

Greetings Confirmation teens and families,

As I am sure you are aware our Spring retreats have been canceled. I have instead crafted a retreat that can be done from home. There are three sections to the retreat. I encourage you to do the whole retreat in one day but take proper breaks. You can turn in all your questions by emailing them back to me.

Any students that have already completed their retreat may do this retreat as well and count it for 3 youth groups. Just make sure you let us know that you would like for us to count the retreat that way when you email your answers back to us.

Take your time, really listen to the videos, and use this time to grow in your faith. I crafted this retreat so that you would not get overwhelmed with the questions. There are also several tasks, like talking with the sponsor that I hope will be enjoyable for you while we are all in lockdown.

The retreat is due by August 17th, 2020

You can begin this retreat at any time, but find a quiet location to watch and reflect on the video. Try to finish all three sessions in one day. Don't rush through this! Take this seriously and I promise you will not only learn something but also have a new understanding about yourself and your faith life. Lastly, take a break after you complete each section so you do not get burned out.

Start the retreat with the Prayer Process:

The Prayer Process is designed to be very simple, yet deeply personal. It is made up of seven simple steps.

1. GRATITUDE: Begin by thanking God in a personal dialogue for whatever you are most grateful for today.
2. AWARENESS: Revisit the times in the past week when you were and were not the-best-version-of-yourself. Talk to God about these situations and what you learned from them.
3. SIGNIFICANT MOMENTS: Identify something you experienced in the past week and explore what God might be trying to say to you through that event (or person).
4. PEACE: Ask God to forgive you for any wrong you have committed (against yourself, another person, or Him) and to fill you with a deep and abiding peace.
5. FREEDOM: Speak with God about how He is inviting you to change your life so that you can experience the freedom to be the-best-version-of-yourself.
6. OTHERS: Lift up to God anyone you feel called to pray for today, asking God to bless and guide them.
7. Pray the Our Father.

Section 1/Part 1 of 3 Video 1 What Does God Want Me To Do?

Watch the below video and answer the following questions.

https://www.youtube.com/watch?v=LPhjpue3SfQ&list=PL7altH2FWpG212D1_pCz-cYWPjyxiXSHg

1. What was your very first impression of the sacrament of Confirmation? Write down how you are feeling about confirmation right now? Are you nervous? Think back to the reason you selected your saint, write down what the reason was.
2. According to the speaker, what is God's certainty? How do you want God to work through you so that you can change the world?

Take a 10-minute break and move on to section 2.

Section 2/ PART 2 of 3 Video 2 Ted Talk: Robert Waldinger:

Welcome back! Did you take your break? 😊

What makes a good life? Lessons from the longest study on happiness | Robert Waldinger

<https://www.youtube.com/watch?v=8KkKuTCFvzl>

1. What did you find interesting about the above video?
2. The above video was obviously not Catholic but did you notice similarities between what the study has concluded and what we as Catholics teach and believe? What are those similarities? Write at least 3 sentences.
3. Confirmation is a unifying act, calling us to not only grow in our relationship with God but also each other? According to the video, why is that so important.
4. Think of all the important relationships in your life, think of one that you are very grateful for, thankful that that person has helped you be a better version of yourself. Now call, email, text, etc. that person right now and let them know how grateful you are that they are in your life.

Take a 10-minute break and conclude with session three.

Section 3/Part 3 of 3 Video What Happens at Confirmation

Almost there!

Chosen, What happens at Confirmation <https://www.youtube.com/watch?v=OrCUkEmCfi8>

1. In your own words, what happens at Confirmation? Write at least 5 sentences.
2. What is the sign or symbol during the confirmation process?
3. Think of your Confirmation Sponsor, say a prayer for them—as they have a responsibility to “have your back” the rest of your life. Talk to them this week and ask them who their Confirmation Saint is, why they chose that saint, and a few questions you have (or what advice your Sponsor has for you) about God, Faith, and the Catholic Church.
4. Finish this retreat with Mass. Visit www.stagnesnaples.org and watch one of the live Masses streaming at these times:
 - 4.1. Daily Masses (8:30am and noon) or
 - 4.2. Or weekend Masses (3:30pm & 5:15 pm on Saturday and 7:30am, 9am, 11am, 1pm Spanish, 5pm)
 - 4.3. Or one that has been posted.

God bless, stay healthy and email me if you have any questions. robert@stagnesnaples.org

Upload your answers to your retreat in order to get credit for your year 2 retreat requirement and email it to robert@stagnesnaples.org or jaynie@stagnesnaples.org