

## Prayer and Devotion (Spiritual Exercises)

In order to be Catholics in good standing with the Church, we need to live according to the Precepts of the Church (Attend Mass on Sundays and Holy Days, go to the Sacrament of Reconciliation once each year, etc.) and to remain in the state of grace, but there is more to becoming holy than just doing the bare minimum. The goal of our lives is to become saints. Learning to pray in ways that go above and beyond what is required of us puts us on that path to sainthood. Moreover, your child's relationship with Jesus will continue for the rest of his or her life – and into the next. So, all of us have the responsibility to practice our Faith actively. Each student is required to complete seven (7) spiritual exercises.

Spiritual Exercises can consist of any of the following:

- Participating in daily Mass
- Participating in Eucharistic Adoration
- Reading Scripture
- Praying the Rosary
- Participating in the Stations of the Cross
- Visiting a cemetery to pray for the dead
- Making a pilgrimage to a shrine or holy site
- Participating in the March for Life

If you have an idea but are not sure if it would satisfy the Spiritual Exercise requirement, please contact the DRE.

## Service

Just as those in the Communion of Saints pray for and help us, we are called to help others here on earth. We are called particularly to help those who are in need. Jesus, himself, in Matthew's Gospel, tells us how to serve others in the **Corporal Works of Mercy. Through the Corporal and Spiritual works of Mercy, we serve God through meeting the needs of others.** That is why our students are to complete **20 hours of service.** These twenty hours can be completed during 7<sup>th</sup> and 8<sup>th</sup> grade. This project is not to make them "put in time" or to give them "busy work." All Confirmation Candidates should seek out a **non-profit, pro-life** organization, or an individual who is in need. Service to the Church and to the community at large does not stop when one is Confirmed – this is only the beginning. **The maximum hours permitted for one particular service is 10 hours.**

Examples of Service Opportunities:

- Participating in the ministries of Mass (altar servers, cantors, lectors, ushers)
- Assisting a parish organization with their event
- Working at a soup kitchen or food bank
- Organizing a food/clothing drive or fundraiser for those in need