

Confirmation Retreat

Leaders' Booklet



CONFIRMATION RETREAT PROGRAM

Welcome to your Confirmation Retreat.

During this time together we hope you will participate fully in all of the activities and be open to everyone who is here.

Remember that at all times you must obey the following rules.

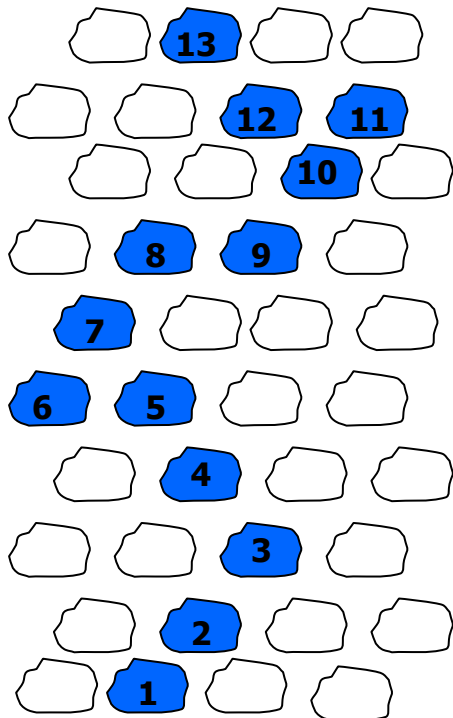
- 1 Follow the instructions given by all adults here today.
- 2 Give everyone the chance to participate and appreciate their contributions.
- 3 Observe signals that mean stop and listen.
- 4 Be silent during reflection and journaling times.
- 5 Use courtesy and respect at all times.

9.00 – 9.15	Getting to know you session Ice breaker Activity – The Journey of life Stepping stones—the people who guide us through life.
9.15 – 10.30	Symbols Examine the symbols for Confirmation Dove, flames, oil Create a prayer, decorate a candle.
10.30 – 10.50	Morning Tea Break
10.50 – 11.50	Gifts and Fruits Students explore the gifts and fruits of the spirit. Create gift boxes and a banner.
11.50-12.30	Prayer ceremony 'Light to the World' Reflect on the passage from the Gospel of Matthew 5:14-16

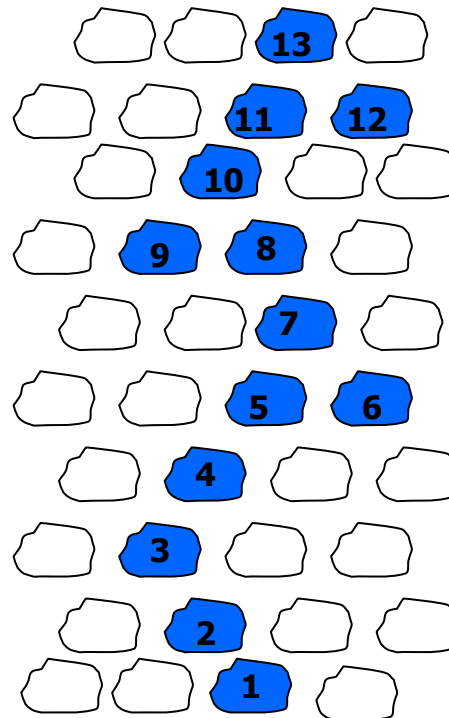
Gathering Activity ~ The Journey of Life

(15-20 minutes)

TEAM ONE



TEAM TWO



Stepping Stones

Create a pattern of stepping stones as set out below.

Divide the students into teams.

The aim of the game is for students to cross their entire team from one side to the other.

There is a pathway created and known by the teachers that sit at the top of the area.

Students attempt to cross the stepping stones one at a time. If they step on the right stone the teacher says yes and they can keep stepping until they get a no for stepping on the wrong stone. That student then leaves the stones and returns to the back of the line and the next student begins the crossing.

As the team members cross to the other side their task is to guide fellow team members across the stones.

The team wins when everyone has crossed to the other side.

The Journey of Life

In this activity we ask you to form two teams. The aim of the game is to get all of the members of your team to the other side. The pathway is only know by your leaders. You will need to listen to their instructions and try to help each other across

Reflection

How is crossing the stream like life?
It's about finding the right way to go ...
sometimes it's easy...

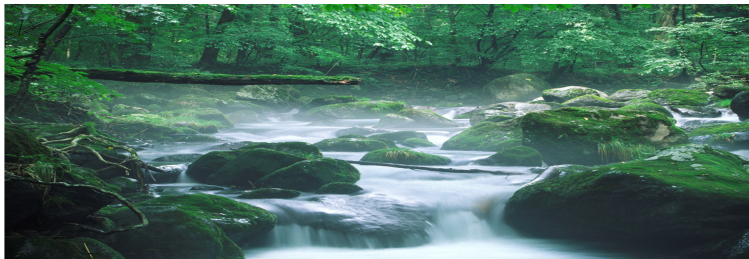
sometimes you might take a wrong step
but you can always begin again.

Once you find the way you have the knowledge and wisdom
and you can use what you have learned
to help and lead others.

Working together makes getting through easier.

The Holy Spirit will help and guide you through life,
give you the courage to begin again
and help you to discover new knowledge and understanding
as you go through life.

Your team is like the Church,
there to help you through and guide you.



Journal Page

Spend some time reflecting on the people who help
and guide you in life.

Write down the names of these people.

Who do you most look up to and admire ...

What is it about that person that you really respect and like?

What qualities do they have?

Symbols

In this activity the students begin the activity in one group where the symbols of Confirmation and their place in the liturgy are discussed and explained. (5 minutes)

The students then break into five groups each with a leader and create a prayer to the Holy Spirit.

(15 minutes)

In the small groups they decorate their dove using the crayons and textas provided and write their prayer on the flame shape. (20 minutes)

Each student is then given a candle and, using a selection of stickers and ribbon, they decorate their candle to reflect their personal expression of faith and the Holy Spirit. They can include their name and the date of their Confirmation on the candle by using the labels provided. (20 minutes)

The candles, doves and flames are placed on the table as part of the prayer focus for our Liturgy of the Word later in the day.

At the end of our creating session the students join together in pairs for a reflection activity. Music is played in the background. (10 minutes)

Each leader has a bottle of oil.

Each student receives a small amount of oil on the palm of one hand; they massage the oil into their hands while saying a special prayer asking God to guide and protect them as they prepare for Confirmation.

At the end of the music and massage they share what it was like to have massaged their hands with oil and the explanation of anointing is given before they break for morning tea. (5 minutes)

Symbols

In the sacrament of Confirmation, different symbols are used to reflect different aspects of the Holy Spirit. The Bishop represents and reminds us that we belong to the global Church. During the Rite of Confirmation he 'lays his hands' over the candidates to indicate the coming of the Holy Spirit.



Later in the ceremony the Bishop anoints each candidate with the Oil of Chrism. The oil reminds us of the spiritual strength offered to us in Confirmation.



The Sign of the Cross is drawn on the forehead with the oil. Through this action we are sealed with the gift of the Holy Spirit, confirming our commitment



as a follower of Christ.

The flames and the dove remind us of the first

My special prayer to the Holy Spirit

Healing is your touch Oh Lord

Describe how you felt while massaging your hands with oil.



Gifts of the Holy Spirit

The **Spirit of Wisdom** helps us to sense what is true and right, and discover answers to personal questions and difficulties.

What are the questions I have about life? How can Jesus help me?

The **Spirit of Understanding** is the ability to understand what God has revealed through Jesus about living a Christian life.

What does God want of me? How does God want me to live my life?

The **Spirit of Knowledge** is the ability to know Jesus' teachings and to put them into practice when making choices in life.

What do I know about Jesus and his teachings?

The **Spirit of Right Judgement** is the ability to make decisions that are consistent with the teachings of Jesus.

When have I chosen to do something because I knew it was what Jesus teaches is right?

Gifts of the Holy Spirit

The **Spirit of Courage** is the ability to resist temptations and pressures from others and follow the teachings of Jesus.

What has been a difficult teaching of Jesus to follow?

The **Spirit of Reverence** is the desire to do God's will as Jesus did by showing respect and honour to God.

How do I show respect to God?

The **Spirit of Wonder and Awe** is the ability to sense God's presence within creation and oneself.

*What do I wonder about? What is my favourite thing in creation?
Where do I feel/sense God?*



Gifts of the Holy Spirit

In silence spend some time looking at the pictures on the floor.

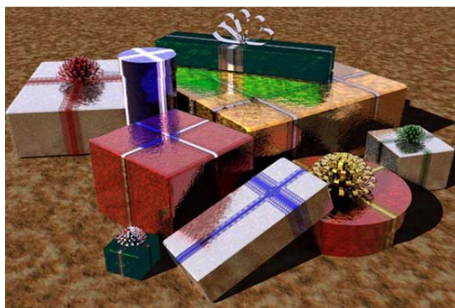
Each photo represents one of the gifts of the Holy Spirit.

Choose one of the images and reflect on the gift of the Holy Spirit that this photo represents.

Move to the box that is labelled with the name of the gift you have chosen.

Share your thoughts about why your picture represents this gift.

Paste your picture on the box, taking care to not cover the label or tape.



My image is...

I chose this image because ...

It represents the gift of...

This gift is important because...

Gifts of the Holy Spirit

The students gather together with their journals.

Pictures of the gifts are spread on the floor and boxes, ribbon and labels are placed around the room.

As a whole group they discuss the gifts of the Holy Spirit and what they mean to each of them as they prepare to receive the Sacrament of Confirmation. (20 minutes)

The students are asked to choose a picture from those placed on the floor. Each picture represents a gift of the Holy Spirit and they move to the gift box that has their chosen gift on the gift tag.

They record their thoughts about the picture they have chosen in their journals. (10 minutes)

Leaders move around the group to assist those who may find it hard to settle or write something.

The students then paste their pictures on the gift box. One person from each group then places their decorated box near the prayer focus. (10 minutes)

Fruits of the Spirit

Students gather as one group.

Each of the fruits of the Holy Spirit are discussed and shared. (10 minutes)

As each is discussed it is placed on the banner which is displayed behind the prayer setting.

Students then record their thoughts in their journals. (10 minutes)

Being the Difference

Students gather as one group.

The reading is proclaimed and the meaning behind it is discussed and shared.

Students then quietly reflect on the questions in their journal and write a personal response to each of the questions in their journals.

Liturgy of the Word

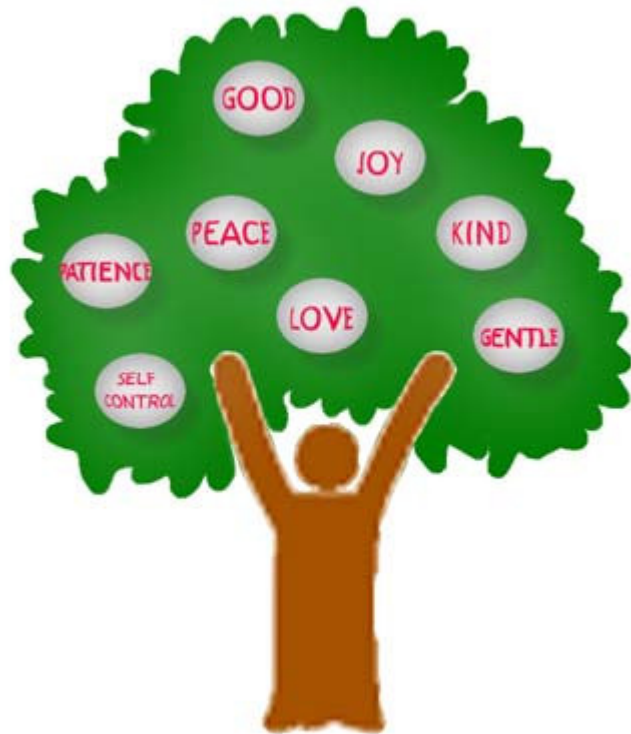
A short break follows as we prepare the space for our Liturgy of the Word.

We will need to select and practice readers and get music ready.

Fruits of the Spirit

But the Spirit produces love, joy, peace,
patience, kindness, goodness, faithfulness, humility
and self-control.

Galatians 5:22-23



What fruits of the Spirit and qualities would you like to
develop in your life...

What would you like people to say about you?

When admiring good qualities in others, we are experiencing
God calling us from within to develop these qualities or ideals
ourselves. This call grows stronger within us as we try to
develop these qualities ourselves, and regret times when we

Being the Difference

You are like light for the whole world.

A city built on a hill cannot be hid.

No one lights a lamp and puts it under a bowl;

instead it is put on the lampstand,

where it gives light for everyone in the house.

In the same way your light must shine before people, so that they will

see the good things you do

and praise your Father in heaven.



Jesus said,

‘You are like a light for the whole world.’

What does he mean? How can you be a light for the world?

What type of person would you like to be in the future?

How would you like the world to be?

What will you do to help the world be the place you want it to be?

