

- CONFIRMATION 2019 PACKAGE -

REGISTRATION NIGHT

Wednesday, October 3, 2018 from 7:00 PM - 9:00 PM

AGENDA

- 1. Registration Night Checklist**
- 2. Text-Messaging Notification Service**
- 3. Online App**
- 4. Our Goal**
- 5. Enrolment Ceremony Dates**
- 6. Confirmation Retreat At Teen Ranch**
- 7. Confirmation Resource Book**
- 8. Saturday Confirmation Classes**
- 9. Confession Dates**
- 10. Mandatory Parent And Sponsor Meetings**
- 11. Confirmation Sponsor**
- 12. Church Ministry Involvement**
- 13. Confirmation Ceremony Dates**
- 14. Mass And Confession Times At St. Joseph The Worker**
- 15. Connect With Us**

APPENDIX:

- **CALENDAR OF EVENTS (Page 9)**
- **SUNDAY MASS REFLECTION QUESTIONS (Page 10)**
- **MINISTRY INVOLVEMENT LOG-IN FORM (Page 11)**
- **ENROLLMENT PROMISE: CONFIRMANDI'S COPY (Page 12)**
- **ENROLLMENT PROMISE: CHURCH COPY (Page 14)**
- **CONFIRMATION SPONSOR INFORMATION FORM (Page 16)**

1. REGISTRATION NIGHT CHECKLIST

- ☐ Completed Registration Form in the Parish Hall in basement.
 - o NOTE: Please include allergies, medication, and dietary restrictions for the Teen Ranch Weekend Retreat.
- ☐ Paid Fee of \$250.00 (Cash, Cheque, Debit, or Credit accepted).
- ☐ Provided a PHOTOCOPY of your child's Baptismal Certificate.
- ☐ Picked-up a Meeting Information Package for students and parents.

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2. TEXT MESSAGING NOTIFICATION SERVICE

We have set up a Text-Messaging notification service which will be our primary way of communicating information to Confirmation Parents and Youth.

To register, text **@stjwconfo** to **289-812-5088**.

3. ONLINE APP

MOBILE VERSION

- 1. Open Web Browser (Safari, Chrome, etc.)**
- 2. Visit stjw.ca**
- 3. Click the ADULT PORTAL**
- 4. Click FULL WEBSITE**
- 5. Click Confirmation 2019**

DESKTOP VERSION

- 1. Open Web Browser (Safari, Chrome, etc.)**
- 2. Visit stjw.ca**
- 3. Click the ADULT PORTAL**
- 4. Click Confirmation 2019**

4. OUR GOAL

To form a Spirit-filled Catholic-Christian who, by aiming to reach their maximum potential, transforms the world.

They do this in two ways:

- By **living** their faith through prayer, study, and Sacramental practice.
- By **sharing** their faith through witness, dialogue, and service.

5. ENROLLMENT CEREMONY DATES

Parents and Confirmation Students (known as "Confirmandi") will attend any one of the Masses on the weekend of **October 13/14 2018** with their '**Enrollment Form**' (See attached Page 15) to be formally enrolled into the program before the congregation. Pick one of these Masses to attend:

- **Saturday, October 13, 2018 - 5:00 PM**
- **Sunday, October 14, 2018-10:30 AM**
- **Sunday, October 14, 2018- 12:30 PM**

Attendance of Parents and Confirmandi at the Enrollment Ceremony is MANDATORY.

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6. CONFIRMATION RETREAT AT TEEN RANCH

Retreat Date: **Friday, November 23 to Sunday, November 25, 2018**

Facilitated by StJW Confirmation Teachers and StJW Youth Ministry.

20682 Hurontario Street, Caledon, ONT L7K 1X1

(519) 941-4501

www.teenranch.on.ca

Weekend activities includes talks, indoor and outdoor activities, meals, and horseback riding.

Attendance at the Weekend Retreat is a MANDATORY part of the Confirmation Program.

There will be a Teen Ranch meeting in the main church prior to the weekend trip. The evening will give the Confirmandi a chance to meet the Confirmation teachers, their groups and roommates for the retreat.

Meeting Date: **Tuesday, November 20, 2018 from 8:00 PM to 9:00 PM**

- NOTE: Please include allergies, medication, and dietary restrictions for the Teen Ranch Weekend Retreat.
- A '**Packing Needs List**' and '**Itinerary**' will also be provided at the meeting.
- An optional '**Rooming Preference**' sheet will be given at the Enrollment Ceremony Weekend, October 13/14, 2018. If the Confirmandi wishes to fill it out, it is due the following weekend, October 20/21, 2018.

7. CONFIRMATION RESOURCE BOOK

At the Teen Ranch Retreat, Confirmandi will be given a Resource Book to complete. It will consist of three parts:

- A. Homily Reflection for every weekend starting the weekend of November 24/25, 2018.
- B. Sunday Mass Reflection starting Saturday, January 12, 2019.
- C. Ministry Involvement Log-In Form.

8. CONFIRMATION SATURDAY CLASSES

Confirmandi are expected to attend **12** Preparation Classes on **Saturdays from 2:30 PM - 4:30 PM** beginning **Saturday, January 12, 2019** and ending **Saturday, May 4, 2019**, (excluding Family Day Weekend, March Break, Holy Week, and Easter Weekends) (See Calendar of Events on Page 9). **Attendance to ALL classes is mandatory.**

See Overview of Curriculum on Page 8.

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9. CONFESSION DATES

Confirmation Students (Confirmandi) must attend Mandatory Confession Evenings:

- 1) **Wednesday, December 12, 2018, any time** between 7:00 PM - 9:00 PM
- 2) **Wednesday, March 27, 2019 any time** between 7:00 PM - 9:00 PM

10. MANDATORY PARENT AND SPONSOR MEETINGS

Parents and Sponsor of Confirmandi (Public, Private and Catholic Schools) are to attend **three** mandatory meetings as a complementary resource to the Confirmation Classes.

Meeting #1 - Tuesday, February 26, 2019, 7:45PM - 9:00 PM

SPEAKER: Dr. Jessica Chan Tai, Clinical Psychologist

Dr. Jessica Chan Tai is an expert on Clinical Developmental Psychology. She specializes in the assessment and treatment of children, adolescents and families struggling with mental health concerns, including anxiety, depression, parent-child relationship and attachment difficulties, school refusal, and obsessive-compulsive disorder (OCD).

Currently, Dr. Chan Tai works as a Psychologist at the Toronto Catholic District School Board, and as a private practitioner through McLean Psychology Centre.

Dr. Chan Tai has research expertise in the areas of immigration and acculturation and studies maternal-child health from a cross-cultural perspective. She is also an active parishioner at St. Joseph the Worker Parish.

TOPIC: What you need to know about your youth's mental health

Meeting #2 - Tuesday, March 26, 2019, 7:45 PM - 9:00 PM

SPEAKER: Speaker from FertilityCare Toronto (TBD)

FertilityCare Toronto is a fertility, family planning, and women's health centre. Over the past 30 years, FertilityCare Toronto speakers have addressed thousands of people in venues across the nation. They will lead a presentation on how to lead a practical and positive dialogue with your teenager about sex and relationships in a way that is age appropriate, aware of the particular challenges they are facing, and sensitive to the guidelines provided by the Catholic Church.

TOPIC: What you need to know about the Church's teaching on Sex and Relationships

Meeting #3 - Tuesday, April 30, 2018, 7:45 PM - 9:00 PM

SPEAKER: Vlad Mamaradlo, Lay Youth Pastor

Vlad Mamaradlo is the Lay Youth Pastor at St. Joseph the Worker Parish. He completed his Masters in Divinity and Baccalaureate in Sacred Theology at the University of Toronto and brings with him over 18 years of experience in Youth Ministry. He oversees the parish's social media activities and has done several talks on the role social media has played on a young person's mental and spiritual well-being.

TOPIC: What you need to know about Social Media

NOTE: The attendance of both parents is not necessary although we strongly encourage it as both parents will benefit from the contents presented. **Attendance to the Parent Meeting is mandatory for both parents and sponsors.**

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11. CONFIRMATION SPONSOR

Confirmandi are to select ONE Confirmation Sponsor by Saturday, December 31, 2018.

CRITERIA FOR SELECTING A SPONSOR:

- Must be a faithful and practicing Catholic-Christian.
- Must be at least 17 years of age.
- Must have received all three Sacraments of Initiation (Baptism, Communion, Confirmation)
- Photocopy of Sponsor's Baptism and Confirmation Certificate is to be provided to Julia Dela Cruz on the first class on January 12, 2019.

NOTE:

- Sponsor need not be the same gender as Confirmandi.
- Sponsor need not be the same as the Baptism Sponsor.

The Confirmation Sponsor will be the one to stand behind the Confirmandi at the Ceremony. Their role is pivotal in ensuring that the Confirmandi live up to the expectations of Jesus Christ after the Confirmation Ceremony.

- **Sponsors are to fill out the "SPONSOR INFORMATION FORM" on Page 17 which includes the signature of the Pastor and the Seal of the Parish where they attend Mass every Sunday.**
- **Sponsors are to attend the three Parent/Sponsor Meetings.**

12. CONFIRMATION NAME

As part of their preparation to receive the Sacrament of Confirmation, Confirmandi have the privilege and responsibility to choose a Name under which they will be confirmed.

The **Confirmation Name should be the name of a Saint** whose life and example one looks up. The Confirmation name follows the first and/or middle name, i.e. "Vladimir PETER Gutierrez-Mamaradlo"

A Confirmation Name should be decided and submitted by **Saturday, March 2, 2019** (Class #7).

12. CHURCH MINISTRY INVOLVEMENT

Part of a Confirmation Program is an emphasis on one's responsibility to one's spiritual family. Confirmandi must participate in a ministry in the Church by completing a minimum of **15 HOURS**, beginning on Registration Night, Wednesday, October 3, 2018. This can be Altar Serving, Lector, participating in Street Patrol, etc.

The '**Ministry Involvement Log-In Form**' is included in the Confirmandi's **Resource Book** (See Sample on Page 11).

NOTE:

The first FIVE hours must be completed by **Saturday, January 12, 2019** (Class #1).

The next FIVE hours must be completed by **Saturday, March 2, 2019** (Class #7).

The last FIVE hours must be complete by **Saturday, April 27, 2019** (Class #11).

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VOLUNTEER OPPORTUNITIES AT ST JOSEPH THE WORKER PARISH

GOOD SHEPHERD MINISTRIES

WHEN: **1st Sunday of the month**

Good Shepherd Ministries is a shelter on Queen Street in downtown Toronto that serves the homeless.

Tasks:

- Sorting donated goods
- Making beds
- Folding laundry
- Serving meals

STARTING TIME: Drop off at Sheppard West Station Kiss and Ride at 9:00 AM. Confirmandi are to arrange their own rides to the Station. Bring TTC fare.

END TIME: Typically ends at 1:00 PM with the group arriving at Sheppard West Kiss and Ride between 1:45 PM – 2:00 PM. Confirmandi are to arrange their own ride home from the Station.

DATES

- 1. Sunday, October 7, 2018**
- 2. Sunday, November 4, 2018**
- 3. Sunday, December 2, 2018**
- 4. Sunday, January 6, 2019**
- 5. Sunday, February 3, 2019**
- 6. Sunday, March 3, 2019**
- 7. Sunday, April 7, 2019**
- 8. Sunday, May 5, 2019**
- 9. Sunday, June 2, 2019**

STREET PATROL

WHEN: **2nd Saturday of the month**

Street Patrol is a monthly walk through the streets of downtown Toronto feeding the homeless. Volunteers meet in the Church kitchen to make and assemble meals, then drive to Downsview Station and take the subway to the city.

Tasks:

- Sorting donations
- Making sandwiches
- Assembling meal packages
- Handing out food

STARTING TIME: 9:30 AM in the Church Hall. Group will carpool from the Church to Sheppard West Station. Bring TTC fare.

END TIME: Typically ends at 1:00 PM and back at the Church by 1:30 PM.

DATES

- 1. Saturday, October 13, 2018**
- 2. Saturday, November 10, 2018**
- 3. Saturday, December 8, 2018**
- 4. Saturday, January 12, 2019**
- 5. Saturday, February 16, 2019**
- 6. Saturday, March 9, 2019**

NO STREET PATROL IN APRIL or MAY

- 7. Saturday, June 8, 2019**

NOTE: Street Patrol are ONLY two of many opportunities where your family can get involved in the Parish. Throughout the year, we will be announcing additional events and activities. ie. Passion Play, etc. We encourage your family to be as active and involved as possible.

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13. CONFIRMATION CEREMONY DATES

Fr. Mario Salvadori will preside over the Confirmation Ceremonies.

The Confirmation Ceremony Dates will be as follows:

OUR LADY OF THE ROSARY & OTHER CATHOLIC SCHOOLS

Date Saturday, May 11, 2019

Time: 10:00 AM - 12:00 PM

ST. JOSEPH THE WORKER & PUBLIC / PRIVATE SCHOOLS

Date Saturday, May 18, 2019

Time: 10:00 AM - 12:00 PM

NOTE: Confirmandi and Sponsor are expected to be at the Church no later than 9:00 AM.

14. MASS AND CONFESSION TIMES

MASS TIMES

Saturday: 9:00 AM Mass Bilingual

Monday-Friday (except Thursdays):

7:00 PM Mass in English

Saturday: 5:00 PM Mass in English

Sunday: 9:00 AM Mass in Italian

10:30 AM Mass in English

12:30 PM Mass in English

CONFESSION TIMES

Every Saturday from 4:00 PM - 4:50 PM

Wednesday, December 12, 2018

Any time between 7:00 PM - 9:00 PM

Wednesday, March 27, 2019

Any time between 7:00 PM - 9:00 PM

15. CONNECT WITH US

Phone Number: **(905) 660 - 1253**

Fax Number: **(905) 660 - 1254**

Email: **stjwparish@stjw.ca**

Website: **www.stjw.ca**

Facebook: **www.facebook.com/stjwca**

Office Hours:

Monday-Wednesday: 10:00 AM - 8:00 PM

Thursday: 10:00 AM - 2:00 PM

Friday: 10:00 AM - 8:00 PM

Saturday: 10:00 AM - 6:00 PM

Sunday: 10:00 AM - 2:00 PM

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StJW CONFIRMATION CURRICULUM

Jesus came that we may have life and have it to the full (John 10:10). This means reaching our maximum potential and becoming the best that we can be. This is the Good News Jesus offers. He calls us to receive the Good News and to share it with others. The Confirmation Classes are aimed at unpacking for the Confirmandi what it means to RECEIVE this good news (Part 1) and what it means to SHARE this good news (Part 2).

PART 1: SALVATION - RECEIVING THE GOOD NEWS

Part 1 is intended to unpack for the Confirmandi what it means to RECEIVE that Good News. The Bible describes receiving this good news as SALVATION - becoming perfectly the person we were created to be, unlimited by evil, sin, and death.

CLASS 1 - Reaching Your Potential

CLASSES 2-5: ROTATIONS A-D

ROTATION A - I can discover myself: On Truth and Self-Awareness

ROTATION B - I can make good decisions: On Discernment

ROTATION C - I can survive life's challenges: On Stress and Mental Health

ROTATION D - I can form good relationships: On Dating and Relationships

CLASS 6 - Meeting the Saints

PART 2: EVANGELIZATION - SHARING THE GOOD NEWS

Part 2 is intended to unpack for the Confirmandi what it means to SHARE that Good News. The Bible describes sharing this good news as EVANGELIZATION - the drive to help others become perfectly the people they were created to be, unlimited by evil, sin, and death.

CLASS 7: Sharing the Good News

CLASSES 8-11: ROTATIONS E-H

ROTATION E - You can know your purpose: The role of Jesus Christ

ROTATION F - You can make a difference: The role of the Church

ROTATION G - You can overcome your limitations: The role of Science

ROTATION H - You can reach your potential: The role of Love

CLASS 12 - Transforming the World

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CALENDAR OF EVENTS

EVENT	DATE	TIME
Enrollment Ceremony	OCTOBER 13, 2018 @ 5:00 PM OR OCTOBER 14, 2018 @ 10:30AM OR 12:30PM REMINDER: BRING ENROLLMENT FORM (PAGE 15) REMINDER: PICK UP ROOMING PREFERENCE FORM	Pick convenient Mass time
Teen Ranch Meeting	TUESDAY, NOVEMBER 20, 2018	8:00 PM - 9:00 PM
Confirmation Retreat- Teen Ranch	FRIDAY, NOVEMBER 23, 2018 - SUNDAY, NOVEMBER 25, 2018	Friday Drop-Off: 5 PM Sunday Pick-Up: 2 PM
Advent Confession	WEDNESDAY, DECEMBER 12, 2018	7:00 PM - 9:00 PM
Class #1	SATURDAY, JANUARY 12, 2019 DUE: SPONSOR INFORMATION FORM DUE: FIRST FIVE HOURS OF MINISTRY INVOLVEMENT	2:30 PM - 4:30 PM
Class #2	SATURDAY, JANUARY 19, 2019	2:30 PM - 4:30 PM
Class #3	SATURDAY, JANUARY 26, 2019	2:30 PM - 4:30 PM
Class #4	SATURDAY, FEBRUARY 2, 2019	2:30 PM - 4:30 PM
Class #5	SATURDAY, FEBRUARY 9, 2019	2:30 PM - 4:30 PM
NO CLASS	SATURDAY, FEBRUARY 16, 2019 (Family Day Weekend)	
Class #6	SATURDAY, FEBRUARY 23, 2019	2:30 PM - 4:30 PM
Parent & Sponsor Meeting #1	TUESDAY, FEBRUARY 26, 2019	7:45 PM - 9:00 PM
Class #7	SATURDAY, MARCH 2, 2019 DUE: CONFIRMATION NAME DUE: NEXT FIVE HOURS OF MINISTRY INVOLVEMENT	2:30 PM - 4:30 PM
NO CLASS	SATURDAY, MARCH 9, 2019 (Saturday before March Break)	
NO CLASS	SATURDAY, MARCH 16, 2019 (Saturday of March Break)	
Class #8	SATURDAY, MARCH 23, 2019	2:30 PM - 4:30 PM
Parent & Sponsor Meeting #2	TUESDAY, MARCH 26, 2019	7:45 PM - 9:00 PM
Lent Confession	WEDNESDAY, MARCH 27, 2019	7:00 PM - 9:00 PM
Class #9	SATURDAY, MARCH 30, 2019	2:30 PM - 4:30 PM
Class #10	SATURDAY, APRIL 6, 2018	2:30 PM - 4:30 PM
NO CLASS	SATURDAY, APRIL 13, 2019 (Palm Sunday Weekend)	
NO CLASS	SATURDAY, APRIL 20, 2019 (Easter Weekend)	
Class #11	SATURDAY, APRIL 27, 2019 DUE: LAST FIVE HOURS OF MINISTRY INVOLVEMENT	2:30 PM - 4:30 PM
Parent & Sponsor Meeting #3	TUESDAY, APRIL 30, 2018	7:45 PM - 9:00 PM
Class #12	SATURDAY, MAY 4, 2019	2:30 PM - 4:30 PM
CONFIRMATION CEREMONY Our Lady of the Rosary / Other Catholic Schools	SATURDAY, MAY 11, 2019 - <i>Confirmandi and Sponsor are expected to be at the Church no later than 9:00 AM.</i>	10:00 AM - 12:00 PM
CONFIRMATION CEREMONY St. Joseph the Worker/ Public/Private Schools	SATURDAY, MAY 18, 2019 - <i>Confirmandi and Sponsor are expected to be at the Church no later than 9:00 AM.</i>	10:00 AM - 12:00 PM

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SUNDAY MASS REFLECTION QUESTIONS

EXAMPLE: Sunday, October 7, 2018

READING	BOOK	PAGE
First Reading	<i>Genesis 2:18-24</i>	5
Second Reading	<i>Hebrews 2:9-11</i>	2176
Gospel	<i>Mark 10:2-16</i>	1882
THEME OF GOSPEL		THEME OF HOMILY
<i>Jesus teaches about divorce.</i>		<i>How to help boys mature.</i>
VIDEO SHOWN THIS WEEKEND	FAVOURITE PART OF THE HOMILY	
<i>Facing Truth: Chonda's story</i>	<i>Father talking about the programs happening in the Fall</i>	
Favourite Song sung at Mass this Weekend	Words I heard but don't know	
<i>Broken Vessels</i>	<i>Faithful Departed</i>	

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MINISTRY INVOLVEMENT LOG-IN FORM

Name: *Jane Smith*

Date: *Sunday, October 14, 2018*

Description of Activity:

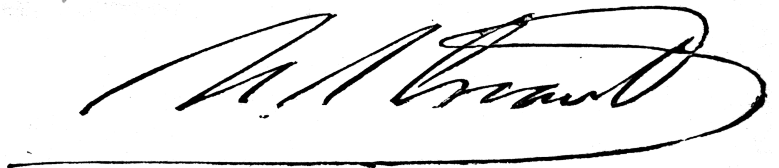
Street Patrol - Sorting donations and serving meals for the homeless.

Number of Hours Completed: *4 Hours*

Supervisor's Name: *Tony M.*

Supervisor's Phone Number: *(905) 660-1253*

Supervisor's Signature:



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ENROLLMENT PROMISE

- CONFIRMANDI'S COPY - DO NOT SUBMIT -

**Post this Promise at a place in your home where you can be reminded of it continually
(ie. Mirror, Bedroom Door, Fridge, etc.)**

**BEFORE THE LORD JESUS CHRIST, MY SAVIOUR AND MY JUDGE,
I, _____, MAKE THE FOLLOWING PROMISES:**

1. I will go to Sunday Mass EVERY weekend.
2. I will attend the Confirmation Retreat, Confession Nights, and Saturday Classes. I will participate in them to the best of my ability.
3. I will pray regularly.
4. I will read and study the Bible regularly especially the Commandments of Jesus Christ and will make an effort to better understand and articulate my faith.
5. I will become more aware of my Christian responsibility by committing at least 15 hours of service in this, my Parish home.
6. I will commit to making decisions based on the Commandments of Jesus Christ.

In keeping with the terms of these promises, I ask for the assistance of my spiritual family and the grace of the Father, the Son, and the Holy Spirit.
Amen.

Signature of Confirmandi: _____ Date: _____

Witnessed by a Parent / Guardian: _____

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ENROLLMENT PROMISE

- CHURCH COPY -

This form is to be presented by the Confirmandi with his/her family at any English Mass on Saturday, October 13 or Sunday, October 14, 2018.

(To be filled out by Confirmandi - PLEASE PRINT CLEARLY)

My name is _____

Age: _____ I attend _____ School

We live at _____
(Complete Home Address)

I was baptized at _____ Church on _____
(Name of Church where your child was Baptized) (Day/Month/Year)

located at _____
(Church's full Address, including Postal Code)

I attend the ☐ 5:00 PM Saturday English Mass
☐ 10:30 AM Sunday English Mass

☐ 9:00 AM Sunday Italian Mass
☐ 12:30 PM Sunday English Mass

Registration Envelope #: _____

Name of Parents: _____
(Father and Mother's first & last name)

I, THE CONFIRMANDI, MAKE THE FOLLOWING PROMISES:

1. I will go to Sunday Mass every weekend.
2. I will attend the Confirmation Retreat, Confession Nights, and Saturday Classes. I will participate in them to the best of my ability.
3. I will pray regularly.
4. I will read and study the Bible regularly especially the Commandments of Jesus Christ and will make an effort to better understand and articulate my faith.
5. I will become more aware of my Christian responsibility by committing at least 15 hours of service in this, my Parish home.
6. I will commit to making decisions based on the Commandments of Jesus Christ.

In keeping with the terms of these promises, I ask for the assistance of my spiritual family and the grace of the Father, the Son, and the Holy Spirit. Amen.

Signature of Confirmandi: _____ Date: _____

Witnessed by a Parent / Guardian: _____

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CONFIRMATION SPONSOR INFORMATION FORM

FULL NAME OF CONFIRMANDI

Last Name: _____

First Name: _____

FULL NAME OF SPONSOR

Last Name: _____

First Name: _____

Email: _____

Cell Phone: _____

FAITH PRACTICE INFORMATION

Sponsor's Date of Baptism: _____

Sponsor's Date of Confirmation: _____

Name of Present Parish: _____

Name of Pastor: _____

SIGNATURE OF SPONSOR

confirming above information to be true

SIGNATURE OF PASTOR

of present parish to confirm practice of faith.

TO BE ATTACHED:

- ☐ Photocopy of Sponsor's Baptism Certificate
- ☐ Photocopy Of Sponsor's Confirmation Certificate



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COMMANDMENTS OF JESUS IN THE FOUR GOSPELS

As God the Son and the Second Person of the Trinity, the Lord Jesus added to the 10 commandments given to Moses. Jesus' greatest commandment is to love one another as he has loved us (#50). The following Commandments of Jesus help us to explain Jesus' unique definition of love. To love as Jesus loved means having to:

1. **GO TO CONFESSION:** "From that time Jesus began to proclaim, 'Repent, for the kingdom of heaven has come near.'" (Matthew 4:17)
2. **MAKE JESUS YOUR ROLE MODEL:** "He said to them, Follow me, and I will make you fishers of people." (Matthew 4:19).
3. **LET YOUR DECISIONS REFLECT GOD'S WILL:** "In the same way, let your light shine before others, so that they may see your good works and give glory to your Father in heaven." (Matthew 5:16)
4. **DON'T HOLD GRUDGES:** "Come to terms quickly with your accuser while you are on the way to court with him, or your accuser may hand you over to the judge, and the judge to the guard, and you will be thrown into prison." (Matthew 5:25)
5. **RESIST TEMPTATION:** "If your right eye causes you to sin, tear it out and throw it away; it is better for you to lose one of your members than for your whole body to be thrown into hell. And if your right hand causes you to sin, cut it off and throw it away; it is better for you to lose one of your members than for your whole body to go into hell." (Matthew 5:29-30)
6. **DON'T BE SCARED TO SAY WHAT OTHERS DON'T WANT TO HEAR:** "Let your word be 'Yes' if yes or 'No' if no; anything more than this comes from the evil one." (Matthew 5:34-37)
7. **RESIST EVIL IN A NON-VIOLENT WAY:** "You have heard that it was said, 'An eye for an eye and a tooth for a tooth.'" But I say to you: Do not resist an evildoer. But if anyone strikes you on the right cheek, turn the other also." (Matthew 5:38-39)
8. **YOU MUST GIVE TO THE POOR:** "Give to everyone who begs from you, and do not refuse anyone who wants to borrow from you." (Matthew 5:40-42)
9. **LOVE YOUR ENEMIES:** "You have heard that it was said, 'You shall love your neighbour and hate your enemy.'" But I say to you, Love your enemies and pray for those who persecute you, so that you may be children of your Father in heaven; for he makes his sun rise on the evil and on the good, and sends rain on the righteous and on the unrighteous." (Matthew 5:43-45)
10. **LOVE PEOPLE WHO ARE HARD TO LOVE:** "Be perfect, therefore, as your heavenly Father is perfect." (Matthew 5:48)
11. **BE HUMBLE, DON'T SHOW OFF:** "Beware of practicing your piety before others in order to be seen by them; for then you have no reward from your Father in heaven." (Matthew 6:1)
12. **PRAY EVERYDAY:** "Pray then in this way: Our Father in heaven, hallowed be your name. Your kingdom come. Your will be done, on earth as it is in heaven. Give us this day our daily bread. And forgive us our debts, as we also have forgiven our debtors. And do not bring us to the time of trial, but rescue us from the evil one. For if you forgive others their trespasses, your heavenly Father will also forgive you; but if you do not forgive others, neither will your Father forgive your trespasses." (Matthew 6:9-15)
13. **FOLLOWING THE LATEST TREND IS NOT THE GOAL OF LIFE:** "Do not store up for yourselves treasures on earth, where moth and rust consume and where thieves break in and steal; but store up for yourselves treasures in heaven, where neither moth nor rust consumes and where thieves do not break in and steal. For where your treasure is, there your heart will be also." (Matthew 6:19-21)
14. **WHEN YOU FEEL ANXIOUS OR WORRIED, TURN TO GOD:** "Therefore I tell you, do not worry about your life, what you will eat or what you will drink, or about your body, what you will wear. Is not life more than food, and the body more than clothing? Look at the birds of the air; they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they?" (Matthew 6:25-26)
15. **DON'T PUT YOUR WILL OVER GOD'S WILL:** "Strive first for the kingdom of God and his righteousness, and all these things will be given to you as well." (Matthew 6:33)
16. **DO NOT JUDGE HYPOCRITICALLY:** "Do not judge, so that you may not be judged. For with the judgment you make you will be judged, and the measure you give will be the measure you get. Why do you see the speck in your neighbor's eye, but do not notice the log in your own eye? Or how can you say to your neighbor, 'Let me take the speck out of your eye,' while the log is in your own eye? You hypocrite, first take the log out of your own eye, and then you will see clearly to take the speck out of your neighbor's eye." (Matthew 7:1-5)
17. **HONOUR YOUR BODY BECAUSE IT IS HOLY:** "Do not give what is holy to dogs; and do not throw your pearls before swine, or they will trample them under foot and turn and maul you." (Matthew 7:6)
18. **TRUST THAT GOD WILL GIVE YOU WHAT YOU NEED:** "Ask, and it will be given to you; search, and you will find; knock, and the door will be opened for you." (Matthew 7:7)
19. **TREAT OTHERS AS YOU WOULD WANT TO BE TREATED:** "In everything do to others as you would have them do to you; for this is the law and the prophets." (Matthew 7:12)
20. **JUST BECAUSE EVERYONE IS DOING IT DOES NOT MEAN IT'S RIGHT:** "Enter through the narrow gate; for the gate is wide and the road is easy that leads to destruction, and there are many who take it. For the gate is narrow and the road is hard that leads to life, and there are few who find it." (Matthew 7:13-14)
21. **DON'T JUST TRUST SOMEONE BECAUSE THEY CALL THEMSELVES 'CHRISTIANS':** "Beware of false prophets, who come to you in sheep's clothing but inwardly are ravenous wolves." (Matthew 7:15)
22. **PRAY FOR ANYONE WHO TEACHES ABOUT JESUS:** When he saw the crowds, he had compassion for them, because they were harassed and helpless, like sheep without a shepherd. Then he said to his disciples, "The harvest is plentiful, but the labourers are few; therefore ask the Lord of the harvest to send out labourers into his harvest." (Matthew 9: 36-38)
23. **MAKE A DIFFERENCE IN THE WORLD:** "Cure the sick, raise the dead, cleanse the lepers, cast out demons. You received without payment; give without payment." (Matthew 10:8)

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24. **BE INNOCENT, YET CUNNING WHEN DEALING WITH SATAN:** "See, I am sending you out like sheep into the midst of wolves; so be wise as serpents and innocent as doves." (Matthew 10:16)
25. **DON'T GIVE UP ON JESUS IF PEOPLE MAKE FUN OF YOU:** "You will be hated by all because of my name. But the one who endures to the end will be saved." (Matthew 10:22)
26. **PUT JESUS FIRST BEFORE ANYONE:** "Whoever loves father or mother more than me is not worthy of me; and whoever loves son or daughter more than me is not worthy of me; and whoever does not take up the cross and follow me is not worthy of me." (Matthew 10:37-38)
27. **WHEN YOU'RE STRESSED, TURN TO JESUS:** "Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest. Take my yoke upon you, and learn from me; for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light." (Matthew 11:28-30)
28. **HONOUR YOUR PARENTS:** "God said, 'Honour your father and your mother,' and, 'Whoever speaks evil of father or mother must surely die.'" (Matthew 15:4)
29. **DO NOT TURN CHILDREN AGAINST JESUS:** "Take care that you do not despise one of these little ones; for, I tell you, in heaven their angels continually see the face of my Father in heaven." (Matthew 18:10)
30. **CORRECT SOMEBODY WHO IS WRONG:** "If another member of the church sins against you, go and point out the fault when the two of you are alone. If the member listens to you, you have regained that one. But if you are not listened to, take one or two others along with you, so that every word may be confirmed by the evidence of two or three witnesses. If the member refuses to listen to them, tell it to the church; and if the offender refuses to listen even to the church, let such a one be to you as a Gentile and a tax-collector." (Matthew 18:15-17)
31. **OBEY GOD'S DEFINITION OF MARRIAGE:** "Haven't you read," Jesus replied, "that at the beginning the Creator 'made them male and female,' and said, 'For this reason a man will leave his father and mother and be united to his wife, and the two will become one flesh'? So they are no longer two, but one flesh. Therefore what God has joined together, let no one separate." (Matthew 19:4-6)
32. **LEAD BY BEING A SERVANT:** "Whoever wishes to be great among you must be your servant, and whoever wishes to be first among you must be your slave" (Matthew 20:26-27)
33. **LOVE THE LORD AND LOVE YOUR NEIGHBOUR:** "He said to him, 'You shall love the Lord your God with all your heart, and with all your soul, and with all your mind.' This is the greatest and first commandment. And a second is like it: 'You shall love your neighbour as yourself.'" (Matthew 22:37-39)
34. **DO NOT EXALT YOURSELF:** "But you are not to be called rabbi, for you have one teacher, and you are all students. And call no one your father on earth, for you have one Father—the one in heaven. Nor are you to be called instructors, for you have one instructor, the Messiah. The greatest among you will be your servant. All who exalt themselves will be humbled, and all who humble themselves will be exalted." (Matthew 23:8-12)
35. **PREPARE FOR JESUS' JUDGMENT BY HELPING THE POOR:** "Then the king will say to those at his right hand, 'Come, you that are blessed by my Father, inherit the kingdom prepared for you from the foundation of the world; for I was hungry and you gave me food, I was thirsty and you gave me something to drink, I was a stranger and you welcomed me, I was naked and you gave me clothing, I was sick and you took care of me, I was in prison and you visited me.'" (Matthew 25:34-36)
36. **MAKE JESUS KNOWN BY TEACHING HIS COMMANDMENTS:** "Go therefore and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything that I have commanded you. And remember, I am with you always, to the end of the age." (Matthew 28:19-20)
37. **DON'T IGNORE YOUR SINS, BUT DEAL WITH THEM:** For it is from within, from the human heart, that evil intentions come: fornication, theft, murder, adultery, avarice, wickedness, deceit, licentiousness, envy, slander, pride, folly. All these evil things come from within, and they defile a person." (Mark 7:21-23)
38. **DO NOT BE ASHAMED OF JESUS:** "Those who are ashamed of me and of my words in this adulterous and sinful generation, of them the Son of Man will also be ashamed when he comes in the glory of his Father with the holy angels." (Mark 8:38)
39. **RESPECT PROTESTANT AND ORTHODOX CHRISTIANS:** "John said to him, 'Teacher, we saw someone casting out demons in your name, and we tried to stop him, because he was not following us.' But Jesus said, 'Do not stop him; for no one who does a deed of power in my name will be able soon afterwards to speak evil of me. Whoever is not against us is for us.'" (Mark 9:38-40)
40. **BELIEVE THAT PRAYER HAS POWER:** "Jesus answered them, 'Have faith in God. Truly I tell you, if you say to this mountain, "Be taken up and thrown into the sea", and if you do not doubt in your heart, but believe that what you say will come to pass, it will be done for you. So I tell you, whatever you ask for in prayer, believe that you have received it, and it will be yours.'" (Mark 11:22-24)
41. **FORGIVE IF YOU WANT TO BE FORGIVEN BY GOD:** "Whenever you stand praying, forgive, if you have anything against anyone; so that your Father in heaven may also forgive you your trespasses" (Mark 11:25-26)
42. **DO WHAT JESUS WOULD DO:** "If any want to become my followers, let them deny themselves and take up their cross daily and follow me." (Luke 9:23)
43. **SHOW MERCY ALL THE TIME:** "He said, 'The one who showed him mercy.' Jesus said to him, 'Go and do likewise'" (Luke 10:37)
44. **BE READY TO BE JUDGED BY JESUS:** "You also must be ready, for the Son of Man is coming at an unexpected hour." (Luke 12:40)
45. **GO TO MASS ONCE A WEEK:** "Then he took a loaf of bread, and when he had given thanks, he broke it and gave it to them, saying, 'This is my body, which is given for you. Do this in remembrance of me.' And he did the same with the cup after supper, saying, 'This cup that is poured out for you is the new covenant in my blood.'" (Luke 22:19-20)
46. **ACCEPT THAT JESUS IS THE ONLY WAY TO HEAVEN:** "Do not be astonished that I said to you, 'You must be born from above'" (John 3:7)
47. **DON'T THINK THAT ANY ACT OF SERVICE IS BENEATH YOU:** "So if I, your Lord and Teacher, have washed your feet, you also ought to wash one another's feet." (John 13:14)
48. **OBEY JESUS' COMMANDMENTS TO SHOW YOU LOVE HIM:** "If you love me, you will keep my commandments". (John 14:15)
49. **LIFE IS WASTED WITHOUT JESUS:** "Abide in me as I abide in you. Just as the branch cannot bear fruit by itself unless it abides in the vine, neither can you unless you abide in me." (John 15:4)
50. **MAKE JESUS YOUR ROLE MODEL OF LOVE: "This is my commandment, that you love one another as I have loved you." (John 15:12) NOTE: All of Jesus' commandments can be summarized with Commandment 50.**