

# AN INDIVIDUAL CONFIRMATION RETREAT

## Welcome to this online Confirmation Retreat

Over the next several days you will be invited to

- reflect on the **experiences**, **relationships**, **ideas**, **beliefs**, and **hopes** that are important to you
- **honestly assess** how you connect life and faith
- explore how you might connect life and faith more effectively

**No one is going to tell you what to think, feel or believe.** You are in charge. If you are honest, you will clarify and confirm what you think and believe and perhaps discover some things about yourself, especially your faith.

**Don't rush the process.** This retreat is not meant to be an exercise you start and finish in one sitting. There will be a number of different activities you will be asked to do and then take time to think about them and respond in some way to the questions raised or experiences you have.



## Retreat Basics – understanding the process

What is a retreat?

A retreat is an **intentional** time away to **experience** a new awareness of the presence of God. It is **an opportunity** to explore

- **Where you are right now in your life**
- **Where you have been**
- **Where you want to go**

The value of taking time to **retreat** is that it provides you the chance

- **to see things with fresh eyes** and
- **put things into perspective.**

**A Private retreat** is a **personal** time of **prayer** and **reflection**. Most often you will be doing your reflection by yourself or perhaps with one other person rather than with a group.

**Purposeful pauses** - the most important part of this retreat is what we call purposeful pauses.

### Purposeful Pauses...

- Let you take a breath and listen
- Take a **deliberate** period of rest to let the Word and Whisper of God sink in
- Take time to give the Spirit room to speak in silent moments
- Is the **“pause that refreshes”**

## How to participate in this retreat

1. **Find a quiet place** that is comfortable, provides you with some privacy and is conducive to reflection.
2. **Build time into your schedule** to do these exercises. Remember don't rush the process.
3. **You will need access to wi-fi** to do many of the exercises.
4. Download this packet so you can **record your responses** (or type right into the pdf file).
5. When you have finished the packet make an appointment with Maureen Cochran [mcochran@holymfamilyparish.org](mailto:mcochran@holymfamilyparish.org) or Dr. Peg, [phanrahan@holymfamilyparish.org](mailto:phanrahan@holymfamilyparish.org) for an hour-long concluding conversation. Bring a copy of your completed packet with you to this meeting.

**You need to complete this retreat no later than April 16, 2023**



## Putting the pieces together How life & faith connect

Life and faith present us with puzzles. We collect the pieces from the important experiences, events and relationships in our lives. Each of us must figure out how the pieces of our puzzle fit together. Each person's life puzzle is unique so the way we put the pieces together makes a difference. Faith adds a special dimension to assembling the puzzle because believers also want to know, *how does my life puzzle connect to the larger picture of what God is doing in my life, in the life of my family, friends and faith community and in the world?*

Let's begin with a prayer

God, help me piece it all together. Help me to use my imagination to overcome obstacles and to look at old problems in new ways. Help me to remember that there are parts of life that I will have to piece together myself. Guide me as I develop my own method to put the puzzle together. Amen.

### One of the great things about retreats is that we get to try new things.

During this retreat you will have the opportunity to learn about and practice meditation.

**Meditation** is an ancient form of prayer used in many religious traditions. Catholics refer to this type of prayer as **contemplative, reflective** or **centering prayer**. When we meditate, we consciously spend time in quiet thought focusing on something so as to understand it deeply. Like all things to meditate well takes practice.

**Guided Meditation** is one way to meditate. A **guided meditation** is a process by which one or more participants meditate in response to the guidance provided by a teacher, either in person or via a written text, sound recording, video, or audiovisual media comprising music or verbal instruction, or a combination of both.

#### MEDITATION

the practice of concentrating one's focus upon a sound, image, object, visualization, breathing, movement or attention itself in order to increase awareness of the present moment (also referred to as mindfulness), reduce stress, promote relaxation and enhance personal and spiritual growth.

**You can access your first guided meditation**, A 5 minute Calming Meditation at the following YouTube link <https://www.youtube.com/watch?v=i50ZAs7v9es&list=RDi50ZAs7v9es&index=1>

You can close your eyes or watch the slides. Try it both ways during the meditation, and see what is most effective for you. Many people find doing this kind of guided meditation more effective at the end of the day.

### pause & reflect

We do not learn from  
experience... we learn  
from reflecting on  
experience.

- John Dewey

**Create a piece of word art** by jotting down different words that describe your experience of this guided meditation (i.e.- hard, peaceful, calming, distracting, easy, odd, relaxing...)

**guided meditation**

## Further Reflection

I found it more helpful to

- watch the slides
- close my eyes and just listen to the voice

I feel most centered, focused, relaxed when \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

What helps you to center, focus, relax? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

One place I always find calming and peaceful is \_\_\_\_\_  
because \_\_\_\_\_  
\_\_\_\_\_

One person who is a calming presence in my life is \_\_\_\_\_  
What do they do/say that allows them to be a calming presence for you? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Life is a journey. How's yours going?** (30 minutes)

Listen to [NAVIGATION](#) by Matthew Kelly (8.22 minutes long)

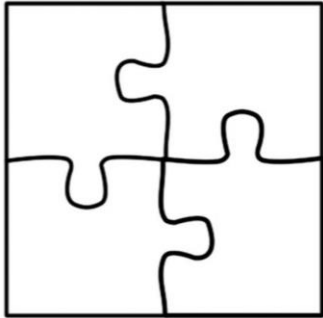
List two ideas from this presentation that you really liked

1. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



Which of the following statements best describes where you are on your life journey right now?

- I am on the path heading in the right direction
- I have taken a wrong turn
- I'm lost
- I am at a crossroad and don't know which way to turn
- God is recalculating my spiritual GPS



## Beginning on my Puzzle

How long has it been since you've worked on a jigsaw puzzle? The jigsaw puzzle is a wonderful metaphor to help us think about how our life and our faith connect. It's just a matter of figuring out how the pieces fit together.

The four most important pieces in any puzzle are the corner pieces. The corners anchor the puzzle. From the corners we build borders and frame the image we are piecing together. They give us an idea of the limits of the image and what it will look like.

In this retreat, you'll get the chance to focus on four major cornerstones in your life: your **family**, your **friends**, **your inner life or spirituality**, and **God's invitation to be in relationship** or in a deeper, more honest relationship with you.

## Session 1 – The Family Corner

'This is a two-part meditation. You will need an open mind and something to write with (if you have chosen to download this packet). For the first part you will also need a quiet place to work. The second part offers you two options: a free-write or a continued meditation. Try them both and see what works best for you.'

### Guided Meditation 2

Clear your mind of all thoughts. Some people find it easier to do this is they close their eyes. Focus on steadily taking slow, long breaths in through your nose, and exhaling through your mouth. Once you've relaxed, open your mind to the people in your life. Pay attention to the first five names, faces, or images of the people you think of as family that pop into your head. Write down the names of these first five people that come to mind.

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

4 \_\_\_\_\_

5 \_\_\_\_\_

Choose to do either the FREE WRITE OR FREE DRAW EXERCISE below

### FREE WRITE exercise

Choose one of the five people you identified above. Write her or his name on a new sheet of paper. Over the next five minutes do a free write about that person. Write down every thought that pops into your head. If you find yourself drifting away from that person, direct your focus back to him or her. After five minutes, stop writing and look back over what you have written. What does what you've written tell you about your relationship?

## FREE WRITING RULES!

- keep your hand moving
- focus on ideas
- let your ideas flow
- be brave

**FREE WRITE** for \_\_\_\_\_  
(name of person)

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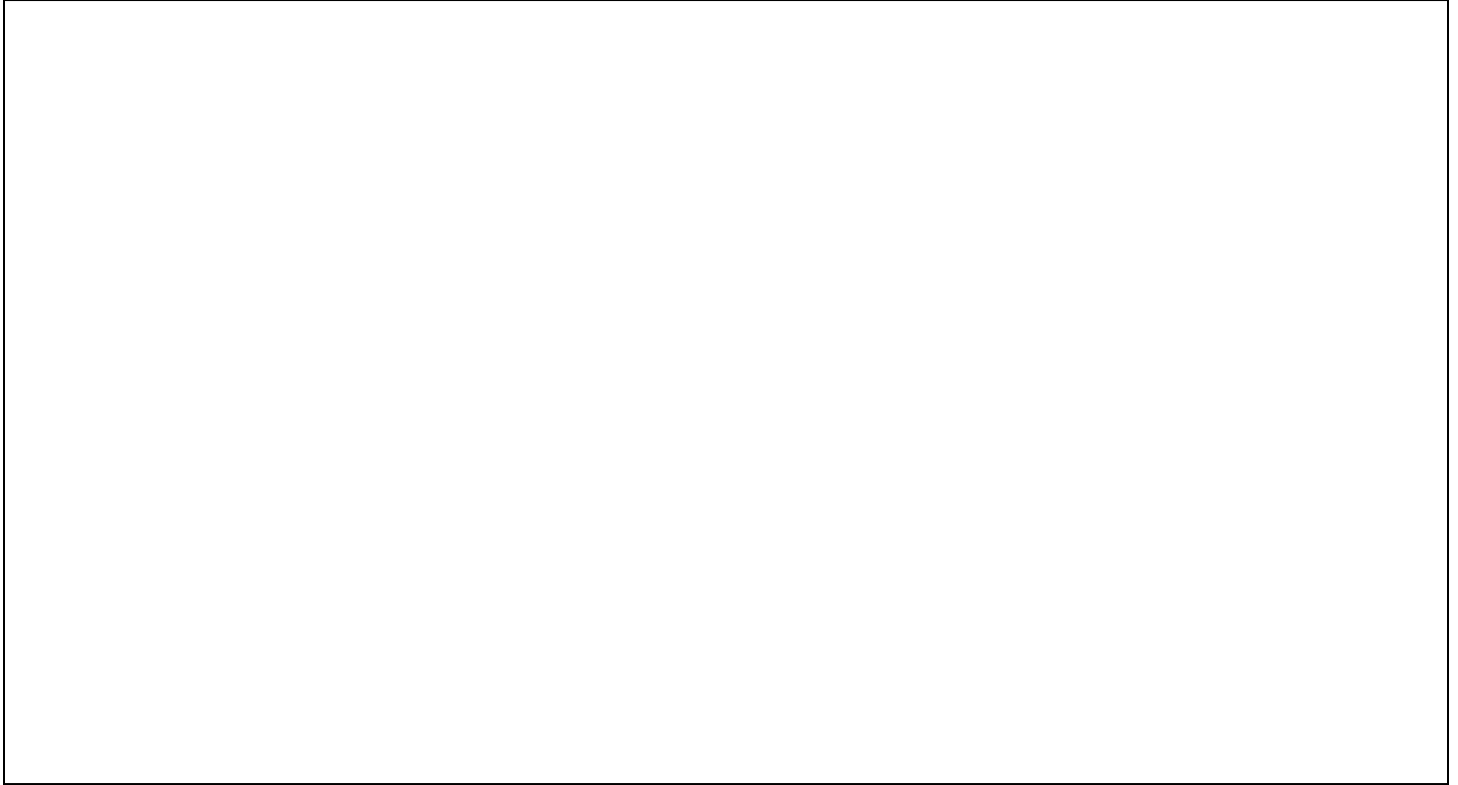
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## FREE DRAW exercise

Sometimes an image is more powerful than words

Direct your focus inward. Focus on one of the five people you identified above. Pay close attention to the thoughts and feelings that enter and exit your mind. Welcome all thoughts as they come, not holding on to any thought that wants to leave. Pay special attention to the overall feeling you have. What image comes to mind when you thought about this person (you can draw your image or download an image and place it here)? What does your meditation tell you about your relationship?



## Taking It Further

Repeat this exercise for the one of the five you know the least about, or someone you might have mixed feelings about. You may be surprised where your mind and spirit take you. You can either do a free write or free draw or download an image.

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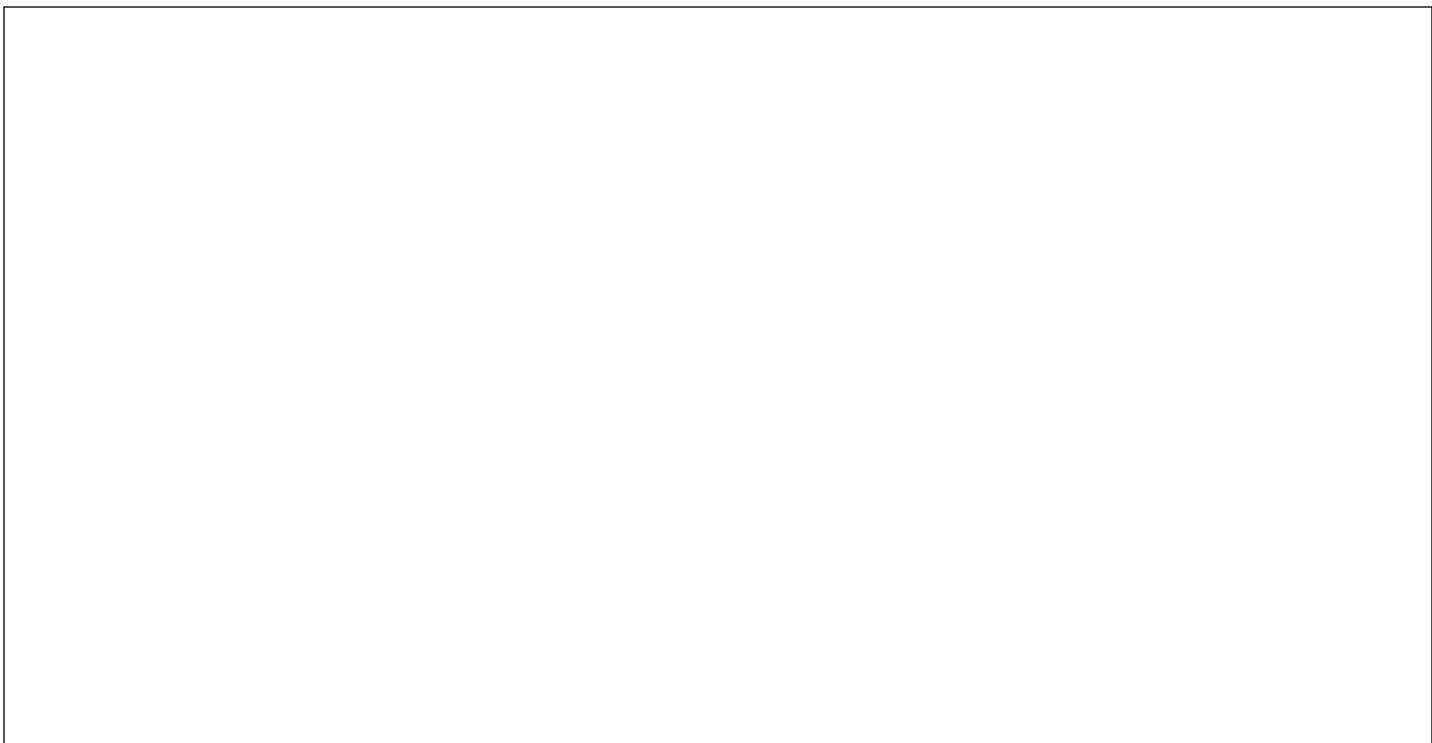
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What do your meditations tell you about your family relationships? \_\_\_\_\_

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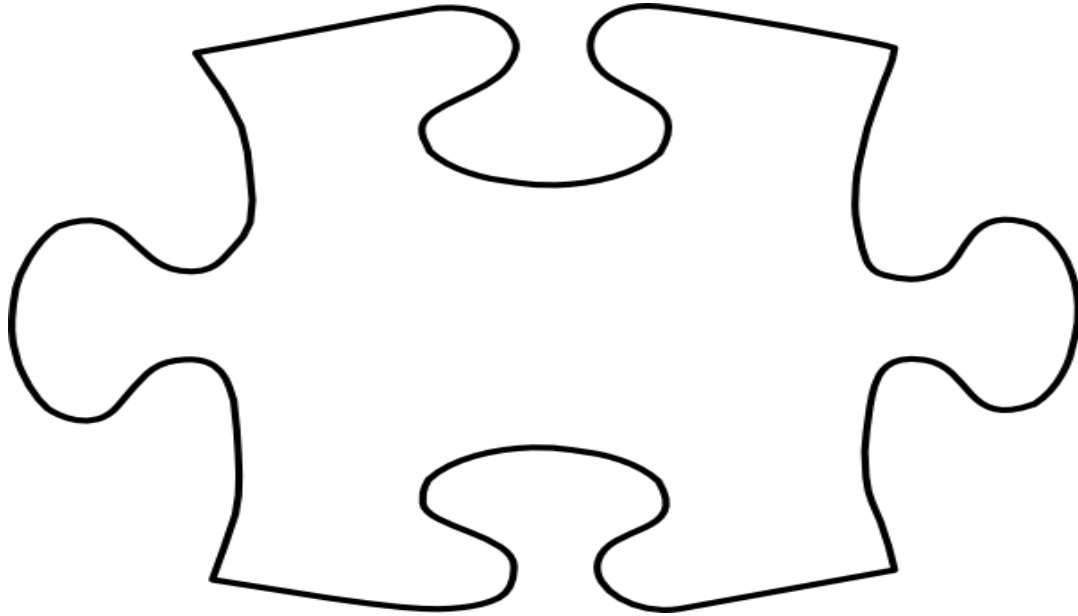
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## Put it Into Practice

The image in any puzzle may be predetermined, but it's up to you to put that image together. The meditation on your family may help you to see some of the picture more clearly. Your final step for this part of the retreat is off the screen and into your life.

### Commit to doing one of the following:

1. Fill the puzzle piece below with thoughts and feelings that came to you during your meditation on family. Use this piece to remember how these people add and complete the puzzle of your life.



2. Choose one of the people you meditated on today—what can you do for them to show how much they mean to you? Draw from your meditation for inspiration.
3. Think of a family member who has hurt you and you have not forgiven. Decide what it would take for you to forgive them and try to do it.



Loving God,  
My first corner is my family, and I am so thankful for them.  
They are my anchor.  
When I look for them, I find them.  
They are there for me whenever I need them.  
They forgive me when I have done wrong  
and give me strength when I feel weak or am afraid.  
I trust them. I love them.  
Help me to be for them all that they are to me.  
Let me be a beacon of trust, compassion, and hope  
for the people who are most important to me.



## Session 2 – With Friends Like These...

In this part of the retreat, you will pray with a modified version of Carole King's song, "You've Got a Friend" (performed by James Taylor). Use each section of the prayer as a reminder of the many people who care about you enough to call you "friend."

Download a version of, "You've Got a Friend" for this part of the retreat. Here is one from

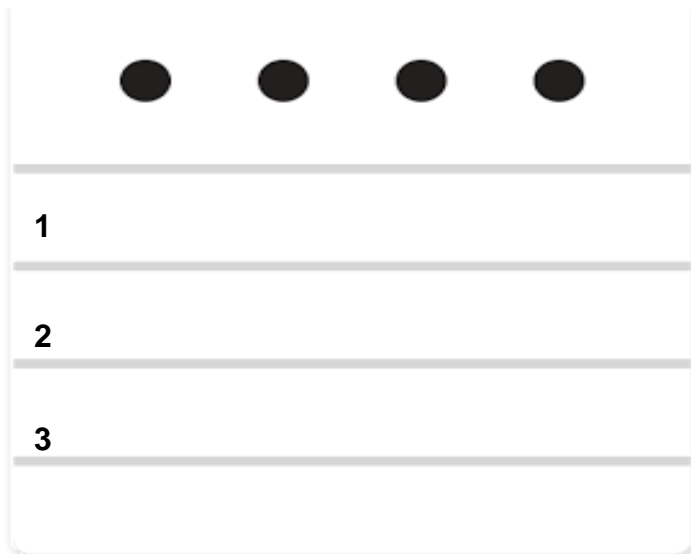
YouTube <https://www.youtube.com/watch?v=xEklou3WFnM> **Listen to the song often while working on this section of the retreat.**

### Opening Prayer

When I'm down and troubled  
and I need a helping hand  
and nothing is going right  
I close my eyes and think of you  
and soon you will be there to brighten up  
even my darkest nights.

### Quality Friends

What qualities make a good friend?  
Quickly—what are the first three things  
that pop into your head? Write them down  
on the note pad below.



1

2

3

List the friends that come to mind  
when you here this song?

Any other thoughts?

## Next, who are your friends?

Write down the first three (3) names that pop into your head when you hear the word **friends**.

Sometimes we can think of our friends in a certain way. You see one friend as dependable, another as the funny one...

Read the first name you wrote down. Then read each of the three qualities you listed above. How does this person show these qualities? What makes her or him the kind of friend you want to have? Write your answers next to where you have written your friend's name.

## Pray

I just call out your name  
and I know wherever you are  
you'll come running to see me again.  
Winter, spring, summer, or fall  
all I have to do is call  
and you'll be there  
I've got a friend

# friends. . .

1 \_\_\_\_\_  
(name of friend)

2 \_\_\_\_\_  
(name of friend)

3 \_\_\_\_\_  
(name of friend)

jot down some words or phrases that come to mind when you think of God



Listen to Matthew Kelly's reflection on **God's Dream for You**  
<https://www.youtube.com/watch?v=cCsep40UVi4>

**List two ideas from this presentation that you found reassuring**

1. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

2. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**List one idea from this presentation that you find challenging.  
Why do you find it challenging?**

1. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Which of these statements best describes you (check all that apply)**

- I believe in God, but wish I had a better relationship with God
- I feel I know about God but I have never had a real relationship with God
- I have a strong relationship with God
- I am not sure I believe in God
- I feel I had a better relationship with God when I was younger
- I believe there is a God but I do not feel connected to God
- I want my relationship with God to be better...stronger
- I want a better relationship with God, but I don't know how to go about it

**I would describe my relationship with God as...**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



## You're Choices Matter –

Listen to this short presentation by Matthew Kelly @

<https://www.youtube.com/watch?v=KpdRTDp0dNE> (6.53 minutes long)

To be confirmed or not to be confirmed –  
is just one of the choices before you.

Who you choose as friends is another important choice

List two ideas from this presentation that you feel are worth remembering

- 1 \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## Under the Influence: Positive Pressure

Think about your own personal values—the things you believe in no matter what. Many factors can shape, affect, and change your values. Write down three of your values. Look back on your list of three friends. How does each friend affect, influence, or reinforce these values? Write down your answers.

### My personal values

- 1 \_\_\_\_\_  
(write one of your values on the line above)

How do my friends affect, influence or reinforce this value

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- 2 \_\_\_\_\_  
(write another value on the line above)

How do my friends affect, influence or reinforce this value

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3 \_\_\_\_\_

(write another value on the line above)

How do my friends affect, influence or reinforce this value

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There are moments that remind us that our friends will always be there for us. Think of a time when each of the friends you've chosen has been there for you when you need them. Take a moment to appreciate those moments. As you do listen to **Count On Me** by Bruno Mars, <https://www.youtube.com/watch?v=6k8cpUkKK4c>

## Drawing Conclusions

Look over what you have written about your friends. What you have written may reveal some new elements of your friendships you might have overlooked before.

➤ What surprises you? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

➤ How has this exercise changed the way you look at your friends? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Whether this activity has radically changed the way you look at them, or simply reaffirmed what you've known all along, remember that in these three people, you've got a friend.

## Praying with Scripture



In his letters, St. Paul wrote to the Christian communities he founded and nurtured. He tried again and again to make the teachings of Jesus apply to daily life in very practical ways. Read the passage below from Paul's letter to the Christians living in Rome 10-15 years after Christ's death and resurrection.

Highlight, underline or circle the words and phrases you find meaningful or helpful.

Don't just pretend to love others. Really love them. Hate what is wrong. Hold tightly to what is good. Love each other with genuine affection, and take delight in honoring each other. Never be lazy, but work hard and serve the Lord enthusiastically. Rejoice in our confident hope. Be patient in trouble, and keep on praying. When God's people are in need, be ready to help them. Always be eager to practice hospitality.

Bless those who persecute you. Don't curse them; pray that God will bless them. Be happy with those who are happy, and weep with those who weep. Live in harmony with each other. Don't be too proud to enjoy the company of ordinary people. And don't think you know it all!

Never pay back evil with more evil. Do things in such a way that everyone can see you are honorable. Do all that you can to live in peace with everyone. Dear friends, never take revenge. Leave that to the righteous anger of God. For the Scriptures say,

"I will take revenge; I will pay them back," says the LORD.

Instead,

"If your enemies are hungry, feed them.

If they are thirsty, give them something to drink.

In doing this, you will heap burning coals of shame on their heads."

Don't let evil conquer you, but conquer evil by doing good.

## Closing Prayer

Loving God,

my second corner is my friends, and for them I am thankful.

They are my spirit mirrors.

When I look within myself, I will find them.

When I look to them, I will find myself.

They are there for me whenever I need them.

They forgive me when I have done wrong  
and give me strength when I feel weak or am afraid.

I trust them.

Help me to be for them all that they are to me.

Let me be a beacon of trust, compassion, and hope for the people who are most important to me.



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## Session 3: My Inner Life

**The third corner of your puzzle is spirituality.** Spirituality is learning **how the Holy Spirit stirs in each of us**—in our prayers, in our hopes, in our fears, in the peaks and the valleys of our lives. We are not always aware of our spirituality, though it is always there. It is a unique piece in your puzzle in that it is both within you and outside of you.



→ Watch this video: Holy Spirit - <https://www.youtube.com/watch?v=oNNZO9i1Gjc>

**List two ideas from this presentation that you found helpful**

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_

## What makes You, You?

**Your spirit is what is unique about you. It is that deepest most authentic you.**

Knowing the deepest parts of who we are is not easy. It takes time and effort, but it changes everything. Part of why knowing ourselves at this deeper level is difficult is that our spiritual self, like our physical, emotional, intellectual and social self emerges over time.

**Knowing oneself on a deeper level always leads to a greater array of choices,** and as Matthew Kelly says, “Choices Matter.” More choices give us more freedom. Becoming more aware of who we are increases our joy, boosts our self-confidence, diminishes our fears and decreases our stress.

**When we know who we truly are, we gain a better perspective of what life is all about.** We are able to assert more control over our lives and what really matters to us. We stop worrying so much. We stop second-guessing what we think and feel and do. We can put what others think and say about us in perspective. We grow stronger, more self-reliant, more focused on our hopes and dreams, less focused on our faults and failures.

**When we have an increased knowledge of who we are, emotionally and spiritually, we begin to know and understand others better.** Our relationships grow stronger and healthier. We become more compassionate. We stop judging others and ourselves.

**Use the following questions to help you reflect on your deepest self.**

**This exercise is totally for you.** You will not be asked to share your responses with anyone else. After answering the questions below, take time to go back over your responses to see any patterns or connections you see emerge that you may not have been aware of before.

Person I most admire \_\_\_\_\_  
(This person can be living or deceased, someone you've met or admire from afar)

Quality in others I most admire \_\_\_\_\_

Quality in myself I most admire \_\_\_\_\_

Favorite genre of music \_\_\_\_\_

Favorite author \_\_\_\_\_

Favorite place to be alone \_\_\_\_\_

Personal accomplishment that means the most to me \_\_\_\_\_

\_\_\_\_\_

Things that bring me joy \_\_\_\_\_

\_\_\_\_\_

A difficult challenge I've had to face \_\_\_\_\_

\_\_\_\_\_

My Dream Job \_\_\_\_\_

My biggest hope \_\_\_\_\_

My worst fear \_\_\_\_\_

The emotion I most struggle with \_\_\_\_\_

Things that make me sad \_\_\_\_\_

\_\_\_\_\_

Three (3) words my friends would use to describe me \_\_\_\_\_

\_\_\_\_\_

Three (3) words I would use to describe myself \_\_\_\_\_



Three (3) words I would now use to describe God \_\_\_\_\_

\_\_\_\_\_

### Complete these sentences...

I used to be \_\_\_\_\_,

but now I'm \_\_\_\_\_

\_\_\_\_\_

GOD IS MAKING THINGS HAPPEN FOR YOU. EVEN WHEN YOU DON'T SEE IT, EVEN WHEN YOU CAN'T FEEL IT, EVEN IF IT'S NOT EVIDENT . . . GOD IS WORKING ON YOUR PRAYERS.

I feel closer to others when \_\_\_\_\_

\_\_\_\_\_

I feel disconnected from others when \_\_\_\_\_

\_\_\_\_\_

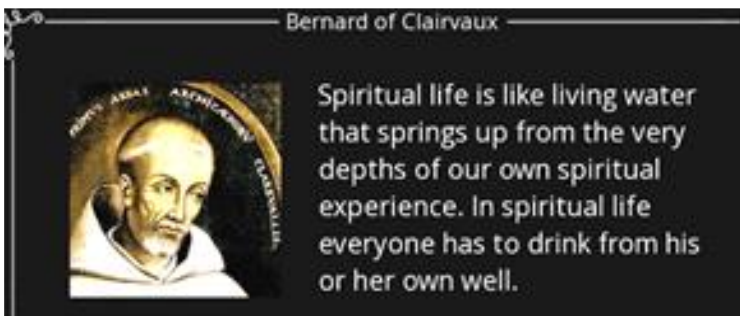
I feel closest to God when \_\_\_\_\_

\_\_\_\_\_

I feel disconnected from God when \_\_\_\_\_

\_\_\_\_\_

## The Spiritual Life disdains a one size fits all mentality



**Spirituality is a path, not a set of rules.** It is a map of your unique relationship with God. All spiritualities offer insights and recommend spiritual practices, yet they are more than that. Your spirituality respects your understanding of the world. It nurtures your sense of who you are and who you are becoming. It affirms God's love for you. It empowers you to be your authentic self.

## SPIRITUAL EXPERIENCES

Think of an experience that you often remember and reflect on, **or** an experience that you know changed you — a move, an accomplishment, a death, a challenge, an injury/illness, a personal best, a friendship...

What was your life like before that experience? \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

What was your life like after that experience? \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

What did you lose? \_\_\_\_\_

\_\_\_\_\_

What did you gain? \_\_\_\_\_

\_\_\_\_\_

How did the experience affect your direction in life? \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

Do you like the direction in which you're going? If yes why? If no why? \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## Spiritual Practices or disciplines are

Actions and activities undertaken alone or with others for the purpose of generating spiritual experiences, and cultivating spiritual development. Below are three common spiritual practices, **God sightings**, **meditation** and **prayer**.

### God Sightings

A God sighting is a time when you see God working in your life, in the lives of others, in the world. As Catholics we believe in the [principle of sacramentality](#) which says all people, things, feelings,

experiences, places and events are potentially or in fact the bearer of God's presence and the instrument of God's saving activity on our behalf. This means that God is always working for us (think back to Matthew Kelly's reflection *God's Dream for You*). Maybe you want to go back and listen to that reflection again or re-read the comments you wrote earlier. Becoming aware of God sightings is an example of a spiritual practice.

## Meditation

**Guided Meditation 3** – choose **one** of the following meditations

Receiving God's unconditional LOVE & HEALING! (21.22 minutes)

<https://www.youtube.com/watch?v=jdOzTaRW1y8>

OR

AIG Stories - "Let God get to Us!" (6.11 min) <https://www.youtube.com/watch?v=9V2oX8v2yIQ>

Remember to find a quiet place to do your meditation. You can close your eyes and listen or listen while watching the screen.

What thoughts came to your mind during the meditation? \_\_\_\_\_

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What feelings arose in you during this meditation? \_\_\_\_\_

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Where in your life do you need God's love or Where is God trying to get to you?

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Tell God what He can do for you right now, in this moment. \_\_\_\_\_

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## Prayer

### The Lorica of St. Patrick

**Lorica**, in Latin, means breastplate and refers to ancient armor worn to protect the chest. In the Celtic Christian tradition, a **lorica** is a prayer recited for protection in which the petitioner invokes all the power of God as a safeguard against evil in its many forms.

The **Deer's Cry** is the most famous of the loricas, but there are others.

Read this prayer slowly two or three times. This is just one of many translations of this famous and ancient prayer. It has been put to music by many artists. Listen to this rendition by Shaun Davey & Rita Connolly @ <https://www.youtube.com/watch?v=DONuyLwWPaY> and hear in it the strength and confidence of Patrick's prayer. Think about downloading the MP3 file on your phone for those times when you are in need of God's help.



I arise today through the strength of heaven  
Light of sun, radiance of moon  
Splendor of fire, speed of lightning  
Swiftiness of wind, depth of the sea  
Stability of earth, firmness of rock.

I arise today through God's strength to pilot me  
God's eye to look before me  
God's wisdom to guide me  
God's way to lie before me  
God's shield to protect me

Christ with me, Christ before me  
Christ behind me, Christ with me  
Christ beneath me, Christ above me  
Christ on my right, Christ on my left

Christ when I lie down,  
Christ when I sit down,  
Christ when I arise,  
Christ to shield me.  
Christ in the heart of everyone who  
thinks of me.  
Christ in the mouth of everyone  
who speaks of me.

I arise today. AMEN

You might even consider writing your own lorica – it need not be long.

## Session 4 – God's Invitation to you in the Sacrament of Confirmation

Listen to Matthew Kelly's reflection "**Everything's Connected**" (5.14 minutes)

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

To choose to be Confirmed means to say to God and his Church ***"I'm all in! You can count on me to be there for the long haul."***



**OR**

***"The Mass never ends. We go forth in peace to love and serve the Lord, and each other. Thanks be to God."***

It sounds great till you face the facts

- 80% of those who are Confirmed leave the Church within seven years of receiving the sacrament

- The largest Christian denomination in the U.S. is Roman Catholics. If we counted them as a denomination, the second largest group would be those who used to be Catholics

### That tells us a few things

- As a community of faith we have to work harder at being welcoming and engaging our members
- Lots of people who receive the sacrament of Confirmation do not understand the commitment they are making
- Going forth in peace to love and serve the Lord and each other is incredibly hard
- Discipleship is a marathon not a sprint

As Matthew Kelly says, God wants to have a **dynamic collaboration** with humanity – God wants a dynamic relationship characterized by collaboration with **you**. Think about that – God doesn't need you, God wants you!

**I have loved you with an everlasting love;** therefore, I have continued my faithfulness to you.”  
Jeremiah 31:3

## pause & reflect

Does knowing that change the way you think about Confirmation? \_\_\_\_\_

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Whom do you know/see who you believe is in dynamic relationship with God? Who takes seriously their role as dynamic collaborator with God? \_\_\_\_\_

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How have these individuals influenced you? \_\_\_\_\_

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**When we think of Baptism we think of water.**

**When we think of Confirmation we think of fire.**

*"As for me, I baptize you with water for repentance, but He who is coming after me is mightier than I, and I am not fit to remove His sandals; He will baptize you with the Holy Spirit and fire."  
Matthew 3:11*

**Guided Meditation 4 – Watch this scriptural meditation on Pentecost – the Descent of the Holy Spirit** (2.58 minutes) <https://www.youtube.com/watch?v=9M8tmqR9kAE>

Catherine of Sienna said, ***“Be who God meant you to be and you will set the world on fire.”***

Matthew Kelly spoke of each of us having a unique mission as collaborators of God.

What do you think God is asking of you at this point in your life? \_\_\_\_\_

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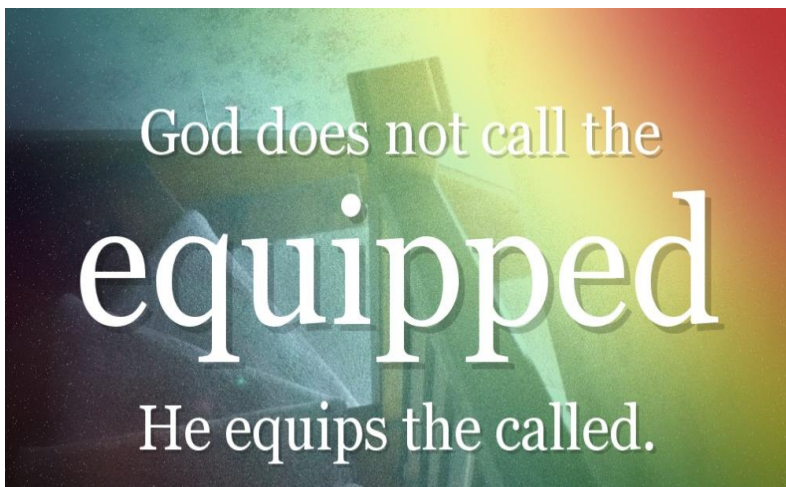
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### **The Gifts of the Holy Spirit**

1. Knowledge
2. Understanding
3. Wisdom
4. Courage/Fortitude
5. Right Judgment/Counsel
6. Reverence/Piety
7. Wonder & Awe in God's presence/  
Fear of the Lord


One of the ways God equips us to be disciples is by sending to us in the sacrament of Confirmation the **Gifts of the Holy Spirit**.




Helps us distinguish between truth & falsehood, fact & fiction, the real & imagined.



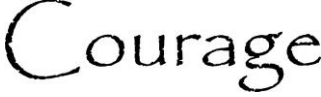
Seeing with the eyes of faith – wanting to see things as God does




also called **piety** – a deep sense of love that leads us to deliberately seek out ways to please God

Seeing reality and knowing with the heart; its focus is on seeing the relationship between things



also called **fortitude** - combines bravery & endurance, helps us face danger, stand up for what is right & act accordingly



Also called **counsel** – the ability to look at a situation, discern what is the correct thing to do & have the courage to do it

also called **fear of the Lord** – the ability to perceive just how holy, powerful, wise, beautiful and almighty God is

As you reflect on the meaning of the gifts of the Spirit which one or two are you most in need of at this point in your life? \_\_\_\_\_

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Share one example from your own life and show how any of the gifts of the Spirit might have made difference in that experience \_\_\_\_\_

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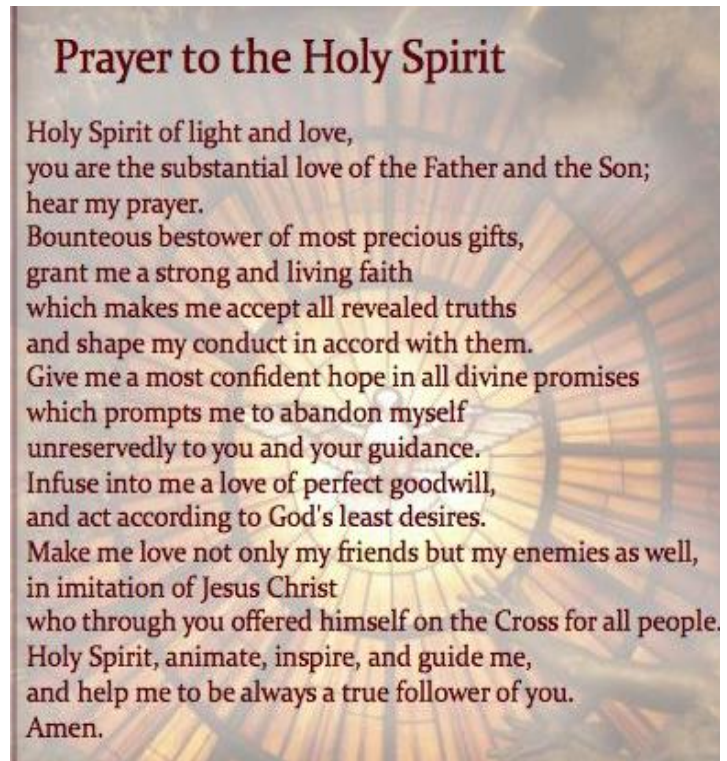
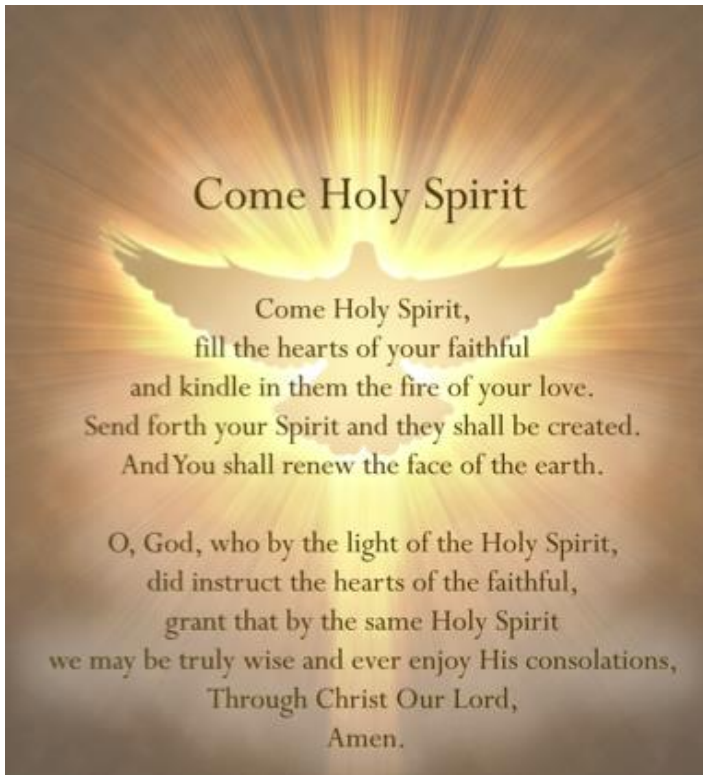


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**FINAL PRAYER** – read both of the prayers below, which do you like better? Which speaks to your situation? Choose the one that fits you best and say it often as you continue your preparation for the sacrament of Confirmation.







You have taken an **intentional** time away to **experience** a new awareness of the presence of God. You have reached out and taken **an opportunity** to explore

- **Where you are right now in your life**
- **Where you have been**
- **Where you want to go as you continue your journey towards Confirmation**

We hope that doing so has allowed you

- **to see things with fresh eyes**
- **put things into perspective**
- **brought you closer to God who loves you unconditionally**

We hope the time you have spent in retreat has allowed you to see **how life & faith connect for you**, in this moment of your life.

## The last step

All private retreats include meeting with a Retreat Master or Spiritual Director. This helps the retreatant recap the retreat experience, reviewing the important insights they are taking away from the retreat.

The last step in this online retreat is for you to set up a meeting with **Maureen Cochran** or **Dr. Peg** and share with them the insights you have gained, the questions that might have surfaced, and how you now view the journey you are on towards Confirmation. To set up a time to meet email

- Maureen Cochran at [mcochran@holyfamilyparish.org](mailto:mcochran@holyfamilyparish.org)
- Peg Hanrahan at [phanrahan@holyfamilyparish.org](mailto:phanrahan@holyfamilyparish.org)

Bring your completed packet with you for that meeting for your own reference. You will only be asked to share what you want to share from your packet and it will not be collected.

Plan on spending 45-60 minutes with Maureen or Dr. Peg

## Acknowledgements

We give special thanks for the work of many who have graciously shared the fruit of their labors with the larger Catholic community via the internet.

- The online retreat **Life is a Puzzle: A Pieceful Retreat for Teens** (*Good Ground Press*) the work of The Sisters of St. Joseph of Carondelet which provided the template and some very helpful content for designing this retreat.
- The work of Matthew Kelly, in particular the **Decision Point Confirmation Program** published by Dynamic Catholic. His presentations available on YouTube provided the witness talks so important on teen retreats.
- The Honest Guys who provide free high quality guided meditations via YouTube - <https://www.youtube.com/user/TheHonestGuys>
- The work of Emma Noelle, in particular her Guided Meditation: Receiving God's unconditional LOVE & HEALING! For more information on Emma Noelle's YouTube channel see <https://www.youtube.com/channel/UC7tDECHPppyMtaYzkgiD2qQ>
- Janice Marturano's concept of Purposeful Pauses – The Institute for Mindful Leadership <https://instituteformindfulleadership.org/about-the-institute>
- Carole King and James Taylor composer and performer of You've Got A Friend
- Shaun Davey & Rita Connolly's rendition of **the Deer's Cry**
- The images used throughout made available on the World Wide Web
- The vast treasury of the words and prayers of the saints available in many formats
- The support and encouragement of Fr. Terry Keehan, Pastor, Holy Family Catholic Community