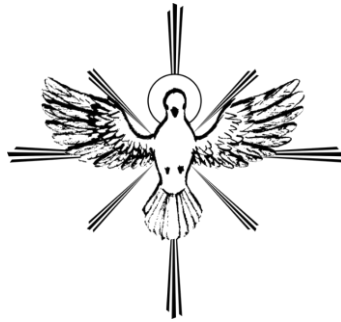


Sacraments Class Notebook

Adult Version



Fall 2025 – Spring 2026

"I have competed well; I have finished the race; I have kept the faith." (2 Timothy 4:7)

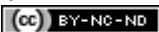
Parish Mission - We, St. Scholastica Catholic Parish, follow Jesus Christ and His Church in obedience to His command: "Go, therefore, and make disciples of all nations, baptizing them in the name of the Father, and of the Son, and of the holy Spirit, teaching them to observe all that I have commanded you." (Mt 28:19) Grounded in the eternal love of the Most Holy Trinity, we evangelize the people of Erie Colorado, revealing the Kingdom of God on earth as it is in heaven!

Table of Contents

Welcome Letter	5
Your Notebook Overview	7
Preparing for the sacrament at home:	8
Check-off Lists and Sticker Sheets	8
1 st Reconciliation	8
Paperwork	8
First Reconciliation Interview Checkoff List	9
Confirmation / 1 st Eucharist	10
Paperwork Check-off List	10
1 st Confirmation Encounter Interview Theology Check-off List	1
2 nd Confirmation Encounter Interview Theology Check-off List	2
3 rd Confirmation Encounter Interview Theology Check-off List	3
Weekly Practice of My Faith <i>in Class</i> Progress Reports:	4
Weekly Practice of My Faith <i>at Home</i> Progress Reports	1
Theology and Prayers	1
Encounter One – Jesus, Faithful Servant	1
Prayers	1
Sign of The Cross	1
Our Father	1
Hail Mary	1
Glory Be	1
Theology	1
God's Attributes and Nature	1
Bible	1
5 Steps of Lectio Divina	1
Prayer from the Heart	2
What is original sin:	2
What happened when Adam and Eve fell?	2
Imperfections	2
Effects of the Sacrament of Penance	2
The Ten Commandments	2
Precepts of the Church	3
Holy Days of Obligation	3
Apostle's Creed	3

St. Scholastica Parish – Erie, CO is licensed under the Creative Commons Attribution-NonCommercial-No Derivatives 4.0 International License. To view a copy of this license, visit

<http://creativecommons.org/licenses/by-nc-nd/4.0/>.



Sin	4
Types of Sin	4
7 Deadly Sins also known as Vices	4
Encounter Two – Jesus, Proclaiming Truth	5
Prayers	5
Come Holy Spirit	5
Act of Contrition	5
Rosary Mysteries	5
The Joyful Mysteries	5
The Sorrowful Mysteries	5
The Mysteries of Light	5
The Glorious Mysteries	5
Theology	6
Sacraments	6
The Sacrament of Reconciliation	6
How is the Sacrament of Reconciliation Celebrated?	6
The Sacrament of Holy Orders	7
The Church the People of God	7
Grace	7
Virtues	7
Theological Virtues:	7
Cardinal Virtues:	8
Gifts of the Holy Spirit	8
Nicene Creed – 4 Marks of the Church and who founded it	8
Mercy and Works of Mercy	8
Corporal Works of Mercy	8
Spiritual Works of Mercy	8
Beatitudes	8
Fruits of the Holy Spirit	9
Encounter Three – Jesus, Triumphant Sacrifice	9
Divine Mercy Chaplet	9
Confirmation	9
First Eucharist	9
Required Paperwork	11
1 st Reconciliation – a copy of the baptismal certificate	11

Encounter One - Jesus, Faithful Servant	11
Registration Forms due 9/10/25	11
Baptismal and First Eucharist Certificates, due 11/5/25	11
Sponsor Requirement	11
Requirements and Resources for Choosing a Confirmation Saint, read by 9/30/25, due 11/5/25 (see page 23)	12
Confirmation Sponsor and Saint Name Proposal, due by 11/5/25	13
Confirmation Sponsor Report, due by 11/5/25	14
Paperwork 2 nd Encounter	15
Archdiocese of Denver Godparent/Sponsor Eligibility Form due 2/4/26	15
Encounter Three – Jesus, Triumphant Sacrifice	17
Letter to Bishop due by 4/7/26	17
Saint Report due by 4/24/26	17
Appendix	18
Archdiocese of Denver Confirmation and First Eucharist Sacramental Objectives Cross Reference	18

Welcome Letter

August 26th, 2025

To the Parents and students who are preparing to receive the Sacraments of 1st Reconciliation, Confirmation and Holy Communion,

The Sacraments are an experience of God's sanctifying grace! In the Sacrament of Reconciliation, you encounter God face-to-face through the priest, and reconcile your relationship. You leave the confessional in a state-of-grace. In the Sacrament of Confirmation, the grace you received at Baptism is strengthened; In the Sacrament of Eucharist, you receive the grace to help you get to eternity with God, forgive your venial sins, help you overcome selfishness to love others as a part of the body of Christ, and many other graces.

For those in the 3rd grade, as the Holy Spirit first hovered over Mary, and then she received Jesus incarnate, your child will first receive the Holy Spirit to become His temple, and then the Eucharist. This will occur during the same mass most likely in the beginning of May 2026. The Sacrament of Confirmation is an experience of God the Holy Spirit and the Sacrament of the Eucharist is an experience of God as the Incarnate Jesus. All of these sacraments are foundational parts of your relationship with God! Living in a life-giving relationship with the Father, The Holy Spirit, and with Jesus are what happens after reconciliation, confirmation, and 1st Eucharist.

Hopefully, you are thinking and praying about how the graces of reconciliation, The Holy Spirit through the Seal of Confirmation, and the graces bestowed on you in the Eucharist affect your life!

St. Scholastica's sacramental preparation follows a two-year schedule. During the 1st year, students study to receive the sacrament of 1st Reconciliation and complete one interview towards the end of the year; during the 2nd year, students study to receive the sacraments of confirmation and 1st Holy Communion and complete at least three different confirmation encounter interviews during the year.

An encounter is a series of face-to-face meetings with the Pastor where students demonstrate their encounter of Christ. Practically speaking, since many students have never met face-to-face with a priest, you should schedule at least two 20-minute meetings for each encounter. An electronic link to Father Rob's appointment schedule will be sent out the first week of class for the first Encounter. Alternatively, you can schedule your appointments by contacting the office. Following are the available dates to complete each encounter, topics, and required paperwork: During class, students will create a notebook to help them study, interview check-off lists, and study materials appear later in this notebook. Information specific to each sacrament's interview requirements appears below.

Interviews

Sacrament	Interview Title	Interview Dates	Topics	Required Paperwork
1 st Reconciliation	1 st Reconciliation Interview	Complete between 2/4/26 – 3/28/26	See the 1st Reconciliation Interview Check-list later in this notebook	Due by 3/28/26 Baptismal Certificate, please present an original for inspection and copying.
Confirmation and 1 st Eucharist	1 st Encounter – Jesus, Faithful Servant	Complete between 11/5/25 – 2/4/26	See the 1st Encounter Checklist later in this notebook	Due by 11/5/25 Registration Paperwork, Baptismal and First Communion Certificates, Confirmation Sponsor and Saint Name Proposal, Sponsor Report, and Sponsor Form (Required if sponsor is a member at another parish), Confirmation Notebook, artifacts from class or home activities that are related to the topics

St. Scholastica Parish – Erie, CO is licensed under the Creative Commons Attribution-NonCommercial-No Derivatives 4.0 International License. To view a copy of this license, visit

<http://creativecommons.org/licenses/by-nc-nd/4.0/>.



Confirmation and 1 st Eucharist	2 nd Encounter – Jesus, Proclaiming Truth	Complete between 2/4/26 – 3/28/26	See the 2 nd Encounter Checklist later in this notebook	Due by 2/4/26 Student Notebook, artifacts from class or home activities that are related to the topics
Confirmation and 1 st Eucharist	3 rd Encounter – Jesus, Triumphant Sacrifice	Complete between 4/7/26 – 4/24/26	See the 3 rd Encounter Checklist later in this notebook	Due date 4/7/26 Letter to Bishop, Saint Report, Confirmation Notebook, artifacts from class or home activities that are related to the topics

Parental Requirements:

Parents, you are your children's best teachers of the faith, this is the long-standing tradition and practice in the Church. We are honored that you have entrusted us to help in this process! To help you at home, we invite you to attend class with your child. The goal of the catechesis is to form spiritual champions, so that at the end of their life your child and your entire family will proclaim like Saint Paul "I have competed well; I have finished the race; I have kept the faith (2 Timothy 4:7). Therefore, each week, we ask that you work with the weekly practice of my faith at home checklist, which will guide you through observing your faith in your home, the domestic church.

May the Peace of Christ fill your heart with Joy!

Fr. Robert Wedow
Pastor

Your Notebook Overview

The notebook is designed to help you prepare to receive sacraments this year! Inside you'll find the following:

1. Paperwork checklist – a list of all of the paperwork that needs to be submitted for you to receive the sacraments
2. Interview checklists – a checklist that Father or the Deacons will use when you participate in an interview. First Reconciliation candidates will participate in 1 interview, and Confirmation 1st Eucharist candidates will participate in a minimum of 3 interviews which are referred to as “encounters.”
3. Weekly Practice of My Faith Expectations – lists the expectations for demonstrating with your behavior that you know the materials. Since practicing the faith, is the imitation of Jesus and Mary, elements of the theology that is being learned is incorporated into behavior expectations.
4. Theology and Prayers – Each week a Flock note will be sent the email provided when you registered which contains lessons and supplements. The basic prayers and theology is listed in this section for the parent to reference.
5. Required Paperwork – paperwork required for the Sacraments of Confirmation/1st Eucharist.
6. See required paperwork section

Preparing for the sacrament at home:

To accompany and supplement your in-class learning, at home you can access the Our Lady of the Rosary Family Catechism (OLRFC), [click here to sign-up for a free account](#). Each lesson contains a video and a packet that consists of the Baltimore Catechism questions and lesson activities. To skip ahead a lesson, advance the lesson video to play the last second or two, then answer “yes” to all the quiz questions. Please note that the Cardinal Virtues are not explained in the videos. For these and all elements please refer to this notebook when preparing for your interview. The following interview check-off list indicates which OLRFC lesson to view and study for each piece of the required theology.

Additionally, all families should sign up for a free account on Formed.org as it has saint stories, podcasts, ebooks, and music that match the curriculum. You’ll find a link to sign up here: <https://formed.org/signup>

Check-off Lists and Sticker Sheets

1st Reconciliation

Paperwork

- ☐ Registration Form*
- ☐ Photo Release Form*
- ☐ Parental/Guardian Consent and Liability Waiver Form*
- ☐ Baptismal Certificate

*Available by clicking on the registration link of the website

First Reconciliation Interview Checkoff List

Theology	OLR Lesson	Date Achieved
God's Attributes	1	
5 Steps of Lectio Divina	n/a	
Bible Basics	n/a	
✠ Imperfections	5	
✠ Original Sin	5	
Vices or Seven Deadly Sins	5	
Mortal and Venial Sin	6	
Sin	6	
Grace, sanctifying grace, and actual grace	10	
The cardinal virtues	10	
The theological virtues	10	
The Sacrament of Holy Orders	17	
Act of Contrition	18	
✠ Examination of conscience	18	
Corporal and Spiritual Works of Mercy	19	
The Sacrament of Reconciliation	19&20	
Know: Our Father, Hail Mary, Glory Be, Sign of the Cross	28 (also 1&2)	
Prayer from the heart	28	
Ten Commandments	29	
The 1 st , 2 nd , and 3 rd precept	35&36	

✠ Only tested in the Sacrament of First Reconciliation (other theology is also tested in the sacraments of Confirmation and 1st Eucharist)

Confirmation / 1st Eucharist

Paperwork Check-off List

		Description	Received
Paperwork Due by First Encounter	Registration Paperwork	On the website under Faith Formation, RE Registration	
	Confirmation Saint	See Required Paperwork Section	
	Baptismal Certificate	Request from the parish where you or your child was baptized. If you were previously baptized at St. Scholastica, please indicate this	
	Confirmation Sponsor & Saint Name Proposal	See Required Paperwork Section	
	Confirmation Sponsor Report	See Required Paperwork Section	
	Sponsor Form	If the sponsor attends St. Scholastica this is not needed; if the sponsor lives in the Archdiocese of Denver, please use the attached form; if the sponsor lives in another Diocese they may have their own form or use can use the Denver form.	
Paperwork Due by Third Encounter	Letter to Bishop	Student writes 1-2 paragraphs (3-4 sentences each)	
	Saint Report	See Required Paperwork Section	

St. Scholastica Parish – Erie, CO is licensed under the Creative Commons Attribution-NonCommercial-No Derivatives 4.0 International License. To view a copy of this license, visit

<http://creativecommons.org/licenses/by-nc-nd/4.0/>.



1st Confirmation Encounter Interview Theology Check-off List

Encounter	THEOLOGY	OLR #	DATE ACHIEVED
First Encounter, Jesus Faithful Servant	Required Paperwork	n/a	
	75% on Quizlet or Kahoot Exam for Encounter 1	n/a	
	God's Attributes	1	
	5 Steps of Lectio Divina	28*	
	Bible Basics	28*	
	Imperfections	5	
	Original Sin	5	
	Covenants	24	
	Prayer from the heart	28*	
	Glory Be	1	
	Prayer	1	
	Sign of the Cross	1	
	Hail Mary	1	
	Our Father	2	
	Apostles Creed	1	
	Ten Commandments	29*	
	Holy Days of Obligation	35, 36	
	Precepts	35, 36	
	Nicene Creed - What does consubstantial mean?	3	
	Sin Definition	6*	
	Types of Sin	6*	
	Vices/7 Deadly Sins	5 & 6*	

2nd Confirmation Encounter Interview Theology Check-off List


























Encounter	THEOLOGY	OLR LESSON #	DATE ACHIEVED
Second Encounter, Jesus Proclaiming Truth	Required Paperwork	n/a	
	75% on Quizlet or Kahoot Exam for Encounter 2	n/a	
	Rosary Mysteries	7	
	The Church the People of God	7	
	Gifts of the Holy Spirit Come Holy Spirit Prayer	9,16	
	Cardinal Virtues	n/a	
	Define actual grace	10*	
	Define sanctifying grace	10*	
	Grace	10*	
	Theological Virtues	10*	
	Virtues Definition	10*	
	Nicene Creed - Who founded the Church?	11	
	Nicene Creed - What does One, Holy, Catholic, Apostolic Church mean?	12	
	Sacraments	13	
	Beatitudes	16	
	Fruits of the Holy Spirit	16	
	Act of Contrition	18*	
	Examination of conscience	18	
	Corporal and Spiritual Works of Mercy	19*	

3rd Confirmation Encounter Interview Theology Check-off List

Encounter	THEOLOGY	OLR LESSON #	DATE ACHIEVED
Third Encounter, Jesus Triumphant Sacrifice	Required Paperwork - A letter to the bishop, the saint report, this notebook, and any other artifacts that will help you demonstrate your readiness.	n/a	
	75% on Quizlet or Kahoot Exam for Encounter 3	n/a	
	Chaplet of Divine Mercy	27	
	Confirmation <ol style="list-style-type: none"> 1. Why do you want to be confirmed? 2. What is your mission after confirmation? 3. What does the sacrament of confirmation mean to you? 4. What is the difference between an apostle and a disciple? 5. Why did you choose your confirmation saint? What are their virtues? 6. Why did you choose your sponsor? 	15	
	First Eucharist <ol style="list-style-type: none"> 1. Tell me about the story of the Passover and the Exodus from Egypt? 2. How is that related to the Last Supper? 3. How is that related to the Mass? 4. What is the Eucharist? 5. What are the bread and wine transformed into? 6. Why is receiving the Eucharist important? 7. What do you believe the Eucharist is? 8. What are the two main parts of the Mass? 9. What do we do in the first part of Mass? 10. What do we do in the second part of Mass? 11. Why do you want to receive Jesus in the Eucharist? 12. What do you hope receiving the Eucharist will do for you? 13. Tell me about an experience of prayer that you have had while preparing for this sacrament. 14. What should we do after receiving Jesus in Holy Communion? 	22 & 23	

*Included in the 1st Reconciliation Curriculum, revisited for review in the Confirmation and First Eucharist Class. If a confirmation candidate needs to also receive the sacrament of 1st Reconciliation, the student and their family should either study the lessons from the 1st Reconciliation notebook that are not included in confirmation, or attend the 1st Reconciliation class first (it is held at the same time as the confirmation class).

Weekly Practice of My Faith in Class Progress Reports:

Prize levels: level 1 = 3 stamps, level 2 = 6 stamps level 3 = 9+ stamps	<u>I'm imitating Jesus and Mary!</u>
Beatitude - Blessed are those who hunger and thirst for righteousness: (I desire not to offend God or others, and want to do what is right)	 On time, find my seat  Begin the starter activity  pray with the class
Cardinal Virtue of Temperance: (I am in control of my behavior)	 I raise my hand  Stay in Seat  Clean up after myself
Cardinal Virtue of Justice (I give God and neighbor what they deserve)	 I do not blurt out, disrupt, or distract  I have a quiet mouth  I listen to others with respect
Cardinal Virtue of Prudence (I choose to do good)	 I will talk about appropriate topics.  I help others to learn the faith  Share Your Faith w/ Christ
Sacrament of Holy Orders (I recognize Christ's representative on Earth)	 I rise (stand up)  listen with my heart when a Priest or Deacon enter our classroom  
Beatitude of Being Merciful and a Peacemaker (as part of God's family, I want to be more like him)	 <p>† If I am upset with a classmate, I will pray for them and ask God to help me make peace with them</p>
First Commandment – I am the Lord your God, you shall not have strange gods before me Gift of the Holy Spirit Theological virtues of Faith, Hope, and Charity (I love God, am in awe of him and show it by honoring him)	    <p>† In Church - I enter and leave quietly; I listen in prayer, I genuflect/sit/kneel/stand as instructed I am respectful of church property Pray or sing out loud as instructed</p>
Fourth Commandment – Honor your Father and Mother (my behavior shows I desire what Ephesians 6 promises about following this command: "that it may go well with you and that you may have a long life on earth.")	    <p>† At the end of class, I will help to clean up my area and the class Participate in the closing prayer I leave quietly and respectfully when dismissed by the teacher</p>

Weekly Practice of My Faith *at Home* Progress Reports

Students and their families will use will the following report to measure how they are progressing in practicing their faith at home. This training will help your child understand that just as in academics, the arts, or sports, mastery of faith requires practice. The difference is the rewards are eternal for them and the whole family!

Cardinal Virtues of Faith, Hope, and Love

(To help you build a relationship with God the Father, Jesus, The Holy Spirit, Mary, The Saints, Angels, and your family)

✚ This week my family prayed the following prayers together (circle or highlight number of times):

- ✚ *Sign of the Cross* - 1x, 2x, 3x, 4x, 5x, 6x, 7x
- ✚ *Hail Mary* - 1x, 2x, 3x, 4x, 5x, 6x, 7x
- ✚ *Our Father* - 1x, 2x, 3x, 4x, 5x, 6x, 7x
- ✚ *Glory Be* - 1x, 2x, 3x, 4x, 5x, 6x, 7x
- ✚ *Act of Contrition* - 1x, 2x, 3x, 4x, 5x, 6x, 7x
- ✚ *Come Holy Spirit Prayer* - 1x, 2x, 3x, 4x, 5x, 6x, 7x
- ✚ *Apostles Creed* - - 1x, 2x, 3x, 4x, 5x, 6x, 7x

✚ This week I either planned for or took part in an activity to live-out my faith in my home, I saved a memento or journaled about this in the back of my notebook to share with the class and Father during my Encounter interview. Suggested activities include: pray the rosary as a family, pray morning or evening prayer as a family, participate in a at-home stations of the cross or Marian procession, watch and discuss a theologically based video from formed.org, celebrate the birthday of your patron saint, read and discuss a bible story or teaching from the catechism, study confirmation materials together, etc.

Third Commandment – Remember to keep Holy the Lord’s Day

✚ My family and I attended mass on Sunday (circle one): 4pm Sat, 8:30am Sun, 11:30am Sun, 5:30 pm Sun OR Other Parish Name and Time: _____

Interview/Encounter Prep – review the following:

- ✚ I have submitted all the required paperwork for the sacraments that I will receive
- ✚ I have made sure that I am signed up for Flock note and am receiving the class messages, I have taken the Kahoot challenges
- ✚ I have scheduled at least three meeting times to meet with Father Wedow and demonstrate what I’ve learned and how I’ve practiced my faith (please note that the first meeting is usually an icebreaker as most catechumen have never met with a priest before and are a bit nervous. So, please schedule at least three meeting times for each encounter. It is easy to schedule ahead of time, then find space in Father’s calendar later).

The mission of St. Scholastica - We, St. Scholastica Catholic Parish, follow Jesus Christ and His Church in obedience to His command: “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, teaching them to observe all that I have commanded you.” (Mt 28:19) Grounded in the eternal love of the Most Holy Trinity, we evangelize the people of Erie Colorado, revealing the Kingdom of God on earth as it is in heaven!

✚ This week I will share what I have learned in class with my family, my friends, and my community!

Theology and Prayers

Encounter One - Jesus, Faithful Servant

Prayers

Sign of The Cross

In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

Our Father

Our Father, who art in Heaven; hallowed by Thy name;
Thy kingdom come; Thy will be done on earth as it is in Heaven.

Give us this day our daily bread;
and forgive us our trespasses as we forgive those who trespass against us,
and lead us not into temptation; but deliver us from evil. Amen

Hail Mary

Hail Mary, full of grace, the Lord is with you.
Blessed art thou among women and blessed is the fruit of thy womb, Jesus.
Holy Mary, Mother of God, pray for us sinners now and at the hour of our death. Amen

Glory Be

Glory be to the Father, to the Son and to the Holy Spirit. As it was in the beginning is now and ever shall be, world without end, Amen.

Theology

God's Attributes and Nature

God is the Supreme Being we mean that He is above all creatures, the self-existing and infinitely perfect Spirit. His attributes include: eternal, all-good, all-knowing, all-present, divine providence, almighty, all-wise, all-holy, all-merciful, and all-just (St. Joseph Baltimore Catechism lesson 2).

Consubstantial - God, Jesus, and the Holy Spirit are of the same substance – God.

Bible

1. The name of the two testaments: old and new
2. The names of the four gospel writers: Matthew, Mark, Luke, and John
3. Define covenant – a bond between God and human beings, or between human beings that is created with an exchange of words and ritual actions. The vows of the commitment mean that you must live and fulfill the promises that you have made. Involves an exchange of words and persons as opposed to a contract which involves an exchange of words and goods.
4. Finding Passages – how do you find a passage in the bible?

5 Steps of Lectio Divina

According to Pope Benedict XVI in the post-synodal Apostolic Exhortation, [*Verbum Domini*](#) (nos. 86-87), *lectio divina* is broken down into the following steps named in Latin:

Confirmation and First Eucharist Notebook

Saint Scholastica Catholic Church, Erie CO

1. *Lectio* (reading),
2. *Meditatio* (meditation),
3. *Oratio* (prayer),
4. and *Contemplatio* (contemplation).
5. Then, as a result of the encounter with God in Scripture, we are also called to *Actio* (action).

Each of these steps together form a process by which we encounter God in his sacred word and respond to his grace. They form parts of a larger whole, but each one comes with a certain set of skills for us to master (from <https://www.thereligionteacher.com/lectio-divina-steps/>

Prayer from the Heart

Prayer from the Heart – the lifting up of your heart and mind to God in praise of his glory (see Catechism of the Catholic Church, glossary).

What is original sin:

According to the glossary of the Catechism of the Catholic, original sin is Adam and Eve's abuse of human freedom in disobeying God's commandment not to eat of the tree of knowledge of good and evil.

What happened when Adam and Eve fell?

As a result of this, human nature became disordered, original holiness and justice were lost, humans became subject to the law of death, sin became universally present in the world, and every one of their descendants are born into this condition.

Imperfections

1. Our bodies are corruptible (Romans 8:3)
2. Our darkened minds (Romans 1:21)
3. The inability to obey God without grace (Romans 8:8-10)
4. Our inclinations toward sin (Romans 7:25)

Effects of the Sacrament of Penance

According to the Catechism of the Catholic Church paragraph 1496, the abundant spiritual effects of the sacrament of Penance include:

1. reconciliation with God by which the penitent recovers grace;
2. reconciliation with the Church;
3. remission of the eternal punishment incurred by mortal sins;
4. remission, at least in part, of temporal punishments resulting from sin;
5. peace and serenity of conscience, and spiritual consolation;
6. an increase of spiritual strength for the Christian battle.

The Ten Commandments

Exodus 20:2–17, or
Deuteronomy 5:6–21, or
A Traditional Catechetical Formula

Confirmation and First Eucharist Notebook

Saint Scholastica Catholic Church, Erie CO

1. I am the LORD your God: you shall not have strange gods before me.
2. You shall not take the name of the LORD your God in vain.
3. Remember to keep holy the LORD'S Day.
4. Honor your father and your mother.
5. You shall not kill.
6. You shall not commit adultery.
7. You shall not steal.
8. You shall not bear false witness against your neighbor.
9. You shall not covet your neighbor's wife.
10. You shall not covet your neighbor's goods.

Precepts of the Church

1. "You shall attend Mass on Sundays and on holy days of obligation and rest from servile labor"
2. You shall confess your sins at least once a year.
3. You shall receive the sacrament of the Eucharist at least once during the Easter season
4. You shall observe the days of fasting and abstinence established by the Church
5. You shall help to provide for the needs of the Church

Holy Days of Obligation

January 1: Solemnity of Mary the Mother of God,

(forty days after Easter) The Solemnity of the Ascension of Our Lord

August 15: Solemnity of the Assumption of the Blessed Virgin,

November 1: Solemnity of All Saints,

December 8: Solemnity of the Immaculate Conception,

December 25: Solemnity of the Nativity of Our Lord Jesus Christ

Apostle's Creed

I believe in God, the Father Almighty, Creator of Heaven and earth; and in Jesus Christ, His only Son Our Lord, Who was conceived by the Holy Spirit, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died, and was buried. He descended into Hell; the third day He rose again from the dead; He ascended into Heaven, and sits at the right hand of God, the Father almighty; from there He shall come to judge the living and the dead. I believe in the Holy Spirit, the holy Catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body and life everlasting. Amen.

Confirmation and First Eucharist Notebook

Saint Scholastica Catholic Church, Erie CO

Sin

Sin is a deliberate thought, word, deed, or omission contrary to the Eternal Law, Natural Law and/or Divine Law. Sin happens when I offend God or the reason, truth, and right conscience that He has created in me.

Types of Sin

Mortal Sin – in order for an action to be a mortal it must meet the following three criteria: (1) you must know it's a sin and very serious (such as: a violation of the 10 Commandments, sins that cry out to God), (2) you must plan or take time to think about doing it, (3) you do it.

Venial Sin – an action which violates or weakens our love for God and/or others and makes it harder for us to practice virtue or good behavior.

7 Deadly Sins also known as Vices

Vices are bad behaviors that lead to other sins. They include pride, avarice (greed), envy, wrath, lust, gluttony, and sloth or acedia. Note – you can use the acronym Pale Gas:

Pride
Anger
Lust
Envy

Gluttony
Avarice (greed)
Sloth

Confirmation and First Eucharist Notebook

Saint Scholastica Catholic Church, Erie CO

Encounter Two - Jesus, Proclaiming Truth

Prayers

Come Holy Spirit

Come Holy Spirit, fill the hearts of your faithful and kindle in them the fire of your love.
Send forth your Spirit and they shall be created.
And You shall renew the face of the earth.

O, God, who by the light of the Holy Spirit, did instruct the hearts of the faithful,
grant that by the same Holy Spirit we may be truly wise and ever enjoy His consolations,
Through Christ Our Lord. Amen.

Act of Contrition

O my God, I am heartily sorry for having offended You. I detest all my sins because I dread the loss of Heaven and the pains of Hell, but most of all because they offend You, my God, Who are all good and deserving of all my love. I firmly resolve, with the help of Your grace, to confess my sins, to do penance, and to amend my life. Amen.

The Roman Missal:(Third Typical Edition, p. 527)

Rosary Mysteries

Please note, you will not be asked to memorize these. We will pray them in class so that you become familiar with the stories of Jesus' and Mary's life, how much they love God and love us, and how we can imitate them.

The Joyful Mysteries <ol style="list-style-type: none">1. The Annunciation2. The Visitation3. The Nativity4. The Presentation5. The Finding of Jesus in the Temple	The Sorrowful Mysteries_ <ol style="list-style-type: none">1. The Agony in the Garden2. The Scourging at the Pillar3. The Crowning With Thorns4. The Carrying of the Cross5. The Crucifixion
The Mysteries of Light <ol style="list-style-type: none">1. The Baptism of Jesus in the River Jordan2. The Wedding Feast at Cana3. The Proclamation of the Kingdom of God4. The Transfiguration of Jesus5. The Institution of the Eucharist	The Glorious Mysteries_ <ol style="list-style-type: none">1. The Resurrection2. The Ascension3. The Coming of the Holy Spirit4. The Assumption of Mary5. The Coronation of Mary

Confirmation and First Eucharist Notebook

Saint Scholastica Catholic Church, Erie CO

Theology

Sacraments

The seven outward signs of an inward grace

Sacraments of Initiation: Sacraments –. Baptism, Confirmation, Eucharist

Sacraments of Healing: Penance or Reconciliation, Anointing of the Sick

Sacraments of Communion: Holy Orders, Matrimony

The Sacrament of Reconciliation

Only God forgives sins. Since he is the Son of God, Jesus says of himself, "The Son of man has authority on earth to forgive sins" and exercises this divine power: "Your sins are forgiven." Further, by virtue of his divine authority he gives this power to men to exercise in his name. (see John 20:19)

Christ has willed that in her [The Church's] prayer and life and action his whole Church should be the sign and instrument of the forgiveness and reconciliation that he acquired for us at the price of his blood. But he entrusted the exercise of the power of absolution to the apostolic ministry which he charged with the "ministry of reconciliation." The apostle is sent out "on behalf of Christ" with "God making his appeal" through him and pleading: "Be reconciled to God." (CCC 1441-1442)

How is the Sacrament of Reconciliation Celebrated?

According to [the USCCB](#), there are four primary actions in the celebration of the Sacrament of Reconciliation, all of which contribute in some way to the healing that takes place: **confession** of sin; expression of **contrition** or sorrow for sin; doing **penance** ("satisfaction"), which expresses a desire to avoid sin; and **absolution** from sin. Essentially there are two "movements" in the sacrament: our movement toward God and God's toward us.

The steps in going to confession include:

- 1) **PREPARATION:** Before going to confession, take some time to prepare. Begin with prayer and reflect on your life since your last confession. How have you—in your thoughts, words, and actions—neglected to live Christ's commands to "love the Lord, your God, with all your heart, with all your soul, and with all your mind," and to "love your neighbor as yourself" (Mt 22:37, 39)? As a help with this "examination of conscience," you might review the Ten Commandments and/or the Beatitudes (Ex 20:2-17; Dt 5:6-21; Mt 5:3-10; or Lk 6:20-26).
- 2) **GREETING:** The priest will welcome you; he may say a short blessing or read a Scripture passage.
- 3) **THE SIGN OF THE CROSS:** Together, you and the priest will make the Sign of the Cross. You may then begin your confession with these or similar words: "Bless me, Father, for I have sinned. It has been [give days, months, or years] since my last confession."
- 4) **CONFESSION:** Confess all your sins to the priest. If you are unsure what to say, ask the priest for help. When you are finished, conclude with these or similar words: "I am sorry for these and all my sins."
- 5) **PENANCE:** The priest will propose an act of penance. The penance might be prayer, a work of mercy, or an act of charity. He might also counsel you on how to better live a Christian life.
- 6) **ACT OF CONTRITION:** After the priest has conferred your penance, pray an Act of Contrition, expressing sorrow for your sins and resolving to sin no more.

Confirmation and First Eucharist Notebook

Saint Scholastica Catholic Church, Erie CO

- 7) ABSOLUTION: The priest will extend his hands over your head and pronounce the words of absolution. You respond, "Amen."
- 8) PRAISE: The priest will usually praise the mercy of God and will invite you to do the same. For example, the priest may say, "Give thanks to the Lord for he is good." And your response would be, "His mercy endures for ever" (Rite of Penance, no. 47).

DISMISSAL: The priest will conclude the sacrament, often saying, "Go in peace."

(from: <https://www.usccb.org/prayer-and-worship/sacraments-and-sacramentals/penance/upload/Bulletin-Insert-Penance-ENG.pdf>)

The Sacrament of Holy Orders

This sacrament configures the man to Christ by a special grace of the Holy Spirit, so that he may serve as Christ's instrument for his Church. By ordination one is enabled to act as a representative of Christ, Head of the Church, in his triple office of priest, prophet, and king.

The sacrament of Holy Orders confers an *indelible spiritual character* and cannot be repeated or conferred temporarily. (CCC 1581-1582)

The Church the People of God

When we are baptized, we are adopted by God and become part of the "Mystical Body of Christ." We share in Christ's role of:

Priest – Sacrificing for others (Jesus, Triumphant Sacrifice)

Prophet – Proclaiming God's word to others (Jesus, Proclaiming Truth)

King – Serving Others (Jesus, Faithful Servant)

Grace

Grace - Grace is The Divine Life in Our Soul, the free and undeserved gift that God gives us to respond to our vocation to become his adopted children

Sanctifying Grace - The divine life in our soul that enables us to live with God and to act by his love.

Actual Grace - The help God gives us to conform our life to his will

Virtues

Virtue is a habitual and firm disposition to do good (good behavior).

Theological Virtues:

Faith, Hope, and Charity

Confirmation and First Eucharist Notebook

Saint Scholastica Catholic Church, Erie CO

Cardinal Virtues:

prudence, justice, fortitude, and temperance.

Gifts of the Holy Spirit

Permanent dispositions that we receive at baptism, and then are strengthened at confirmation. They include seven gifts of the Spirit is derived from Isaiah 11:1–3: wisdom, understanding, knowledge, counsel, piety, fortitude, and fear of the Lord (1830).

Nicene Creed - 4 Marks of the Church and who founded it

Be able to discuss what is meant by “one holy, Catholic, and apostolic Church.” Also, you should know that to fulfill the Father’s will, Jesus Christ founded the Catholic Church, naming Saint Peter as its first Pope.

Mercy and Works of Mercy

Mercy - The loving kindness, compassion, or forbearance shown to one who is less than perfect (e.g., the mercy of God to us sinners) (1422, 1829). See Works of Mercy.

Works of Mercy - Charitable actions by which we come to the aid of our neighbors in their bodily and spiritual necessities

<u>Corporal Works of Mercy</u>	<u>Spiritual Works of Mercy</u>
<ol style="list-style-type: none">1. Bury the dead.2. Clothe the naked3. Feed the hungry.4. Give drink to the thirsty5. Shelter the homeless6. Visit the imprisoned7. Visit the sick.	<ol style="list-style-type: none">8. Admonish the sinner.9. Bear wrongs patiently10. Comfort the sorrowful11. Counsel the doubtful12. Forgive all injuries13. Instruct the ignorant14. Pray for the living and the dead

Beatitudes

Matthew 5:3-12

1. Blessed are the poor in spirit, for theirs is the kingdom of heaven.
2. Blessed are they who mourn, for they will be comforted.
3. Blessed are the meek, for they will inherit the land.
4. Blessed are they who hunger and thirst for righteousness, for they will be satisfied.
5. Blessed are the merciful, for they will be shown mercy.
6. Blessed are the clean of heart, for they will see God.

Confirmation and First Eucharist Notebook

Saint Scholastica Catholic Church, Erie CO

7. Blessed are the peacemakers, for they will be called children of God.
8. Blessed are they who are persecuted for the sake of righteousness, for theirs is the kingdom of heaven.
9. Blessed are you when they insult you and persecute you and utter every kind of evil against you [falsely] because of me. Rejoice and be glad, for your reward will be great in Heaven. Thus, they persecuted the prophets who were before you.

Fruits of the Holy Spirit

The fruits of the Spirit are perfections that the Holy Spirit forms in us as the first fruits of eternal glory. The tradition of the Church lists twelve of them: "charity, chastity, faithfulness, generosity, gentleness, goodness, joy, kindness, modesty, patience, peace, self-control."¹¹² (736)

Encounter Three - Jesus, Triumphant Sacrifice

Divine Mercy Chaplet

You will need to know what the chaplet is and why Jesus gave it to us. The chaplet is a ten minute prayer that can be prayed with a rosary, It was given by Jesus to Saint Faustina, a polish nun that Jesus choose as his instrument to give us a means of drawing on His mercy. Besides the chaplet prayers, Jesus gave St. Faustina: an Image of the Divine Mercy, a Feast of Mercy which is celebrated the Sunday after Easter, a Novena, The Hour of Great Mercy (the three o' clock hour - the hour of His death), and Spreading Honor to His Divine Mercy through deeds, words, and prayers of mercy.

To each of them the Lord attached promises of special graces. The devotional practices proposed in the Diary of St. Faustina and are completely in accordance with the teachings of the Catholic Church and are firmly rooted in the Gospel message of Our Merciful Savior.

Not required for your interview, but if you'd like to learn more, please see:

<https://www.thedivinemercy.org/message>

Confirmation

1. Why do you want to be confirmed?
2. What is your mission after confirmation?
3. What does the sacrament of confirmation mean to you?
4. What is the difference between an apostle and a disciple?
5. Who is your confirmation saint, and why did you choose this particular confirmation saint?
6. What are their virtues?
7. Who is your confirmation sponsor, and why did you choose this particular confirmation sponsor?

First Eucharist

1. Tell me about the story of the Passover and the Exodus from Egypt?
2. How is that related to the Last Supper?
3. How is that related to the Mass?
4. What is the Eucharist?
5. What are the bread and wine transformed into?

Confirmation and First Eucharist Notebook

Saint Scholastica Catholic Church, Erie CO

6. Why is receiving the Eucharist important?
7. What do you believe the Eucharist is?
8. What are the two main parts of the Mass?
9. What do we do in the first part of Mass?
10. What do we do in the second part of Mass?
11. Why do you want to receive Jesus in the Eucharist?
12. What do you hope receiving the Eucharist will do for you?
13. Tell me about an experience of prayer that you have had while preparing for this sacrament.
14. What should we do after receiving Jesus in Holy Communion?

Confirmation and First Eucharist Notebook

Saint Scholastica Catholic Church, Erie CO

Required Paperwork

1st Reconciliation – a copy of the baptismal certificate

Encounter One - Jesus, Faithful Servant

Registration Forms due 9/10/25

The required registration forms are found on the parish website, and include the online registration form, adult and the Safe Environment Opt-out (those under 18 only).

Baptismal and First Eucharist Certificates, due 11/5/25

(If not already in the parish office)

Birth certificate due 11/5/25

(For those receiving the sacrament of baptism only)

Marriage certificate due 11/5/25

(only for those who are married outside of the Catholic Church)

Annulment certificate due 11/5/25

(Only for those who are married, and have a previous marriage that was valid - Father Wedow can help you determine if this applies to you)

Sponsor Requirement

One part of the preparation for this Divine Encounter is the requirement of a Sponsor – someone who guides and directs your faith journey. The choice of a sponsor is a two-step process.

Step 1 – You select, or for children, parents help select someone who meets the listed requirements and submit a proposal to the Pastor.

Step 2 - the Pastor reviews your proposal and either approves the choice or asks you to find someone else.

The following are the minimum requirements to be a Sponsor for the Sacraments of Baptism and Confirmation:

1. The Sponsor must be an active practicing Catholic which means that the Sponsor:
 - a. Be at least 16 years old and preferably not one of your parents
 - b. Attends Mass on Sundays and on holy days of obligation and rests from servile labor
 - c. Confess his/her sins at least once a year.
 - d. Receives the sacrament of the Eucharist at least during the Easter season
 - e. Observes the days of fasting and abstinence established by the Church
 - f. Helps to provide for the needs of the Church (CCC 2042-3)
 - g. Has received the Sacraments of Baptism and Confirmation, and is currently able to receive the sacrament of Eucharist and Reconciliation

Confirmation and First Eucharist Notebook

Saint Scholastica Catholic Church, Erie CO

- h. If the sponsor is married, then they must have been married in the Catholic Church or had their wedding blessed in the Catholic Church - NO EXCEPTIONS.
- i. The sponsor needs to be someone other than a parent

When you are selecting a sponsor, a few things to keep in mind would be:

1. Is this person a living model of Catholic faith? Do you admire their relationship with you, the church and God?
2. How has this person prayed for you, given you spiritual support, guidance or encouragement?
3. Will this person give of his/her time and share their spiritual gifts with you?

Parents, being chosen as a Confirmation Sponsor is a great honor that comes with great responsibility. You, as the parent, are encouraged to help select a Sponsor that you trust and know that this person will always be there for your child on their faith journey from Earth to Heaven.

Resources for finding Sponsors:

1. If baptized, your baptismal Godparent
2. Your own family (an aunt, uncle, cousin, grandparent, etc.)
3. Your parish family (someone that you know is a faithful parishioner, that you see taking active part in Church)
4. Your community (a friend or leader in the community who may belong to another parish)

Requirements and Resources for Choosing a Confirmation Saint, read by 9/30/25, due 11/5/25 (see page 23)

Choosing a Saint:

During the Confirmation Mass, the Bishop addresses each candidate by their "Confirmation Saints Name". This may be your existing baptismal name if this is the name of a saint. Most candidates choose a new Confirmation Saint name, this also must be the name of a saint. The important thing is that you know something about the saint, develop a relationship with the saint, and pray to that saint for help and guidance. As a result, they will become your best friend!

Resources:

formed.org

Web Resources:

Formed.org, patron saint index on www.catholic.org saints & angels information www.americancatholic.org patron saint database, www.catholic.org/saints/sofd.php Saint of the Day, Catholicsaints.info Saints by Calendar date and category, <http://saintsnamegenerator.com/index.php> Catholic Saints generated randomly to help familiarize you with other unknown saints Saint Video Series, Benzinger's Lives of the Saints Foxes' Book of Martyrs <https://www.sacred-texts.com/chr/martyrs/fox101.htm>

The church library has several great books and videos depicting the lives of various saints!

Confirmation and First Eucharist Notebook

Saint Scholastica Catholic Church, Erie CO

Confirmation Sponsor and Saint Name Proposal, due by 11/5/25

1. Candidate Name:
2. Proposed Saint Name:
3. Name and Date of Birth of proposed Sponsor:
4. Name of Church where the proposed Sponsor is a parishioner:
5. Address of proposed Sponsor:
6. Phone # of proposed Sponsor:
7. Email of the proposed Sponsor:
8. Relationship to Candidate for Confirmation:
9. As far as I am aware, the confirmation sponsor meets the minimum requirements (circle one):

Yes No

Approved by: _____ Date: _____

Confirmation and First Eucharist Notebook

Saint Scholastica Catholic Church, Erie CO

Confirmation Sponsor Report, due by 11/5/25

Please complete the following information about your choice of your confirmation sponsor. Two to three sentences per question are adequate.

1. What made you, the candidate, decide to ask this person to be your sponsor?
2. What qualities in this person do you feel will help you on your faith journey?
3. Describe the daily prayer life of the proposed sponsor?

Confirmation and First Eucharist Notebook

Saint Scholastica Catholic Church, Erie CO

Paperwork 2nd Encounter

Archdiocese of Denver Godparent/Sponsor Eligibility Form due 2/4/26

Please complete the Archdiocese of Denver Godparent/Sponsor Eligibility Form due by 2nd Encounter. Please note, this form is only required when the sponsor attends a different parish. If the parish is in another diocese they may provide a similar form.

Confirmation and First Eucharist Notebook

Saint Scholastica Catholic Church, Erie CO



Godparent/Sponsor Eligibility Form

Congratulations on being asked to be a Godparent/Sponsor! By accepting this role, you are committing to play a significant role in this person's life, sharing the faith and encouraging him/her in his/her journey as a Catholic. If you are serving as a godparent for child baptism, please attend a preparation class at your parish prior to the scheduled baptism. Please take the completed form to your parish and have it signed and sealed by the pastor or their representative. **Once complete, please return the form to the parents.**

Name of individual receiving sacrament(s)

First Name

Middle

Last Name

Godparent or Sponsor:

First Name

Middle

Last Name

Phone

Email

Name of parish where sacraments are to be received:

Parish Name

City

State

Qualifications of a Godparent/Sponsor

In accord with *Canon Law 874*, please provide the following information. **If you do not meet all of these requirements, please let the parents know immediately.**

1. A Godparent/Sponsor must be fully initiated into the Catholic Church. Please indicate whether you have received the three Sacraments of Initiation.

Baptism: ☐ Yes ☐ No

Confirmed in the Catholic Church: ☐ Yes ☐ No

First Eucharist: ☐ Yes ☐ No

2. A Godparent/Sponsor must be at least 16 years old. Are you 16 or older? ☐ Yes ☐ No

3. A Godparent/Sponsor cannot be a parent of the individual receiving sacraments. Are you a parent of the individual? ☐ Yes ☐ No

4. A Godparent/Sponsor must be a practicing Catholic.

Do you attend Mass on Sunday and on Holy Days of Obligation, and regularly receive the sacraments of Holy Communion and Reconciliation? Do you follow the Ten Commandments? ☐ Yes ☐ No

5. Regarding the 6th Commandment, a Godparent/Sponsor must be in good standing with the Catholic Church.

- If married, he/she must be married in the Catholic Church and living in accord with Church teaching.
- If single, he/she must be living according to Church teaching.
- Catholics who were married by a Justice of the Peace, at another Christian church without special permission, and those cohabiting do not meet the requirements of this role.

Based on these guidelines, are you in good standing with the Church? ☐ Yes ☐ No

6. *Child Baptism only* - I have attended a baptism preparation class in the past four months at my home parish or the parish of baptism.

☐ Yes ☐ No

I have truthfully answered the above questions and declare that I fulfill the Catholic Church's requirements of a Godparent/Sponsor. I commit to the responsibility of acting as a Godparent/Sponsor.

Godparent/Sponsor Signature

Date

The person who has signed this form above has testified that they fulfill all canonical requirements to serve as a godparent in the Catholic Church.

To be signed and sealed by the Godparent's/Sponsor's Parish of Record:

Signature of Pastor or Pastor's Designee

Date

Parish Name

Parish City/State

(Seal)

Confirmation and First Eucharist Notebook

Saint Scholastica Catholic Church, Erie CO

Encounter Three - Jesus, Triumphant Sacrifice

Letter to Bishop due by 4/7/26

Write a letter to the Bishop explaining why they want to be confirmed in a couple of simple paragraphs with 3-4 sentences each.

Saint Report due by 4/24/26

In class, students will prepare a video about their saint for the virtual Saint Fair, at-home students can either submit a video, a poster, or a report

Resources for completing the report:

formed.org

Web Resources www.catholic-forum.com patron saint index , www.catholic.org saints & angels, information www.americancatholic.org patron saint database, www.catholic.org/saints/sofd.php Saint of the Day, Catholicsaints.info Saints by Calendar date and category, <http://saintsnamegenerator.com/index.php> Catholic Saints generated randomly, [Saint Video Series](#), [Benzinger's Lives of the Saints](#) , <https://www.sacred-texts.com/chr/martyrs/fox101.htm> Foxes' Book of Martyr

Additionally, the church library has several great books and videos depicting the lives of various saints!

Project Description:

You child should gather the information to present about their saint to the virtual saint fair. Ideas include:

1. General Information: Name, Birthday, Feast Day, where they were from, are they a patron saint and if so, who do they represent.
2. Some background information: such as what are some of the things they are known for or important events in their lives.
3. A Picture: A Picture of the Saint.
4. Quotation:
5. Interesting Facts: some interesting facts about the saint
6. Prayer: a specific prayer either for the Saint's intercession or written by the saint.
7. How does this Saint inspire you: An explanation of why you chose this saint and how this saint may pertain to your life, things about the saint that you found to be inspirational to you?

For the video, students can use props such as a poster, book, musical instruments, and items that represent their saint. If you are completing this at home, please send a video of your child presenting their Saint's information to the teacher so that it can be added to the fair.

Confirmation and First Eucharist Notebook

Saint Scholastica Catholic Church, Erie CO

Appendix

Archdiocese of Denver Confirmation and First Eucharist Sacramental Objectives Cross Reference

AOD Objective	Potential questions	Theology	OLR Lesson#
1. Know the connection between Passover/Exodus and the Last Supper.	2. Tell me about the story of the Passover and the Exodus from Egypt? 3. How is that related to the Last Supper? 4. How is that related to the Mass?	Covenants	24
1. Know the teaching of Jesus' real presence in the Eucharist: body, blood, soul, and divinity of Jesus. Know the Eucharist is truly the body, blood, soul, and divinity of Jesus.	What is the Eucharist? What are the bread and wine transformed into? Why is receiving the Eucharist important?	Practice of my Faith at Home	22
2. Know that the Mass is made up of the Liturgy of the Word and the Liturgy of the Eucharist.	1. What are the two main parts of the Mass? 2. What do we do in the first part of Mass? 3. What do we do in the second part of Mass?	Practice of my Faith at Home	23
3. Should express belief in the teaching of the real presence of Christ in the Eucharist.	1. What do you believe the Eucharist is? 2. Do you believe Jesus is truly present in the Eucharist? 3. What does that mean for you?	Precepts Holy Days of Obligation	35, 36
4. Should desire to build a relationship with Jesus Christ.	1. How does receiving the Eucharist help you grow in your relationship with Jesus?	Prayer from the heart	22 & 23

Confirmation and First Eucharist Notebook

Saint Scholastica Catholic Church, Erie CO

AOD Objective	Potential questions	Theology	OLR Lesson#
5. Should have experience with Mass and desire to participate fully in it.	<ol style="list-style-type: none"> 1. Why do you want to receive Jesus in the Eucharist? 2. What do you hope receiving the Eucharist will do for you? 3. Tell me about an experience of prayer that you have had while preparing for this sacrament. 	<p>Apostles Creed Nicene Creed What does One, Holy, Catholic, Apostolic Church mean? Who founded the Church?</p>	<p>1 24 12 11</p>
6. Know how to have prayer with Jesus after receiving Holy Communion; how to have a heart-to-heart conversation with Jesus.	<ol style="list-style-type: none"> 1. What should we do after receiving Jesus in Holy Communion? 	<p>Grace Define sanctifying grace Define actual grace</p>	10
7. Know what a sacrament is.	<ol style="list-style-type: none"> 1. What is a sacrament? 2. Why do we receive sacraments? 	Sacraments	13
8. Have an awareness of Baptism and our true identity in Jesus Christ.	<ol style="list-style-type: none"> 1. What happens to a soul when a person is baptized? 3. Whose life do we receive in baptism? 	<p>The Church the People of God What does consubstantial mean?</p>	<p>7 3</p>
9. Know that we receive the Holy Spirit in Baptism and are strengthened through Confirmation.	<ol style="list-style-type: none"> 1. What does the Holy Spirit have to do with Baptism and Confirmation? 2. When do we receive the Holy Spirit for the first time? 3. Where do we get strengthened by the Holy Spirit? 4. What are we strengthened for? 	<p>Confirmation Why do you want to be confirmed? What is your mission after confirmation? What does the sacrament of confirmation mean to you? What is the difference between an apostle and a disciple? Why did you choose your</p>	15

Confirmation and First Eucharist Notebook

Saint Scholastica Catholic Church, Erie CO

AOD Objective	Potential questions	Theology	OLR Lesson#
		confirmation saint? What are their virtues? Why did you choose your sponsor?	
10. Should have a sense of prayer and a need for God.	<ol style="list-style-type: none"> Why is it important to pray? What does it mean to you to pray to the Father? To the Son? To the Holy Spirit? 	Prayer Prayer from the heart Chaplet of Divine Mercy Sign of the Cross Hail Mary Glory Be Our Father Rosary Mysteries	28 28 27 (added) 27 1 5 1 2
11. Should desire to build a relationship with Jesus Christ.	<ol style="list-style-type: none"> Do you want Jesus to be in your life? Why? How is Jesus calling you, like the disciples, to share your faith with others (at home, school, friends, etc.)? 	Beatitudes Virtues Definition Theological Virtues Cardinal Virtues Mercy Definition Corporal and Spiritual Works of Mercy	16 10 10 10 (added) 2 19
12. Know the 7 gifts of the Holy Spirit.	<ol style="list-style-type: none"> What are the seven gifts of the Holy Spirit? What do the gifts help to do? Who do they help us to know? 	Gifts of the Holy Spirit Fruits of the Holy Spirit Come Holy Spirit Prayer	9 16 16 (added)
13. Know that we need to be faithful to God's commandments.	<ol style="list-style-type: none"> Why is it important to follow God's Commandments? 	Ten Commandments Sin Definition Types of Sin Vices/7 Deadly Sins Act of Contrition	29 6 6 6 18

Confirmation and First Eucharist Notebook

Saint Scholastica Catholic Church, Erie CO

AOD Objective	Potential questions	Theology	OLR Lesson#
14. Should have experience with lectio Divina.	<ol style="list-style-type: none">1. Tell me about an experience in prayer and/or reading of2. Scripture that you have had while preparing for this sacrament.3. How have you gotten to know God better while preparing for this sacrament?	Bible Basics 5 Steps of Lectio Divina	28 (added) 28 (added)