






Student Service and Reflection Binder

Confirmation 2025

THE WORKS OF MERCY	
CORPORAL	& SPIRITUAL
FEED THE HUNGRY 	INSTRUCT THE IGNORANT 
GIVE DRINK TO THE THIRSTY 	COUNSEL THE DOUBTFUL 
SHELTER THE HOMELESS 	ADMONISH SINNERS 
CLOTHE THE NAKED 	FORGIVE OFFENSES 
VISIT THE SICK 	COMFORT THE AFFLICTED 
VISIT THE IMPRISONED 	BARE WRONGS PATIENTLY 
BURY THE DEAD 	PRAY FOR THE LIVING AND THE DEAD 

"A BIT OF MERCY MAKES THE WORLD LESS COLD AND MORE JUST" (POPE FRANCIS) 

"The King will reply, 'Truly I tell you, whatever you did for one of the least of these brothers and sisters of mine, you did for me.' —Matthew 25: 40

Dear Students,

This Confirmation Activity Binder is a place for you to keep a record of all the things you will be doing during the next two years as you prepare for Confirmation. This will help you keep track of your service activities, and record some of your thoughts about those activities and other parts of the program.

As you fill out this binder during the next two years, use those moments to think of how much you are learning about God's love for each one of us. Think about what it would mean to our community if everyone gave of themselves the way you will be. Imagine what a difference you could make if you continued this service even after you are Confirmed!

God gave each of us special gifts. Take this time in your life to challenge yourself - to discover which ways of helping people makes you feel closest to God!

The Confirmation Team

Student Service and Reflection Binder

Confirmation 2025

TABLE OF CONTENTS

At-A-Glance Timeline.....	7
Sponsor Information.....	9-11
Confirmation Name/ Saint Project.....	13-16
Service to Others.....	17-19
Student Reflections.....	21-31
Confirmation Conferences	33-35
Classroom Reflections	37- 42
Forms & Resources.....	43-54

At - A - Glance:

What I need to do to be prepared for Confirmation.

7th GRADE TIMELINE

October due October 15th

Topic Reflection 1: Why is Reflection Important? (In your binder.)

November

Check Sponsor requirements .Think about who would be a good sponsor to work with you. Discuss with your family.

December due December 15th

Choose a sponsor and fill out form.

January-TBD

Possible Workshop with Sponsor

During Lent, Date TBD

Attend Parish Penance Service

February - due by February 15th

Topic Reflection 2: Write about your Service Project and create a Collage.

During Spring Months TBD

Knights of Columbus Conference



8th GRADE TIMELINE

October due by October 15th

Topic Reflection 1: How Have I Been Challenged?

November

Research Saints & Choose a Confirmation Name

During Advent, Date TBD

Attend Parish Penance Service

December due December 15th

Saint Name Reflection

January 15th - [Sponsor Certificate Due](#)

January -TBD

Topic Reflection 2:How Have I Been Transformed? (must be finished **Before** Knights of Columbus Conference)

February - due by February 15th

Reflect on the Service Project with your Sponsor include both Your thoughts and your Sponsor's. thoughts. Create a collage to complete the project.

During Spring Months TBD

Knights of Columbus Conference

General Commitments for Both Years:

1. Regularly attend Mass.
2. Regularly attend Religious Education classes and participate in class-related activities. Complete your homework
3. Participate in a variety of service projects, and explore what we can all learn about ourselves and about the needs of others.
4. Complete all sections of this binder by the deadlines indicated. The binders will be collected and checked over the next 2 years, and progress will be recorded.

SPONSOR INFORMATION



Sponsor Information

It is an honor to be asked to serve as a sponsor for Confirmation. This privilege, however, does carry some responsibilities. Because of the close relationship between Baptism and Confirmation, one of your Baptismal godparents would be a good choice.

Whoever you choose, a sponsor should be a person who can take an active role in your preparation for Confirmation. They should demonstrate a genuine and observable commitment to their faith and model the behavior of a person striving to follow Jesus and his teachings.

What is a Sponsor?

An individual who has more experience than the candidate in their faith.

An individual who can share the candidate's search for the meaning of faith.

An individual who demonstrates their commitment to God and his people through regular Mass attendance.

Guidelines for being a Sponsor:

MUST belong to the Catholic Church, and be fully initiated – having received Baptism, First Eucharist and Confirmation

IF MARRIED, MARRIAGE MUST be recognized by the Catholic Church

MUST attend Mass regularly

MUST be sufficiently mature in his or her faith commitment (over the age of fourteen) and be actively expressing it within the Christian Community (a "practicing Catholic")

MAY be male or female for any candidate

MAY NOT be a parent - but *can* be a grandparent.

REQUIREMENT FOR 7th GRADE:

Due in December: Complete Sponsor Form in the Resources Section of this binder and return to

Dr. Ann Harris by December 15th

7th Grade Student/Sponsor Activity:

Tentative workshop for students and sponsors in January. We will update information in October.

Sponsor Information



REQUIREMENT FOR 8th GRADE

Important: Provide a Sponsor Certificate of Eligibility by January 15th

Whether your sponsor is a member of our parish or another, we make every effort to verify that they meet the guidelines set forth by the church to act in this important role.

If your Sponsor is registered in another parish:

- * They must obtain a certificate of eligibility from their own parish attesting to their good standing in the church. This form is provided by the **sponsor's parish**.
- * The sponsor contacts their parish and requests the certificate of eligibility. Different parishes have different formats.
- * The form must be returned to our office by January 15th of 8th Grade.

If your Sponsor is a member of St. Joseph Parish:

- * **IMPORTANT:** Since a key criteria for a sponsor is regular Mass attendance, please ask your sponsor to say "Hi" to Father Hank before/after Mass so he can put a name to their face.
- * Sponsors need to fill out the Sponsor form (you can request the form from the parish office, please see Carol Valone) and turn it in by January 15th of 8th Grade (earlier is better!)
- * After Fr. Hank signs the form, it is to be turned in to the Confirmation Assistant.
- * **Sponsors need to turn in this form to Dr. Ann Harris by January 15 of the 8th Grade year.**

8th Grade Student/Sponsor Activity:

Choose one of your projects and work with your sponsor on it. If you can't get together in person, have a phone/Facetime/Skype/etc. conversation and discuss what project to do and how to do it. Get your sponsor involved in the planning!

We cannot accept anyone as a sponsor unless we have the signed form from their parish.

If, for some reason, you are having trouble finding an eligible sponsor, please contact Mr. Kelly Craigle. He can help in selecting someone.

CONFIRMATION NAME/ SAINT PROJECT



Choosing a Confirmation Name

REQUIREMENT FOR 8th GRADE:

The Church gives each person the opportunity to choose the name that will be conferred upon you at Confirmation. The Church asks you to consider your baptismal name ---either first or middle --but you are also able to research and decide on a different saint if you would like.

Fill out the form on in the Resource section, scan and email to aharris@sjmillstone.com or you may hand deliver the form to Dr. Harris by December 15th..

Your reflections are a valued part of this process and will be reviewed and returned for your binder.

SERVICE TO OTHERS



SERVICE TO OTHERS

A very important piece of preparing to be confirmed is to learn about the impact you can have by being of service to others.

- ◆ Some service projects are small and take only an hour or two.
- ◆ Some are more involved and you may have to go back numerous times to make a true difference.

All of us are called to help others, and to do what we can to make the world better!

But how will you know the best way for YOU to make a difference?

One of the goals of the service component, is to explore the gifts and talents God has given you, and see where you can use them to serve Him best. Many times, that can come from **trying a number of different projects** that help others to see where you, personally, can make a difference.

HOW DO I BEGIN?

WITHIN OUR PARISH we have a very active group of social ministries that assist many of God's people in a whole variety of ways. We will be talking to you about them in the first few weeks of classes, and helping you figure out where you would like to begin. In this binder there is a list of examples for service projects that describes some of our possible projects that you can refer to when deciding how to spend your time.

In addition, we will send an email out when opportunities arise to help at events in the parish.

OUTSIDE OUR PARISH there are also many organizations that rely on the time and talents of volunteers to accomplish their mission. You may have already been involved with one or more through family members; those projects are also a great way to learn about yourself and the ways in which you are meant to serve.

MAKE SURE YOU RECORD YOUR PROJECTS ON YOUR SERVICE RECORD CARD(don't forget to have the person in charge of the project sign off with their signature and times on your Service Record Card)!

The 100 Point Challenge

We are asking you to complete this 100 point challenge! Choose service projects that interest you and that you feel will challenge you. Each project will be given a point value, based on:

- the time and effort it takes to complete
- how much you and the recipient will benefit
- how much you will learn from it

and we ask you to total 100 points by Confirmation. You can choose whatever projects you want, but try to do some each year—try not to cram it all together!

Listed below are examples of point values. These are not the only kinds of projects you can do, but it will give you some ideas. If you have other ideas, check with Mr. Craigle or Dr. Harris to determine the point value:

40 points - needs pre-approval

Mr. Craigle or Dr. Harris need to sign off on your project before you begin the project.

- Develop your own project
 - * Determine a need in the local/national/global community
 - * Develop a plan to help meet that need. In your plan, explain how you will:
 - * Educate people (example—create a poster)
 - * Recruit volunteers if you need them (donors, helpers, etc)
 - * Collect needed items (timeframe and logistics of the collections)
 - * Submit the plan for approval to the CCD staff , either Mr. Craigle or Dr. Harris
 - * Carry out your plan
 - * Follow up with a report/poster/presentation about your project.

15 points -

- Cook a meal for a family that needs it. Help prepare the menu and shopping list and help cook.
- Collect and deliver donations from 5 or more friends and neighbors for a food bank, animal shelter, or other group in need
 - * **Important** to check with the group first to make sure of what kind of help they need, and how they want you to proceed.
- Make T-shirt bags for the Camden food bank.

10 Points -

- Write 5 one page letters or create 5 art projects to cheer up the homebound.

5 Points -

- **Advent Giving Tree** - Sign up to help wrap and sort gifts at the Parish Center.

STUDENT REFLECTIONS



*We do not learn just from experience.
We learn from reflecting on what we experience.
-- John Dewey --*

A very important part of figuring out the role God asks us to play in this world is reflecting on the experiences we have while we are learning about and doing His work.

Use this checklist to keep track of your reflections, and make sure they are turned in and reviewed on schedule.

GRADE 7 REFLECTION CHECKLIST

TOPIC REFLECTION1

Why Is Reflection Important?

Due by Oct 15th (this is a class project; every student will turn in an individual reflection, but your responses will be guided by class discussion.)

CONFIRMATION SPONSOR SELECTION REFLECTION—

Choose your Sponsor Form

Due by Dec 15th (individual student's responsibility)

TOPIC REFLECTIONS 2- Reflect on ON YOUR SERVICE PROJECT : select one project to highlight

Create a Collage about your Service Project **Due by Feb. 15th**

GRADE 8 REFLECTION CHECKLIST

TOPIC REFLECTION 1

How have I been challenged? - **Due by Oct 15th**

CONFIRMATION NAME/SAINT PROJECT—

Confirmation Name/Saint Reflection

Due by Dec. 15th

CONFIRMATION SPONSOR FORM for ELIGIBILITY

Due by January 15th

TOPIC REFLECTION 2

How have I been transformed? - Jan/Feb K of C Conference **-Due by Feb. 1st**

REFLECT ON THE SERVICE PROJECT WITH YOUR SPONSOR

Your thoughts page in binder -reflection section

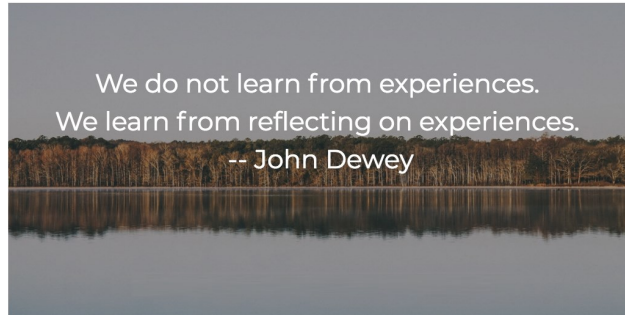
Your sponsor's thoughts page in binder -reflection section

COLLAGE - Then create a collage to show what was accomplished. **Due by February 15th**

Forms are in the back of your binder - Resource Section

GRADE 7

TOPIC REFLECTION:



1. Why Is Reflection Important?

Date Due: by Oct 15

- Why is it important to reflect on your experiences? How do you think you benefit?
- How do you think the people you will help in the future can benefit if you reflect on your experiences?
- How can reflection help you prepare to be confirmed?

Reviewer's Response:



GRADE 7

SERVIVCE REFLECTION: Part B

Write about one of your service project s which will be featured in your collage.

Date Due: by February 15th with your Collage

- Who did you help?
- Specifically, what did you personally do?
- How did it help the people/organization?
- What did you learn from this experience that surprised you?

If you went back again to help this person/organization, what did you learn that could make you more helpful the next time?



GRADE 8

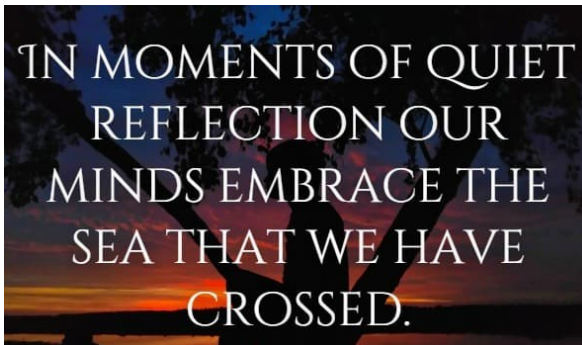
TOPIC REFLECTION:

1. How have I been challenged?

Date Due: by Oct 15th

A year ago, you began your preparation for Confirmation. During the past months, you have been learning how to apply your Catholic faith in the “real world” through service. You have probably learned things and discovered skills that you never knew about!

- What has been the most challenging thing you have done?
- What project was it for?
- How do you think rising to meet that challenge helped others? How did it help you grow in your own faith?



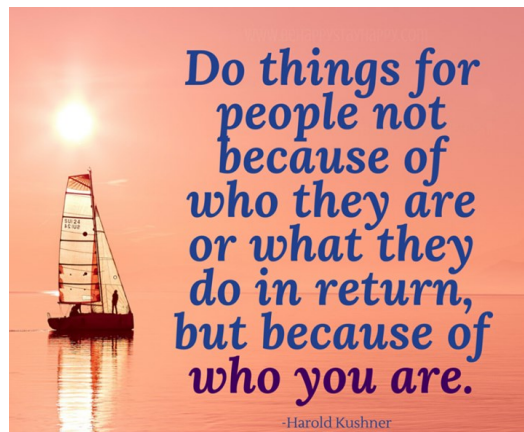
GRADE 8

TOPIC REFLECTION:

2. How Have I Been Transformed?

Due Date: Feb. 1st - this will be referred to At Your Gr 8 Confirmation Conference

- What activity had the biggest impact on you during your two year preparation?
- Is the person you are now different than who you were at the beginning of 7th grade? How?



GRADE 8

Student Name: _____

Sponsor Name: _____

Date(s) of Service: _____

STUDENT-SPONSOR SERVICE PROJECT

STUDENT REFLECTION

Who did you help _____

Specifically, what things did you do?

What did your sponsor do? _____

How did it help the people/organization? _____

What did you learn about your sponsor that surprised you? Let them know this! _____

How did working with your sponsor prepare you to be Confirmed? _____



My Prayer for
My
Confirmation
Student



May God bless us
on this journey we
take together.
I am extremely
proud of you
and all the
blessings you
bring to my life.

I am honored to be
your Confirmation
sponsor, and hope
I can continue to
help you grow in
faith, hope and
charity.

GRADE 8

Student Name: _____

Sponsor Name: _____

Date(s) of Service: _____

STUDENT-SPONSOR SERVICE PROJECT
SPONSOR REFLECTION

Who did you help? _____

Specifically, what things did you do?

What did the student do? _____

How did it help the people/organization? _____

What did you learn about the student that surprised you? Let them know this! _____

How did working with student affect your own faith? _____

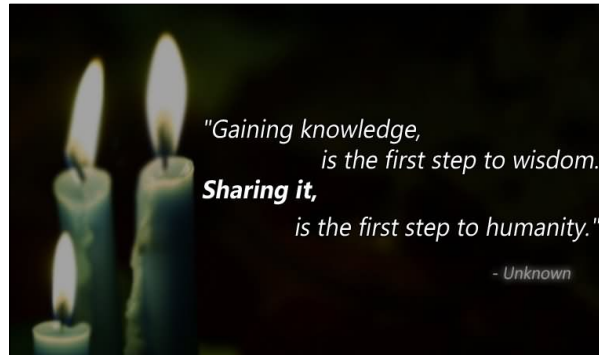
About your Sponsor and Student Collage Project for 8th Grade

Your Collage Project will reflect the work you completed with your sponsor. Based on your responses, **completed in the past two pages for you and your sponsor**, create a collage with pictures and explanations on poster-board not to exceed 18" x 24". This will highlight the service project you completed with your sponsor. Your collage will be displayed in the gathering space of the church to inform the parish community of your service and highlight your service preparation as a Confirmation candidate. The space below will be reserved for comments about your project.

Thank you in advance for your willingness to do your best to showcase your project.

Reviewer's Comments:

CONFERENCES



Confirmation Conference
Grade 7

Student Name: _____ **Conference Date:** _____

Sunday Mass Attendance:

(Circle one): Never Seldom Frequently Weekly

Interviewer's Notes & Suggestions for student:

Interviewer Name: _____

Return to student

Confirmation Conference
Grade 8

Student Name: _____ Conference Date: _____

Sunday Mass Attendance:

(Circle one): Never Seldom Frequently Weekly

Interviewer's Notes & Suggestions for student:

Interviewer Name: _____

Return to student

CLASSROOM REFLECTIONS



Classroom Reflections

Student Name: _____

Teacher: _____

Topic: _____

Classroom Reflections

Student Name: _____

Teacher: _____

Topic: _____

Classroom Reflections

Student Name: _____

Teacher: _____

Topic: _____

Forms and Resources



Confirmation Sponsor Reflection

Choosing a sponsor is one of the first decisions you will make during the time you are preparing to be confirmed. Use this form to let us know how you reached your decision! And let us know the name and parish of the sponsor you have chosen. We need this information by December 15 of your 7th grade year

Email _____

Student Name _____

Check one: Grade 7 Grade 8

List the qualities you looked for in a sponsor:

List at least 2 people you considered and why you think each would be a good sponsor:

Name of the Sponsor you chose:

Relationship to you: _____

Sponsor's Parish (Parish name, city, state)

Any questions or comments about this process?

Your thoughtful responses are a valued reflection of your Confirmation experience.

Return this completed form to Dr. Ann Harris by December 15th either scan and email to aharris@sjmillstone.com or return this paper copy; it will be reviewed and returned to you for your binder.

Confirmation Name - Saint Reflection

Choosing your Confirmation name is a process that says a lot about you. It is a very personal choice. The choice should be based on a thoughtful look at saints that represent groups and things that matter to you, or people that are role models for you. Use this form to tell us about the process you used to reflect about and decide on your name.

Email _____

Student Name _____

Student CCD Grade (check one) Grade 7 Grade 8

What criteria did you use to decide on your Confirmation Name? Did you base it on a saint you admire for something they did? Are they the patron saint of a group, or something you love? Is there a friend or relative you admire because of how they live their life? Something else?

List 2 or 3 names that you considered, and at least one fact about the person (friend, family member or saint) that made you consider them as your role model.

What name did you finally choose, and why?

How can you be more like the person you chose?

Do you have any questions or comments about this project?

Your thoughtful responses are a valued reflection of your Confirmation experience.

Return this completed form to Dr. Ann Harris by December 15th either scan and email to

aharris@sjmillstone.com or return this paper copy which will be reviewed and returned to you for your binder

Service Project Ideas

♥ BY GIVING
SERVICE
TO OTHERS,
♥ I GIVE
SERVICE
♥ TO GOD. ♥

Resource Pages with Ideas for Service Points

*Points displayed in examples are only for samples and may not necessarily reflect the true value of a service. All points for projects will be reviewed before point values are assigned.

Helping with Youth Group Activities

- Help maintain vegetable garden
- Assist at Youth Group Activities
- Gather & Assemble Care Packages

Helping with CCD Opportunities

- Research a Saint
- Journal Acts of Kindness
- Help with CCD classroom displays

Help with Home & School Activities

- Participate in a semester long project
- Help a teacher or parent with an organizational project
- Initiate your leadership by taking the lead in a project

Using your Creative Talents & Skills

- Create video skits of bible stories
- Design and create art/craft projects for Homebound
- Develop a picture book of a bible story for youngsters

Helping Community Endeavors

- Volunteer at Perth Amboy Food Bank
- Make cards for a nursing home or assisted living facility
- Serve at a parish breakfast or dinner

Helping with Parish Holiday Projects

- Bake cookies for parish event
- Design activity for Shepherd's Path event
- Assist at Veteran's Day event

Helping Homebound Parishioners

- Help distribute seasonal gifts to Homebound Parishioners
- Write Holiday Cards for the Homebound
- Interview a Homebound Parishioner and write a letter of appreciation

Helping Young Families

- Volunteer to Babysit for a Neighbor without being paid
- Read to children at a Young Family Gathering at Church
- Assemble an activity to help the Young Family Ministry

30 Service Points – Examples and Ideas for Confirmation Students at St. Joseph Parish Hillsborough, NJ

Helping with Youth Group Activities	Helping with CCD Opportunities	Helping with Home and School Opportunities	Reaching Out to Other Communities through Social Ministry	Using Your Creative Talents & Skills	Helping Community Endeavors	Helping with Parish Holiday Projects	Helping Homebound Parishioners	Helping Young Families
Help the Youth Group maintain the vegetable garden over a growing season (May – August) Volunteer at least 1 hour per week for weeding.	Research the Saint you are selecting as your Confirmation saint. Create a poster to inform other students about the life of this saint... on All Saint's Day enjoy dressing as this saint and presenting your poster as a brief presentation for CCD classes.	Discuss with your principal or teacher a service project for your class to participate in during the semester. Then organize and follow through the project. For example, planting a butterfly garden or collecting and delivering canned goods to Food Bank.	Take a Pan from the Holy Chow ministry. Help shop cook, freeze and return a casserole to help Holy Chow feed those in need. – 3 times during the year.	Create 3 video programs with a group using provided materials such as... puppets, children's bible songs and stories to teach younger children about Jesus and the beginnings of our Catholic Faith. Target Audience: Grades PreK-3 (3 hours /program)	Volunteer at the Food Bank in Perth Amboy for 3 Saturdays when our parish goes to be of service.	Shop for ingredients and bake cookies and wrap in small portions for parish O Holy Nights or other parish events. (3 times during the season.)	Help map out and distribute gifts to the Homebound during seasonal times to help them feel connected to the Parish. (at least 3 times/year).	Read to a group (TBD) of young children using selected books in our children's library bookcase- 3 times during the year.

20 Service Points – Examples and Ideas for Confirmation Students at St. Joseph Parish Hillsborough, NJ

<p>Helping with Youth Group Activities</p>	<p>Helping with CCD Opportunities</p>	<p>Helping with Home and School Opportunities</p>	<p>Reaching Out to Others in the Community through Social Ministry</p>	<p>Using Your Creative Talents & Skills</p>	<p>Helping Community Endeavors</p>	<p>Helping with Parish Holiday Projects</p>	<p>Helping Homebound Parishioners</p>	<p>Helping Young Families</p>
<p>Assist with Youth Group Activities for 2 months</p>	<p>Journal 10 acts of Kindness. *List person/people *What you did as an act of kindness. * Reflect on the experience... how did you feel? Why this kindness? Would you consider doing the kindness again? Share your journaling with a CCD class.</p>	<p>Help out by doing a 30 minute chore that you do not usually do at home. AND Help a teacher by giving 30 minutes to help organize clean, or rearrange as needed or requested. OR 60 minutes at Home doing a chore you do not usually do. OR 60 minutes to help in class organize, clean or rearrange as stated above.</p>	<p>Collect and deliver donations from 5 or more friends and neighbors to a food bank or animal shelter.</p>	<p>Create 5 art projects/crafts (include the supplies to do the project) for Home-bound Seniors then write 5 one page letters to include with project to cheer up those Home-bound recipients.</p>	<p>Volunteer to make cards for those in a nursing home or assisted living facility during various times of the year. (Minimum 20 cards per season)</p>	<p>Create questions relating to the Nativity and dress the part for the Shepherd's Path during O Holy Night.</p>	<p>Write Holiday 20 cards for Christmas and Easter for Sag-ees and Homebound Seniors.</p>	<p>Volunteer 2 different times to read a children's books from the selected books for Pre K to grade 2 students at a Young Family Gathering and provide an related activity to help them remember the story.</p>

10 Service Points – Examples and Ideas for Confirmation Students at St. Joseph Parish Hillsborough, NJ

<p>Helping with Youth Group Activities</p> <p>Gather and assemble a “care” type of package for 5 youth who attend week-long summer camps for our parish, include a note to let them know their service and hard work are appreciated.</p>	<p>Helping with CCD Opportunities</p> <p>Help with displays on CCD classroom bulletin board spaces.</p>	<p>Helping with Home and School Opportunities</p> <p>Encourage your leadership in service by helping a parent with a project around the house... stick to it until it is completed.</p>	<p>Reaching Out to Others in the Community through Social Ministry</p> <p>Help collect & deliver needed clothing or food to a shelter in the area. OR Serve at Holy Chow on a Tuesday for Dinners.</p>	<p>Using Your Creative Talents & Skills</p> <p>Make a picture book to illustrate a children’s bible song or story.</p>	<p>Helping Community Endavors</p> <p>Assist an after school sports program for younger children. OR Serve at a parish breakfast, or dinner.</p>	<p>Helping with Parish Holiday Projects</p> <p>During November volunteer to help at the Veteran’s Day Mass and Gathering that follows after the Mass.</p>	<p>Helping Homebound Parishioners</p> <p>Volunteer to deliver “gifts” to the Homebound members of our parish</p>	<p>Helping Young Families</p> <p>Volunteer to babysit for a neighbor without being paid</p>
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