



172 Freneau Ave. Matawan, NJ 07747
Office of Religious Education

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September 2020

A component of our Confirmation Program is a Confirmation Retreat for all 8th grade candidates. This was previously scheduled for October 2020. Due to COVID, we are unable to host an in-person Retreat this year.

Attached please find the **At Home Retreat** for the Confirmation students and their parents/sponsors to experience together. Wishing all a peaceful journey as you experience this time with the Holy Spirit.

Blessings and peace,

Pat



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HOME RETREAT

A confirmation retreat in preparation for the sacrament is a valuable experience for candidates. This private retreat experience was designed for your situation. It helps both parents and child make up somewhat for the missed group experience. Obviously, it doesn't try to duplicate the group experience, but it does encourage candidates to spend time with the Lord.

Directions for the Retreat

This private retreat asks that you spend some time alone with the Lord before confirmation. Decide on a day when your schedule is not too heavy, and try to set aside at least two hours. A suggested plan follows:

First Hour: Go off by yourself to a quiet place. Let your family know what you are doing and ask not to be interrupted. Friends who call should be asked to call back later.

- Close your eyes and place yourself in the presence of God. Talk to God in your own words about what you are doing, that is, trying to spend some quiet time before confirmation. Basically, this is what a retreat is – taking time from your usual routine to pray and reflect. Ask God to help you make this a good experience.
- Activity. Now make a list of things for which you are grateful, for example, parents, nice home, friends, food, musical ability, your personality; things that make you happy like football games, oreo cookies, etc. The list should have between 20 to 50 items in no particular order.
- After making your list, pray with it. Consider how you have been “gifted” by God with all the people and things in your life and thank God for your ability to enjoy them.
- Now take out a Bible and read the Gospel story about the ten lepers (Luke 17, 11-19). Only one of the ten lepers came back to Jesus to say thank you. How do you feel about this story? What would you have done? (be honest!) Compose a prayer of thanksgiving (one you might use at a special family dinner.

Take a short break now, perhaps by taking a walk.

Second Hour: Again, be sure that you will be uninterrupted by family members or by phone calls from friends.

- Take a piece of paper and write 20 adjectives that describe the person who is you!
- Now think of 20 adjectives that describe the person you would like to be. What will you have to do to become the person you would like to be? What kind of person do you think God wants you to be? Choose one thing about yourself that you could change for the better and make a resolution to begin working on this in the days before confirmation.
- Again get out your Bible and read Psalm 139. Meditate on the words for a few minutes. Then in your own words, tell God how you feel about being loved – just as you are. God loves you without limit! Close your retreat experience with a prayer of thanksgiving to God.
- Be sure to share your retreat reflections with your parent(s).

**Home Retreat due
October 26, 2020**



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Home Retreat Activities

Name _____

First hour:

My list (minimum 20 items) of things for which I am grateful:

My reactions to the story of the ten lepers:

My prayer of thanksgiving:

(Over)

Second Hour:

20 adjectives that describe the person I would like to be:

Choose one thing about yourself that you could change for the better and describe how you will begin working on this in the days before Confirmation.

Read Psalm 139 – Tell how you feel about being loved by God – just as you are.



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Beatitudes Report
Sermon on the Mount
Matthew 5:1-10

You have studied the Beatitudes. The Beatitudes are guidelines for true happiness. Jesus calls us to follow him in faith, hope, and love.

1. Explain how the Beatitudes hold us to a high ethical standard?

2. How can you as a young Christian live the spirit of the Beatitudes?

3. What does our society and media seem to value more: power over enemies or love of enemies, how does society look at wealth?

4. What did Jesus say about these things?

5. Which is your favorite Beatitude?

6. Explain why?

Candidate's full name: _____ Date: _____



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To: Director of Religious Education

From: _____
Parent or Guardian Name – please print

My Child, _____ made the private confirmation retreat

at home on _____. Enclosed you will find the work completed

on this retreat.

Please submit:

Home Retreat Activities (2 pgs)

Beatitudes Report

Parent signature page

Parent or Guardian Signature

Comments:

