

Confirmation Year One Assignment for week of March 15, 2020

- 1) **Saint Reports:** Saint Report Final Papers were Due March 15th. Please submit them via email: jpena.sccdre@gmail.com. If you need instructions/details required in the paper, please check the website: www.sccwestcovina.net and click on Office Of Religious Formation tab. Scroll down the Confirmation column to download the Saint Report Details.
- 2) Accept the email invitation which was emailed to you March 16, 2020. Create an account on the Ascension Press website for the CHOSEN Study Group. Your **REDEEM CODE** is: **9ZMLPC**
- 3) Follow the directions so that you may **join the study CHOSEN: Your journey towards Confirmation**
- 4) Once your account is created, you will be able to sign on to this website and view the videos which are part of your lesson, as your Catechist did during your class sessions. You will just scroll down to the assigned Lesson video.
- 5) **The assignment this week is LESSON 15: "Why do I have to go to Mass?"**. Sign into the Chosen site and cue up the Lesson 15 videos to watch at the appropriate time during your lesson.
- 6) **Remember to invite the Holy Spirit to inspire your study and pray the Opening Prayer** in your book before you complete the Reading, exercises, questions and view videos in Lesson 15.
- 7) Complete all Challenges in "Challenge of the Week" Section.
- 8) Due to the extraordinary events in our world, actual physical Adoration of the Blessed Sacrament is not available. Instead, create an altar or Sacred Space within your home or your bedroom. It should include a candle, bible, crucifix. You may also add a purple cloth to indicate the Lenten season as well as photos of Mary or Jesus or a Patron Saint.
- 9) Pray the "**Anima Christi**" prayer. It is printed on a separate page for your convenience. Pray this prayer, one line at a time per day until you reach the end of the prayer. Place the printed prayer in your Sacred Space/Altar so it is available to you, along with a sheet of paper where you will journal a thought or reflection that comes to you after praying that single line of the prayer. What comes into your heart as you pray that line? What does it mean to you? Sanctify you, save you, wash me, etc. from what? Pray deeply on the one line every day.
- 10) During this extraordinary time, Mass has actually been suspended. The Mass which we take for granted that should always be available, the Blessed Eucharist, is now not available to us for an indefinite time. Thinking about that, how does that make you feel? Write those thoughts down.
- 11) Go to YOUTUBE. Search for FR. MIKE SCHMITZ MASS. Approximately 7 videos should pop regarding why go to Mass, or inspiration about Mass, etc. CHOOSE ONE to view and write two paragraphs on what you learned from the video; something that will inspire you to attend or participate more fully in Mass or something you found interesting. If you really want to be challenged, watch them all, just for yourself and write about the one that spoke to you most.

12) Take photos with your phone and send me pics of your completed book answers and your Sacred Space/Altar. Email me answers to #10, #11. Email me with any questions.

ANIMA CHRISTI (Body of Christ)

Soul of Christ, sanctify me.

Body of Christ, save me.

Blood of Christ, inebriate me.

Water from the side of Christ, wash me.

Passion of Christ, strengthen me.

Oh, Good Jesus, hear me.

Within your wounds, hide me.

Separated from you, let me never be.

From the evil one, protect me.

At the hour of death, call me.

And close to You, bid me.

That with your saints, I may be.

Praising you forever and ever.

Amen.

For a deeper prayer experience:

Pray and reflect on one line only per day until you complete the prayer.

For added inspiration, listen to the hymn “Spirit of Christ” (Sarah Hart). Look it up on You Tube. Reflect on the prayer as

you listen to the song, or just close your eyes and allow it to wash over you.