

INSTRUCTIONS FOR WRITING AN ESSAY ON YOUR CHOSEN SAINT

As part of your Confirmation program you are asked to choose the name the Bishop will call you when he confirms you.

How do you go about choosing **YOUR** saint? Start with your Baptismal name. Perhaps you already have a Saint's name as part of your Baptismal name. Begin by researching the life of that Saint as noted below. Explore how they lived out their life of faith. Is this someone whom you can admire ?

If your baptismal name does not contain a Saint's name, then you must do some research to discover a Saint whom you admire.

Everyone must then write a one page essay on the life of their chosen Saint. Include in this essay the following points:

- 1 . When they lived.
2. What was their life like growing up? (If this info is available).
3. When did they choose to be a follower of Jesus?
4. What did they do to become a Saint of the Church?
5. What is it about them that attracts you to them?
6. What will you do to become more like them?

Links to *Catholic Online* which has information on Saints is available on the Parish Website (www.stmaryscochrane.ca). A few reference books on Saints are available at the Parish Office. Holy Spirit School library also has some reference books.

Please make sure this essay is turned into the Parish office by January 16, 2011. There will be a box at the *Connections* Desk, or it can be dropped off during office hours (8:30am to 1 pm Tues-Fri), or faxed to 932-4587, attention Ken Hagel, or e-mailed to khagel@stmaryscochrane.ca

INSTRUCTIONS FOR WRITING A LETTER TO BISHOP FREDERICK HENRY

The Confirmation candidate is to write a letter to Bishop Henry requesting Confirmation.. As you go through the program, you are asked to think about:

- why you want to be confirmed and what your faith means to you;
- why you chose the Confirmation name you did;
- why the Saint you chose is your hero of the faith;
- what you did for your Witness Project and what it did for you.

Your reasons and thoughts about these should be included in your letter.

Letters are to be addressed to Bishop Frederick Henry. Please date the letter and put in the name of our parish, after your name and signature. Please write nicely, double-spaced on writing paper. The Bishop will read every letter he receives. Please **bring it to the Parish office by April 10, 2011**, in the manner most convenient for you, as mentioned above. **Please attach your Sponsor and Confirmation name to this letter**
(Please turn over)

WITNESS PROJECT

This project should be a charitable undertaking to demonstrate your desire to be a witness to the good news of the gospel message by reaching out to the needs of others and to experience what it means to serve others.

Your project should be one in which you use the gifts and talents God has given you and you should not be paid for doing it. Your witness project could simply be a continuation of some service you are already doing. Or it can be a new undertaking, now that you have a better understanding of your role as a Confirmed Catholic. It is hoped, however, that you will continue to be the hands and feet of Jesus long after you have been Confirmed.

Some suggestions for your Witness Project are:

SCHOOL (with permission from your Principal and/or Teacher)

- Help younger students
- Help another student in your class
- Volunteer in the office (or anywhere in the school)

COMMUNITY

- Check with the library for volunteer positions
- Check with Seniors' Lodges. Perhaps you can read, entertain or socialize with seniors, who love visits from young people
- Help at Cochrane Clothesline, Home Treasures, Food Bank or other non-profit
- Babysit (if you are old enough) so neighbours can go out
- Help a neighbour
- Shovel snow/mow grass/rake leaves

Write an essay on your Witness Project which includes:

What was your witness project?

Which Gifts of the Holy Spirit did you use during this project?

Which Fruits of the Spirit did you experience during your project?

How did serving others make you feel?

What did you learn by doing this Witness Project?

How will you continue to use the Gifts of the Holy Spirit after your Confirmation?

Your name and phone number at the bottom of the page.

Please make sure this essay is turned into the Parish office by March 20, 2011 in the manner most convenient for you, as mentioned above.