

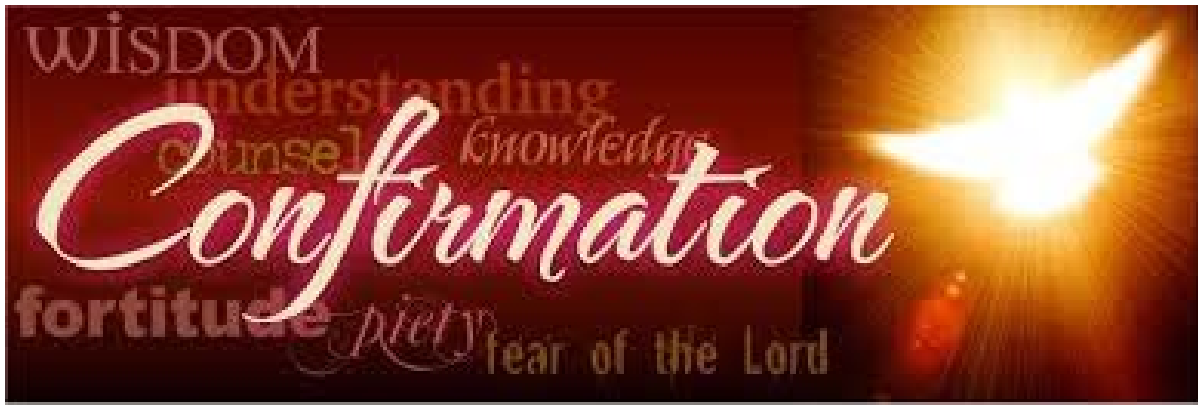


Roman Catholic Diocese of Peterborough



MASS JOURNAL

**Preparing for the Sacrament of Confirmation
during COVID-19**



Name: _____

Parish: _____

Confirmation Name: _____

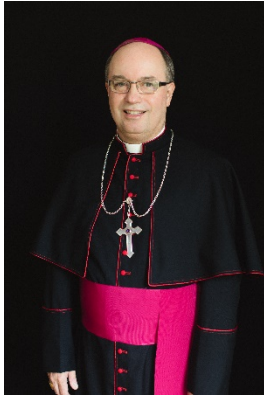
Sponsor's Name: _____

Confirmation Date: _____

A TIP – Read the questions before you attend or watch the Mass.

COVID-19 NOTE

You may reflect on a Mass you attend, a Mass you see live-streamed from a parish or a Cathedral or a Mass you watch on television. This Mass may be a Sunday Mass or a weekday Mass.



Dear Candidates for the Sacrament of Confirmation:

As you prepare for the sacrament of Confirmation, we, your family and parish family are filled with joy and we journey *with* you as you prepare to celebrate this special sacrament. The sacraments of Baptism, Eucharist and Confirmation together constitute the sacraments of Christian Initiation. In the sacrament of Confirmation, we are strengthened with the gifts of the Holy Spirit to be true witnesses of the faith in word and deed.

Catechism 1303:

From this fact, Confirmation brings an increase and deepening of baptismal grace:

- it roots us more deeply in the divine filiation which makes us cry, "Abba! Father!";*
- it unites us more firmly to Christ;*
- it increases the gifts of the Holy Spirit in us;*
- it renders our bond with the Church more perfect;*
- it gives us a special strength of the Holy Spirit to spread and defend the faith by word and action as true witnesses of Christ, to confess the name of Christ boldly, and never to be ashamed of the Cross:*

Recall then that you have received the spiritual seal, the spirit of wisdom and understanding, the spirit of right judgment and courage, the spirit of knowledge and reverence, the spirit of holy fear in God's presence. Guard what you have received. God the Father has marked you with his sign; Christ the Lord has confirmed you and has placed his pledge, the Spirit, in your hearts.

Through the outpouring of the Holy Spirit, which was instituted by Jesus Christ when he conferred this sacrament on his apostles at Pentecost, your bond with Christ and his Church is strengthened.

When you use this Mass Journal to reflect upon your faith, it can be like a compass that guides you and reveals God who is at work in your life as you walk with Christ. I look forward to conferring the Holy Spirit upon you in the Sacrament of Confirmation.

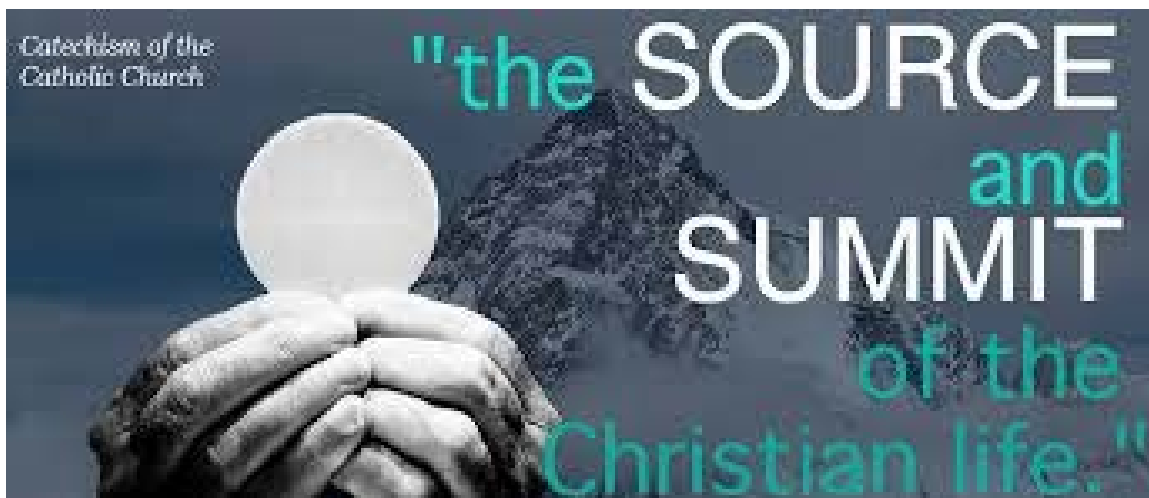
His Excellency Most Reverend Daniel Miehm
Bishop for the Diocese of Peterborough

THE EUCHARIST

For Catholics, the source and summit of our sacramental life is the Eucharist.

- The Eucharist is both thanksgiving table and altar of sacrifice. In the Paschal Mystery, Jesus sacrifices his life on the Cross so that we may one day enter the one eternal banquet in heaven.
- Jesus Christ is present to us at Mass in the Word proclaimed, the Eucharist – Body and Blood of Christ, the Priest who acts in the person of Christ and the Faithful who are gathered as the Body of Christ.
- Catholics have the obligation to attend Mass on Sundays and Holy Days. The Holy Days of Obligation in Canada are Christmas and the Solemnity of Mary Mother of God.
- The requirements for the fruitful reception of Holy Communion are unity of life (being in a state of grace), unity of faith (belief, practicing RC) and fasting (food) for one hour before receiving Holy Communion.

The Mass is divided into 4 parts: Introductory Rite, the Liturgy of the Word, the Eucharist, and the Concluding Rite.



COVID-19 NOTE

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MASS JOURNAL REFLECTION #1

Date: _____	Time: _____	
Church: _____		
<input type="checkbox"/> Attended Mass	<input type="checkbox"/> Live-stream	<input type="checkbox"/> TV

During the celebration of Eucharist, we give thanks and praise to God.

In your life, who are the people you are thankful for?

What talents or skills do you have that you recognize as gifts from God?

What are we grateful for as Christians?

MASS JOURNAL REFLECTION #2

Date: _____	Time: _____	
Church: _____		
<input type="checkbox"/> Attended Mass	<input type="checkbox"/> Live-stream	<input type="checkbox"/> TV

Who was the main celebrant or presider? (Name of Priest who led the celebration of the Mass)

What colour vestments did the priest wear? What is the significance of that liturgical colour?

Pick two images/items on the church wall and explain their importance for our Faith.

MASS JOURNAL REFLECTION #3

Date: _____	Time: _____	
Church: _____		
<input type="checkbox"/> Attended Mass	<input type="checkbox"/> Live-stream	<input type="checkbox"/> TV

Which reading from today's Mass, including the Psalm Response, could you relate to most, and why?

What was today's First Reading? What was its main message?

What was today's Psalm Response? How could these words help you during the week?

If this is a Sunday Mass or Solemnity, what was today's Second Reading? What was the key point?

MASS JOURNAL REFLECTION #4

Date: _____	Time: _____	
Church: _____		
<input type="checkbox"/> Attended Mass	<input type="checkbox"/> Live-stream	<input type="checkbox"/> TV

What was today's Gospel reading? *(Reference the book – Matthew, Mark, Luke or John, chapter and verses. You may have to look in your missalette or online.)*

What was today's Gospel reading about? Who was Jesus speaking with and how did they respond?

How would you have responded if you had been present in the gospel scene?

How does the gospel message and teaching apply to your life?

MASS JOURNAL REFLECTION #5

Date: _____	Time: _____	
Church: _____		
<input type="checkbox"/> Attended Mass	<input type="checkbox"/> Live-stream	<input type="checkbox"/> TV

What was today's Gospel reading? How did the Homily help you to understand the Gospel reading?

How did the Homily relate to things going on in your life? (*At home, at school, with friends, in the world, in your local community, at your church*)

Did you recite the Creed with the whole faith community? What is the importance of this prayer in the liturgy?

Who a/or what did the community pray for in the petitions? Were any petitions connected with current happenings in the world?

MASS JOURNAL REFLECTION #6

Date: _____ **Time:** _____

Church: _____

Attended Mass **Live-stream** **TV**

During the Eucharistic Prayer, the priest holds his hands in the “orans” position. What is the meaning of this gesture?

During the Eucharistic Prayer we give thanks and praise to God. What are you grateful for today?

Did you hear bells ring during the Mass? If so, when and why did they ring?

MASS JOURNAL REFLECTION #7

Date: _____ Time: _____

Church: _____

Attended Mass Live-stream TV

There are three alternative endings for the dismissal at Mass:

- Go and announce the Gospel of the Lord.
- Go in peace, glorifying the Lord by your life.
- Go in peace.

Mass concludes with a special blessing from the priest so we can glorify the Lord by our lives.

What was the main message from the Mass to take home with you?

In what ways will you glorify the Lord this week?

How is your preparation to receive the Sacrament of Confirmation helping you to learn more about God, to pray more regularly and to serve Him?

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.

