examples of Jesus Christ.
9. Who is Jesus Christ?
Jesus Christ is God the Son, who became man for us while remaining God.
10. Where do we find the teachings and examples of Jesus Christ?
We find the teachings and examples of Jesus Christ in the Bible, especially in the four Gospels.
11. What is the Incarnation?
The incarnation is the taking of a human nature by God the Son.
12. Why did God become man?
God became man to save us from our sins, give us His grace, and teach us what we must believe and do to reach heaven.
13. What is the Redemption?
The Redemption is Jesus' death and resurrection, by which He made up for our sins and won for us the help we need for reaching heaven.
14. What do we learn from Jesus' choice of death for our sake?

From Jesus' choice of death for our sake we learn how much He loves us and how terrible sin is.

DIVINE REVELATION

15. What is the Bible?
The Bible is the Holy Book in which God speaks to us through the words of men who wrote what He wanted them to write.
16. What are the stages of God's Revelation?
God manifested himself to our first parents, Adam and Eve. After their fall, God revealed himself to the Ancestors and the Prophets: Abraham, Isaac, Jacob, Moses, David...
17. What is the full and definitive stage of God's Revelation?
The full and definitive stage of God's revelation is accomplished in his Word made flesh, Jesus Christ, the mediator and fullness of Revelation.
18. What is Apostolic Tradition?
Apostolic Tradition is the transmission of the message of Christ. The apostles transmitted all they received from Christ and learned from the Holy Spirit to their successors, the bishops, and through them to all generations.
19. In what ways does Apostolic Tradition occur?
Apostolic Tradition occurs in two ways: through the living transmission of the word of God (Sacred Tradition) and through the proclamation of salvation in written form (Sacred Scripture).
20. What is the relationship between Tradition and Sacred Scripture?
Tradition and Sacred Scripture flow out of the same divine well-spring and together make up one sacred deposit of faith from which the Church derives her certainty about revelation.
21. To whom is the deposit of faith entrusted?
The Apostles entrusted the deposit of faith to the whole of the Church assisted by the Holy Spirit and guided by the Magisterium.
22. To whom is given the task of authentically interpreting the deposit of faith?
It has been entrusted to the living teaching office of the Church (Magisterium) alone, that is, to the successor of Peter, the Bishop of Rome, and to the bishops in communion with him.
23. What is the relationship between Scripture, Tradition and the Magisterium?
Scripture, Tradition, and the Magisterium are so closely united with each other that one of them

cannot stand without the others. Working together, each in its own way, under the action of the one Holy Spirit, they all contribute effectively to the salvation of souls.

24. How is Sacred Scripture to be read?
Sacred Scripture must be read and interpreted with the help of the Holy Spirit and under the guidance of the Magisterium. It must be read: 1) with the content and unity of the whole of Scripture; 2) within the living Tradition of the Church; 3) with inner harmony which exists among the truths of the faith themselves.
25. What is the Canon of Scripture?
The Canon of Scripture is the complete list of the sacred writings. The Canon consists of 46 books of the Old Testament and 27 of the New.
26. What is the importance of the Old Testament for Christians?
All of the books of the Old Testament are divinely inspired and retain a permanent value. They are written, above all, to prepare for the coming of Christ the Savior of the universe.
27. What importance does the New Testament have for Christians?
The New Testament, whose central object is Jesus Christ, conveys to us the ultimate truth of divine Revelation. The Gospels are the principle witness to the life and teaching of Jesus.
28. What is the unity that exists between the Old and the New Testaments?
God's plan of salvation is one, and the divine inspiration of both Testaments is one. The Old Testament prepares for the New and the New Testament fulfills the Old; the two shed light on each other.
29. What role does Sacred Scripture play in the life of the Church?
Sacred Scripture gives support and vigor to the life of the Church. It is a confirmation of the faith, food for the soul and the fount of the spiritual life.

SIN

30. What is sin?
Sin is disobedience to God and His laws.
31. What is original sin?
Original sin is the lack of grace with which each of us came into the world because of the sin of our first parents.
32. What is personal sin?
Personal sin is personal disobedience to God's law through a willful thought, desire, word, action or omission.
33. What does sin do to a person?

Serious (mortal) sin drives out God's grace.
Lesser (venial) sin weakens the person's friendship with God.

GRACE

34. What is grace?
Grace is a gift that God gives us to bring us closer to Him.
35. What is sanctifying grace?
Sanctifying grace is a sharing in God's own life that makes us holy (close to Him).
36. What is actual grace?
Actual grace is light for our mind and strength for our will, which God gives us whenever we need it.
37. Why is grace important?
Grace is important because we need God's life and help in order to please Him in life and enter His happiness after death.

THE VIRGIN MARY

38. Who is Mary?
Mary is the Mother of Jesus and therefore the Mother of God.
39. Why do we call Mary our Mother?
We call Mary our Mother because Jesus Himself made her the spiritual Mother of the Church and of each one of us.
40. What is the Immaculate Conception?
The Immaculate Conception is Mary's freedom from original sin from the first moment of her existence.
41. What is the Assumption?
The Assumption is the taking up of the Blessed Virgin Mary into heaven body and soul by God's power.

THE CATHOLIC CHURCH

42. What is the Catholic Church?
The Catholic Church is God's people, whom He has joined together in the same beliefs, laws and sacraments under the Pope.
43. Why did Jesus Christ found the Church?
Jesus Christ founded the Church in order to continue His mission on earth-that is, to save mankind.
44. Who was Saint Peter?
Saint Peter was the apostle whom Jesus chose to be the first Pope.
45. Who is Pope?
The Pope is Jesus' representative (vicar) on earth.
46. Is the Pope the head of the Church?

The Pope is the *visible* head of the Church and Jesus is its *invisible* Head.

47. Why did Jesus give us the Pope?
Jesus gave us the Pope for the sake of the unity of the Church.
48. Who are the bishops?
The bishops are the leaders of the Church, united with the Pope and under him.
49. What does Jesus do for us through the Church?
Through the Church Jesus gives us grace and teaches us what we must believe and do in order to reach heaven.
50. What is infallibility?
Infallibility is god-given freedom from making mistakes in matters of faith and morals, which belongs under certain conditions to the Pope and the bishops united with him.
51. Why is infallibility important?
Infallibility is important because it guarantees to the Catholic Church the sureness of God's truth.
52. Why is it important to live a real Catholic life?
It is important to live a real Catholic life because the Catholic Church has the sureness of Christ's truth and the fullness of His grace.

THE SACRAMENTS

53. How does the life of grace come to us?
The life of grace comes to us chiefly through the Mass and the other sacraments.
54. What is the Mass?
The Mass is the sacrifice of the cross taking place today; a memorial of Jesus' death and resurrection; a holy meal in which we receive Christ Himself.
55. What are the sacraments?
The sacraments are seven special actions of Jesus through which He gives us His Spirit to make us holy by grace.
56. What are the names of the seven sacraments?
The seven sacraments are: Baptism, Confirmation, Holy Eucharist, Penance, Anointing of the Sick, Holy Orders and Matrimony.
57. What is Baptism?
Baptism is the sacrament in which Jesus sends us His Spirit to free us from sin, seal us as Christians, and give us His grace.
58. What did the grace of Baptism do for us?
The grace of Baptism made us God's children, heirs of heaven living members of the Church and temples of the Blessed Trinity, the Father, the Son and the Holy Spirit.
59. What is Confirmation?
Confirmation is the sacrament in which the Holy Spirit joins us more closely to Jesus and His

Church, strengthens our faith, and seals us as Christ's witnesses.

60. What is the Eucharist?
The Eucharist is the sacrament of Jesus' real and complete presence, in which He renews His sacrifice, comes to us as Holy Communion, and remains close to us in our churches.
61. What is Penance?
Penance is the sacrament in which Jesus forgives our sins, strengthens or renews our friendship with Himself and His people, and gives us the strength to do better.
62. How do we receive the sacrament of Penance?
To receive the sacrament of Penance we: remember our sins are sorry for them; intend not to commit them again; tell them in confession; say or do our penance.
63. What are mortal and venial sins?
Mortal sins are serious disobediences to God and His law, which must be told in confession. Venial sins are less serious disobediences.
64. When is a sin mortal?
A sin is mortal when the person knew before or while committing it that it was seriously wrong, yet freely and deliberately decided to do it.
65. What is the Anointing of the Sick?
The Anointing of the Sick is the sacrament in which Jesus brings healing of soul and often of body to sick or injured people in danger of death.
66. What is Holy Orders?
Holy Orders is the sacrament through which Jesus gives His Spirit to men to seal them as deacons, priests and bishops and to give them the powers that belong to each position.
67. What is Matrimony?
Matrimony is the sacrament through which Jesus blesses a marriage and gives the couple the grace to love one another faithfully throughout life, to love their children and to raise their children as good Christians.
68. Why are the sacraments important?
The sacraments are important because they are the chief ways in which we receive or grow in God's grace and are strengthened to live as we should.

THE COMMANDMENTS OF GOD

69. What are God's Ten Commandments?
God's Ten Commandments are laws which guide us in living the ways all human beings should live.
70. What does God tell us in the first commandment?
In the first commandment God tells us that we should pray to Him, believe His teachings, trust Him and love Him.

71. What are some of the sins forbidden by the first commandment?
Some of the sins forbidden by the first commandment are: giving up the Catholic religion; refusing to believe one or more of the Church's teachings; reading books or pamphlets against the Catholic faith; practicing superstition.
72. What does God tell us in the second commandment?
In the second commandment God tells us to speak with respect of Him, of holy things, of holy places and of persons close to Him.
73. What are some of the sins forbidden by the second commandment?
Some of the sins forbidden by the second commandment are: using the names of God or Jesus in a wrong way; insulting God or religion; perjury (lying when under oath).
74. What does God tell us in the third commandment?
In the third commandment God tells us to make Sunday special by worshiping Him at Mass (which may also be done on Saturday evening) and by taking the rest we need.
75. What are some of the sins forbidden by the third commandment?
Some of the sins forbidden by the third commandment are: missing Mass on Sunday (Saturday evening); being late for Mass on purpose; doing unnecessary hard work on Sunday.
76. What does God tell us in the fourth commandment?
In the fourth commandment God tells us to love, respect, obey and help our parents and to respect and obey others who are in charge of us, such as teachers, the leaders of our Church and country, etc.
77. What are some of the sins forbidden by the fourth commandment?
Some of the sins forbidden by the fourth commandment are: disobeying one's parents; hating, striking or insulting them; speaking or acting unkindly toward them; causing them anger or sorrow.
78. What does God tell us in the fifth commandment?
In the fifth commandment God tells us to look after the life, health, safety and spiritual good of ourselves and others.
79. What are some of the sins forbidden by the fifth commandment?
Some of the sins forbidden by the fifth commandment are: murder; abortion; suicide; euthanasia (mercy killing); drunkenness; drug taking; unnecessary risk of life; anger, hatred; fighting; leading others to sin.
80. What does God tell us in the sixth and ninth commandments?
In the sixth and ninth commandments God tells us to respect His gift of sex by avoiding the thoughts, desires and actions that are permitted only to married people, and by avoiding conversations, ways of dressing, pictures, books, etc., which could lead us or others to sin.
81. What are some of the sins forbidden by the sixth and ninth commandments?
Some of the sins forbidden by the sixth and ninth commandments are: adultery¹, fornication², contraception³, homosexual activity, masturbation, deliberate thoughts, words or actions that arouse sexual feelings.
82. How can we help ourselves to keep the sixth and ninth commandments?
We can help ourselves to keep the sixth and ninth commandments by praying often especially to the Virgin Mary, by receiving Penance and the Eucharist often; by keeping ourselves busy; and by avoiding persons, places or things that might tempt us to sin.
83. What does God tell us in the seventh and tenth commandment?
In the seventh and tenth commandments God tells us to take care of our own things, to respect what belongs to others and to make up for any stealing or harming of property that we have done deliberately.
84. What are some of the sins forbidden by the seventh and tenth commandments?
Some of the sins forbidden by the seventh and tenth commandments are: stealing; wanting to steal; unjustly keeping what is not ours; cheating; willfully damaging the property of others; wasting time or materials when working; not paying what we owe.
85. What does God tell us in the eighth commandment?
In the eighth commandment God tells us to say only what is true and good, and if we have injured someone's reputation to make up for the harm we have done.
86. What are some of the sins forbidden by the eighth commandment?
Some of the sins forbidden by the eighth commandment are: lying; insulting; harming some one's reputation; criticizing unfairly; not keeping secrets that we should keep.

¹ Sexual relations between two persons, one of whom is married to someone else.

² Sexual relations between unmarried persons.

³ Artificial birth control.

5 STEPS FOR DAILY EXAMINATION

- 1 ASK FOR GRACE
- 2 GIVE THANKS FOR THE GIFTS RECEIVED
- 3 RECOGNIZE MY FAULTS
- 4 ASK FOR FORGIVENESS
- 5 PURPOSE OF AMENDMENT

INFORMATION TAKEN FROM VRCACI@RELIGIOSA.ORG CatholicLink

5 WAYS TO OVERCOME TEMPTATION

- 1 DON'T BE AFRAID
TRUST GOD, YOU CAN DO ANYTHING WITH HIM BY YOUR SIDE
- 2 PRAY
WHEN TEMPTATION COMES, CALL THE LORD AND VIRGIN MARY
- 3 GET BUSY
FIND SOMETHING TO DO, A CHORE, A BOOK TO READ, ETC.
- 4 AVOID OPPORTUNITIES
STAY AWAY FROM OPPORTUNITIES TO SIN
- 5 KEEP PRAYING
KEEPING A LIFE OF PRAYER WILL HELP YOU STRENGTHEN YOUR WILL

"BE COURAGEOUS: I HAVE CONQUERED THE WORLD" (JOHN 16: 33) CatholicLink

6 SIGNS EVERY CATHOLIC SHOULD HAVE IN THEIR PATH

 <i>Pray - Stop whatever you are doing and talk to God. Go to Mass and receive the sacraments.</i>	 <i>Yield to grace - Be patient. Let God's grace into your life.</i>	 <i>Please, do not feed temptation. - When tempted, don't engage in dialogue.</i>
 <i>Dangerous curve, turn to Mary. - In difficult times, turn to your Heavenly Mother.</i>	 <i>Jesus at work - Be thankful for everything Christ does for you.</i>	 <i>Walk with your cross. - Accept your daily crosses and ask God the strength to carry them.</i>

«Yahweh watches over the path of the upright» (Psalm 1) CatholicLink

4 REASONS TO PRAY THE ROSARY

IT'S BIBLICAL
The Rosary contemplates the great mysteries of the Christian Faith; each mystery has its source in the Holy Scriptures.

IT HELPS US BE HOLIER
This prayer has been a great help to many in their path to holiness when prayed with devotion.

THE VIRGIN HAS ASKED US TO
In several Marian apparitions (as Fatima), our Mother has asked us to pray the Rosary for the world's salvation.

IT WEAKENS THE DEVIL
The Rosary has the effect of weakening the action of the devil in the world and in our lives.

INFORMATION BY PERIODISMOCATOLICO.COM CatholicLink

LATOYA MONIQUE 2012

"IN Happy MOMENTS, PRAISE GOD.
IN DIFFICULT MOMENTS, SEEK God.
IN QUIET MOMENTS, trust GOD.
IN EVERY MOMENT, THANK God."

6 PRACTICAL ADVICE FOR A PURE LIFE

- 1 GUARD YOURSELF
Guard your eyes and ears. Take in pure and wholesome information.
- 2 BE MINDFUL OF YOUR ACTIONS WHEN YOU ARE ALONE
Try to be surrounded by people. Use your cell phone and computer wisely.
- 3 HAVE ACCOUNTABILITY PARTNERS
Surround yourself with trustworthy people you can rely on.
- 4 UNDERSTAND THE SPIRIT, NOT JUST THE LAW
Sex is gift from God, it should be saved for the right moment.
- 5 REALIZE YOU CAN'T DO IT ALONE
You need God to overcome temptation.
- 6 DATING IS DIFFICULT, SO PLAN ACCORDINGLY
Be aware of how you spend time with each other.

INFORMATION FROM LIFETEEN.COM CatholicLink

ADORATION ATONEMENT

THANKSGIVING PETITION

THE MASS IS OFFERED FOR FOUR ENDS

"LORD, GIVE US THAT BREAD ALWAYS" (JOHN 8:34) CatholicLink

5 THINGS THAT WE LEARN FROM OUR FAMILY

BY POPE FRANCIS

- 1 IT OPENS CHILDREN'S EYES ONTO LIFE
In their parents they see human relationships built on love.
- 2 IT TEACHES THE VALUE OF BONDS
Of fidelity, sincerity, trust, cooperation, respect.
- 3 IT INVITES PEOPLE TO BELIEVE IN RELATIONSHIPS
It encourages people to believe even in difficult situations.
- 4 IT TEACHES PEOPLE TO HONOR THEIR WORD
It shows respect for others and their personal boundaries.
- 5 TO CARE FOR THE SMALLEST MEMBERS
To care for the most vulnerable and the wounded.

POPE FRANCIS • GENERAL AUDIENCE OCTOBER 7, 2015 CatholicLink

4 KEYS TO DISCERNING GOD'S WILL

Regular Confession
It frees us from our attachments to sin and enables us to listen to God's voice.

Communion with the Church
The teachings of the Church so that should form an integral part of our identity.

Contact with the Word Of God
We must consume and be consumed by the scriptures, its wisdom and direction.

Time to discern
We must make time, we will never learn to hear the voice of God if we are too busy with our plans and ideas.

INFORMATION BY WWW.CONTEMPLATIO.US CatholicLink

10 KEYS TO ACHIEVE Happiness

CATHOLIC VERSION

- 1 SEEK FIRST THE KINGDOM OF GOD
- 2 LOVE YOUR NEIGHBOR AS YOURSELF
- 3 EMBRACE THE CATHOLIC FAITH
- 4 DRAW NEAR TO THE BLESSED MOTHER
- 5 MAKE FREQUENT USE OF CONFESSION
- 6 FREELY FORGIVE OTHERS
- 7 ENTER DEEPLY INTO HOLY MASS
- 8 RECEIVE THE EUCHARIST WORTHILY
- 9 LIVE A "SACRIFICIAL" LIFE
- 10 REMAIN PROFOUNDLY PRAYERFUL

INFORMATION FROM HARVESTINGTHEFRUIT.COM CatholicLink

PONDER THE FACT THAT GOD HAS MADE YOU

gardener
TO ROOT
out vice
AND PLANT
virtue

ST. CATHERINE OF SIENA

CatholicLink

EVERY
OTHER
Sunday

CYF

SCHEDULE

7:30p
9:30p
Doyle Hall

October 2	January 8	April 9
October 16	January 22	April 23
October 30	February 5	May 7
November 13	February 26	May 21
November 27	March 12	June 4
December 11	March 26	June 18

Contact: Chris Ord 714.330.4063



"IT IS *Jesus* THAT YOU SEEK

WHEN YOU DREAM OF *happiness*;
HE IS *waiting for you*
WHEN NOTHING ELSE YOU FIND *satisfies* YOU."

Saint John Paul the Great

CONFIRMATION I CALENDAR * 2016-2017 * LỊCH TRÌNH THÊM SỨC I

☐ TUESDAY 7:00PM - 8:30PM

	Date	CLASS	THEMES	SPECIAL EVENTS <i>C=Candidate; S=Sponsor; P=Parent</i>
September	20	CLASS	First Day of Class * <i>Cpt. 1: CF Journey – the "Cliffnotes"</i>	
	27	CLASS	Cpt. 2 & 3: Reason, Revelation & the Bible	♥ <i>Life Chain Sunday * Sunday, Oct. 2</i>
October	4	CLASS	Mary & The Saints	
<i>Saturday</i>	11	CLASS	Cpt. 4: Faith. * <i>A Look at Salvation History</i>	
	18	CLASS	SAFETY EDUCATION & Disaster Drill (80')	
	25	CLASS	Cpt. 5 & 6: God the Father & the Human Person	
	29	Mass		FAITH FORMATION OPENING MASS * 10:30 AM
November	1	CLASS	MASS-All Saints Day * <i>Saint Projects</i>	
<i>Sunday</i>	6			◆ Parent-Student Meeting & Ritual of Commitment 2:00PM-6:00PM @ Hall & Church * C/P
	8	CLASS	Cpt. 7 & 8: Jesus the Christ: True God & True Man	
	15	CLASS	Cpts. 9: Jesus' Message & Mission * Closing Year of Mercy	♥ <i>His Hands Thanksgiving Basket * Sat. Nov. 19</i>
	22		No Class * Happy Thanksgiving	
	29	CLASS	Cpt. 10: Paschal Mystery * Review Confession	† SERVICE PROJECT 1 DUE * Dec. 1
December	6	CLASS	<i>Liturgical Year * The Meaning of Christmas * MISSION</i>	<i>Ad.Parish Mission * 7PM, Nov. 30, Dec 1-2; Dec. 6</i>
<i>Weekend</i>	13	CLASS	Cpt. 11: Paschal Mystery * CONFESSION (20')	<i>Advent Parish Confession * 7:00 PM, Dec. 12 & 13</i>
	16-18			◆ PLANTED FOR LIFE RETREAT @ Irvine * C
	20 & 27		No Class * Merry Christmas & Happy New Year	♥ <i>His Hands Christmas Presents, Sat. Dec. 17</i>
January	3	CLASS	Cpts. 33 & 34: Intro. to Prayer & Forms of Prayer	
	10	CLASS	Cpts. 35: Personal Prayer	
	17	CLASS	Cpt. 36: Praying with Scripture	
	24		No Class * Happy Lunar New Year	
	31		Cpt 16 & 17: Intro. to the Liturgy & the Sacraments	♥ <i>Prayer Fair-Feb. 4 * Service Opportunity</i>
	February	7	CLASS	Cpt. 18: Baptism
<i>Sundays</i>	12 or 19		◆ CANDIDATE & SPONSOR INTERVIEWS * 11:00AM – 2:00 PM @ Rooms 1-2-3	* C/S
	14	CLASS	Cpt. 19: Confirmation	
<i>Thursday</i>	21	CLASS	Cpt. 20: Eucharist & Mass * Teaching Mass	
	23			YOUTH DAY * 6:00AM – 5:00 PM @ Anaheim * C
	28	CLASS	FASt TUESDAY * Lenten Season-Ash Weds, Mar. 1	† SERVICE PROJECT 2 DUE * Mar. 1
March	7 * Early	CLASS		◆ SEDER MEAL * 6:30PM – 8:30PM @ Hall * C/S
	14	CLASS	Cpt. 21: Sacraments of Healing & Christian Funeral	<i>Lenten Parish Mission * 7 PM, Mar. 9-12 & Mar. 13</i>
	21	CLASS	* PARISH LENTEN CONFESSION (40')	<i>Lenten Parish Confession * 7:00 PM, Mar. 20-21</i>
	28	CLASS	Cpt. 22: Sacraments of Service	
	29	CLASS	Vocation Witness * Guest Speakers	
April	4	CLASS	<i>Paschal Triduum * STATIONS OF THE CROSS (45')</i>	† SERVICE PROJECT 3 DUE * Apr. 1
	11-15		Attend Paschal Triduum Liturgy * See Parish Schedule	
	18	CLASS	Easter Season * ADORATION & DIVINE MERCY (30')	
	25	CLASS	Christian Devotion, Signs and Symbols	
	30		◆ FAMILY FAITH FESTIVAL * 8:30-1:00PM @ Hall ◆ TEEN INTEGRITY * 2:00-5:00PM @ Hall	* C/S/P
	May	2	CLASS	Living Sacramental Life * Final Assessment Review
<i>Saturday</i>	6	Mass		FAITH FORMATION THANKSGIVING MASS * 10:30AM
	9	CLASS	Wrapping-Up Day * Final Assessment	
	16	CLASS	Last Day of Class	

CONFIRMATION I CALENDAR * 2016-2017 * LỊCH TRÌNH THÊM SỨC I

☐ SATURDAY I: 9:30AM - 11:00AM

☐ SATURDAY II: 11:30AM - 1:00PM

	Date	CLASS	THEMES	SPECIAL EVENTS
				<i>C=Candidate; S=Sponsor; P=Parent</i>
September	24	CLASS	First Day of Class * <i>Cpt. 1: CF Journey – the “Cliffnotes”</i>	
October	1	CLASS	Mary & The Saints * <i>Saint Projects</i>	♥ <i>Life Chain Sunday * Sunday, Oct. 2</i>
<i>Saturday</i>	8	CLASS	Cpt. 2 & 3: Reason, Revelation & the Bible	
	15		No Class * Diocesan Ministry Celebration	
	22	CLASS	SAFETY EDUCATION & Disaster Drill (80')	
	29	Mass		FAITH FORMATION OPENING MASS * 10:30 AM
November	5	CLASS	Cpt. 4: Faith. * <i>A Look at Salvation History</i>	
<i>Sunday</i>	6			◆ Parent-Student Meeting & Ritual of Commitment 2:00PM-6:00PM @ Hall & Church * C/P
	12	CLASS	Cpt. 5 & 6: God the Father & the Human Person	
	19	CLASS	Cpts. 7-9: Jesus: Message, Mission* Closing Year of Mercy	♥ <i>His Hands Thanksgiving Basket * Sat. Nov. 19</i>
	26		No Class * Happy Thanksgiving	† SERVICE PROJECT 1 DUE * Dec. 1
December	3	CLASS	<i>Liturgical Year * Advent & Christmas * CONFESSION (20')</i>	<i>Ad.Parish Mission * 7PM, Nov. 30, Dec 1-2; Dec. 6</i>
<i>Weekend</i>	10	CLASS	Cpts. 10 & 11: Paschal Mystery	<i>Advent Parish Confession * 7:00 PM, Dec. 12 & 13</i>
	16-18			◆ PLANTED FOR LIFE RETREAT @ Irvine * C
	24 & 31		No Class * Merry Christmas & Happy New Year	♥ <i>His Hands Christmas Presents, Sat. Dec. 17</i>
January	7	CLASS	Cpts. 33 & 34: Intro. to Prayer & Forms of Prayer	
	14	CLASS	Cpts. 35: Personal Prayer	
	21	CLASS	Cpt. 36: Praying with Scripture	† SAINT PROJECTS & SPONSOR FORM DUE * Feb 1
	28		No Class * Happy Lunar New Year	
	February	4	CLASS	Cpt 16 & 17: Intro. to the Liturgy & the Sacraments
<i>Sundays</i>	11	CLASS	Cpt. 18 & 19: Baptism & Confirmation	
	12 or 19		◆ CANDIDATE & SPONSOR INTERVIEWS * 11:00AM – 2:00 PM @ Rooms 1-2-3	* C/S
	18	CLASS	Cpt. 20: Eucharist & Mass * Teaching Mass	
<i>Thursday</i>	23			YOUTH DAY * 6:00AM – 5:00 PM @ Anaheim * C
	25		No Class * Religious Education Congress	<i>Ash Weds Mar. 1</i> † SERVICE PROJECT 2 DUE * Mar. 1
March	4	CLASS	Cpt. 21: Sacraments of Healing * Lenten Spirituality	
<i>Tuesday</i>	7			◆ SEDER MEAL * 6:30PM – 8:30PM @ Hall * C/S
	11	CLASS	Christian Funeral * FF CONFESSION (20')	<i>Lenten Parish Mission * 7 PM, Mar. 9-12 & Mar. 13</i>
	18	CLASS	Cpt. 22: Sacraments of Service	<i>Lenten Parish Confession * 7:00 PM, Mar. 20-21</i>
	25	CLASS	Vocation Witness * Guest Speakers	
April	1	CLASS	Christian Devotion, Signs and Symbols	† SERVICE PROJECT 3 DUE * Apr. 1
<i>Sunday</i>	8	CLASS	<i>Paschal Triduum * STATIONS OF THE CROSS (45')</i>	
	13-16		Attend Paschal Triduum Liturgy * See Parish Schedule	
	22	CLASS	Easter Season * ADORATION & DIVINE MERCY (30')	
	29	CLASS	Living Sacramental Life * Final Assessment Review	
	30		◆ Family Faith Festival * 8:30-1:00PM @ Hall	◆ TEEN INTEGRITY * 2:00-5:00PM @ Hall * C/S/P
May	6	Mass		FAITH FORMATION THANKSGIVING MASS * 10:30AM
	13	CLASS	Wrapping-Up Day * Final Assessment	
	20	CLASS	Last Day of Class	

CONFIRMATION II CALENDAR * 2016-2017 * LỊCH TRÌNH THÊM SỨC II

☐ TUESDAY 7:00PM - 8:30PM

	Date	CLASS	THEMES	SPECIAL EVENTS <i>C=Candidate; S=Sponsor; P=Parent</i>	
September	20	CLASS	First Day of Class * Imago Dei, What makes me happy?		
	27	CLASS	Cpt. 2 & 3: Review the Bible	♥ Life Chain Sunday * Sunday, Oct. 2	
October	4	CLASS	"What is your story, God?" - A Look at Salvation History		
Sunday	11	CLASS	Universal Call of Holiness : Mary & the Saints		
	18	CLASS	SAFETY EDUCATION & Disaster Drill (80')		
	23		◆ MINI RETREAT & Ritual of Support – Candidate & Sponsor * 2-6 PM @ Hall & Church * C/S		
Saturday	25	CLASS	Cpt. 15: The Last Things - "Where am I Going?"		
	29	Mass		FAITH FORMATION OPENING MASS * 10:30 AM	
November	1	CLASS	MASS-All Saints Day		
	8	CLASS	Cpt. 12: God the Holy Spirit		
	15	CLASS	Cpt. 13: Mission of the Church * <i>Why be Catholic?</i>	♥ His Hands Thanksgiving Basket * Sat. Nov. 19	
	22		No Class * Happy Thanksgiving		
	29	CLASS	Cpt. 14: Organization of the Church. Magisterium	† SERVICE PROJECT 1 DUE * Dec. 1	
December	6	CLASS	Advent Season * PARISH MISSION (90')	Ad.Parish Mission * 7PM, Nov. 30, Dec 1-2; Dec. 6	
	13	CLASS	Liturgical Year * Meaning of Christmas * CONFESSION (40')	Advent Parish Confession * 7:00 PM, Dec. 12 & 13	
	20 & 27		No Class * Merry Christmas & Happy New Year		
January	3	CLASS	Cpt. 37, 38 & 39: The Lord's Prayer & Praying together		
	10	CLASS	Gifts & Fruits of the HS * Charismatic Retreat Prep.		
Sunday			◆ PARENT MEETING * English * Tuesday, Jan. 10, 7 PM-8:30PM @ Doyle Hall * P		
	15			CHARISMATIC RETREAT * 8:30AM – 6 PM @ Hall * C	
	17	CLASS	Charismatic Retreat Review		
Sundays	24		No Class * Happy Lunar New Year		
	Jan. 25 or Feb. 5		◆ CANDIDATE & SPONSOR INTERVIEWS * 11:00AM – 2:00 PM @ Rooms 1-2-3 * C/S		
	31		Cpts. 23 & 24: Intro. to Christian Morality & Social Justice	♥ Prayer Fair-Feb. 4 * Service Opportunity	
February	7	CLASS	Cpt. 25: Sources of Moral Truth	† BISHOP LETTER DUE - Feb. 1	
	14	CLASS	Cpts. 26 & 27: Honoring God & Honoring Family		
	21	CLASS	Respect Life * Guest Speakers		
	23			YOUTH DAY * 6:00AM – 5:00 PM @ Anaheim * C	
	28	CLASS	FASt TUESDAY * Lenten Season-Ash Weds, Mar. 1	† SERVICE PROJECT 2 DUE * Mar. 1	
March	7	CLASS	Cpt. 28: Respecting Life		
	Weekend	March 10-12		◆ FREE THE FIRE RETREAT @ Big Bear * C	
		14	CLASS	Cpt. 29: Respecting Sexuality	Lenten Parish Mission * 7 PM, Mar. 9-12 & Mar. 13
		21	CLASS	Catching up Day * PARISH LENTEN CONFESSION (40')	Lenten Parish Confession * 7:00 PM, Mar. 20-21
		28	CLASS	Cpt. 30 & 31: Respecting Material Goods & Truth	
		29	CLASS	Cpt. 32: Living the Moral Life: Fruits & Gifts of the HS	
April	4	CLASS	Paschal Triduum * STATIONS OF THE CROSS (45')	† SERVICE PROJECT 3 DUE * Apr. 1	
	11-15		Attend Paschal Triduum Liturgy * See Parish Schedule		
	18	CLASS	Confirmation–cont. * ADORATION & DIVINE MERCY (30')		
	25	CLASS	Saying Yes to the Mission of Christ		
	Sunday	30		◆ Family Faith Festival * 8:30-1:00PM @ Hall ◆ TEEN INTEGRITY * 2:00-5:00PM @ Hall * C/S/P	
May	2	CLASS	Wrapping-Up Day * Review Final Assessment		
Saturday	6	Mass		FAITH FORMATION THANKSGIVING MASS * 10:30AM	
	9	CLASS	Final Assessment & Review		
	16	CLASS	Last Day of Class * The Journey Continues		
Thursday	11			◆ Confirmation Rehearsal * 7 PM @ Church * C/S	
Friday	19 or 12			◆ Confirmation Mass * 5:30PM @ Church * C/S/P	

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	17		The Meaning of Christmas	
	24 & 31		No Class * Merry Christmas & Happy New Year	♥His Hands Christmas Presents, Sat. Dec. 17
January	7	CLASS	Cpt. 37, 38 & 39: The Lord's Prayer & Praying together	
Sunday	8		◆ PARENT MEETING * Vietnamese * Sunday, Jan 8, 3 PM-4:30PM @ Doyle Hall	* P
Sunday	14	CLASS	Gifts & Fruits of the HS * Charismatic Retreat Prep.	
	15			CHARISMATIC RETREAT * 8:30AM – 6 PM @ Hall * C
Sundays	21	CLASS	Charismatic Retreat Review	† BISHOP LETTER DUE- Feb. 1
	Jan. 25 or Feb. 5		◆ CANDIDATE & SPONSOR INTERVIEWS * 11:00AM – 2:00 PM @ Rooms 1-2-3	* C/S
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	11			◆ Confirmation Rehearsal * 7 PM @ Church * C/S
	19 or 12			◆ Confirmation Mass * 5:30PM @ Church * C/S/P