

## The Gifts of the Holy Spirit

This gift helps to make us aware of the glory and majesty of God. It is also called wonder and awe. (**Fear of the Lord**)

This gift is also called reverence. It helps us to be obedient to God and willing to serve Him. (**Piety**)

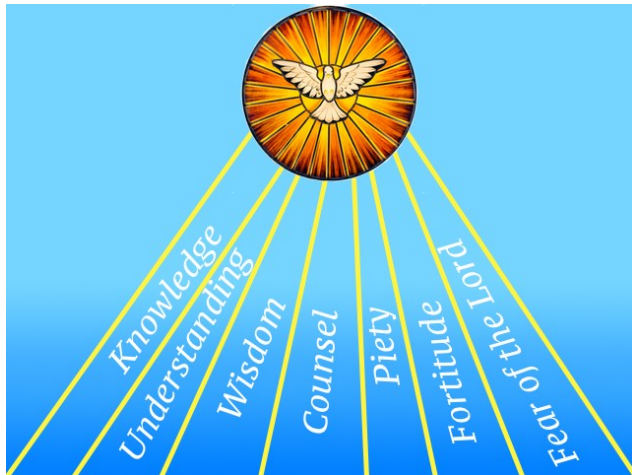
This gift helps us to have a better understanding of God's purpose and how we should respond. (**Knowledge**)

This gift helps us to make wise decisions, and it helps us to stand up and defend our faith. It is also called courage. (**Fortitude**)

This gift helps us to value the things of God and recognize that everything is part of God's Love and His Plan. (**Wisdom**)

This gift helps us to recognize right from wrong, and to make proper judgments. It is also called right judgment. (**Counsel**)

It helps us grasp the truths of faith more easily and deeply. (**Understanding**)



This page provides you with the answers to the puzzles in the Confirmation activities.

# Our Seven Sacraments:



## Spiritual Food for The Way



Today you will journey on the Way through the seven Sacraments of our Church. Seven gifts to give us strength as we follow the Way of Jesus.

The Sacraments are signs that we share in God's life. Giving us grace, the gift of God's life shared in us.

## **DIRECTIONS FOR PARENTS:**

- 1) This is your guidebook.
- 2) **Visit each table** with your child.
- 3) **Read the information** about the **symbols inside the yellow border** of your guidebook.
- 3) **Perform the activity** in your guidebook at the table.
- 4) **Take any handouts** and if you have time, **go to the tables in the center of the room to complete them.** The supplies you need should be on every table, so sit at any one.

**You may visit the stations in any order.**

Tear off and turn in this page in by **March 8th** for a chance to enter a prize!

How many Sacraments do we have? \_\_\_\_\_

What are the 3 categories of Sacraments?

- 1.
- 2.
- 3.

Child's First & Last Name:

\_\_\_\_\_

Parent Email:

\_\_\_\_\_

Faith Formation Session you attend (Circle one):

Wed 4:15    Wed 6:00    Thurs 4:15    At-Home    Fire



# HOLY ORDERS

We are all members of the priesthood by our Baptism. Some men are called to serve Jesus and the Church through the Sacrament of Holy Orders. They continue Jesus' presence on earth, just like the Apostles.

## Symbols:

**Laying on of Hands**— The Bishop lays hands on the head of the candidate and says a prayer asking for the outpouring of the Holy Spirit.

**Laying Prostrate**—The candidate lays in front of the altar while the Litany of Saints is sung. This act symbolizes the priest's unworthiness for the office and his dependence upon God and the prayers of the community.

**Anointing with Oil**—The priest's hands are anointed with Sacred Chrism Oil for the work of their ministry. If a priest becomes a Bishop, his head will be anointed during the rite in which he receives the fullness of the Sacrament of Holy Orders and becomes a member of the episcopal college with the Pope, to guide the Church.

## Who can receive Holy Orders?

Single or Married men can be ordained (receive the Sacrament of Holy Orders). They serve the Church by proclaiming the Gospel, teaching, preaching, baptizing, witnessing marriages, and assisting the priest at Mass. Deacons "serve the Bishop".

Single Men can be ordained priests who serve in their diocese or in a religious order carrying out the mission of a religious community. They preside at liturgies, preach, administer the sacraments, counsel people, serve as pastors, and teach. Priests are "co-workers of the Bishop".

Bishops are priests who are installed by the Pope in the role as Bishop and have the care of multiple congregations and appoint, ordain, and discipline priests and deacons. When a priest becomes a Bishop he receives the fullness of the Sacrament when his head is anointed. We have a new Bishop, His Excellency Barry C. Knestout.

The Sacraments provide us with nourishment for following His Way! They are divided into Three categories:



The three sacraments of initiation are **BAPTISM**, **EUCCHARIST** and **CONFIRMATION**. Each is meant to strengthen your faith and bring you into deeper relationship with God. (Blue tables)



The two sacraments of healing are **RECONCILIATION** and **ANOINTING THE SICK**. Reconciliation allows for spiritual healing and forgiveness from our sins. Anointing the sick allows for both physical and spiritual healing. When someone is seriously ill, a minister anoints them and prays over them, calling on Christ to strengthen and heal. (Purple tables)



Through the two sacraments of service: **MATRIMONY** and **HOLY ORDERS**, couples and the clergy promise to serve and build up the church community. (Green tables)



# BAPTISM

At Baptism we are born to a new life following Jesus, the Way. We become part of our Church family! We receive the Light of Christ and our mission to go out and share Jesus' Light with everyone we meet!

## Symbols:

**Water**—Washes away our Original Sin and we become children of God, members of the Church (take a blue vial and fill it with holy water from our baptismal font—use it to bless one another for special occasions or celebrations like birthdays, holidays, anniversaries)

**Anointing with Oil**—You are marked with the Sacred Chrism Oil.

**Candle**—In Baptism, we receive the light of Christ to show us the way! It becomes our mission to be the Light of Christ in the world.

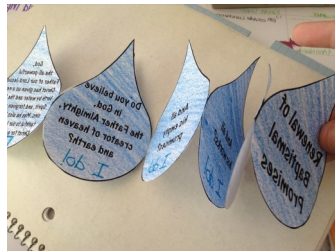
**White garment** - We put on Christ and are clean, pure like a fresh white garment. You are now part of God's family!

## Activity:

**Blessing with Holy Water**—While we are only baptized once in a lifetime, you can bless yourself with Holy Water to remind you of your baptism. Parents, **dip your finger in the water and trace a cross on your child's forehead saying, "In the name of Jesus Christ, live your baptism in your daily decisions and actions"**. Let your child bless you!

## Craft:

**Renewal of Baptismal Promises**—take one copy of the sheet with the drops. Read through the promises with your child and have your child write **"I do"** under each promise. Next, **cut the two rows apart, top and bottom. Cut around the outside of the top drops but NOT where the edges meet. Tape the lower row to the end of the top row and accordion fold the drops.**



# MATRIMONY

When two people love one another and decide to get married in the Church, they bestow the Sacrament of Matrimony upon one another. The priest or deacon acts as a witness to the marriage.

## Symbols:

**Vows**—When a couple gets married in the Catholic Church they exchange, or say vows which are promises they want to keep for the other person. The sacramental moment occurs when the couple declares consent and exchanges vows.

**Rings**— Rings are exchanged following the vows. The vows are the action of the sacrament happening, the rings are given with the words, "Take this ring as a sign of my love and fidelity, in the name of the Father, and of the Son, and of the Holy Spirit. The ring is a symbol of the union that has already taken place. The ring is, "a reminder of the promise that another has made to you and of the promise that God has made to each partner."

## Activity:

**Sharing God's Love**— God gave us the example of Mary, Joseph and Jesus as the Holy Family. We are holy families too! Matrimony is a Sacrament of Service which extends to the children as families grow. The family, the Domestic Church, is called to serve others at home, at Church and in our community. **Take a set of Sharing God's love cards and brainstorm some ways your family can serve others through random acts of kindness. Make a plan to implement these acts.**





# ANOINTING OF THE SICK

While a person may not be healed entirely, they are provided comfort when they are anointed. Anyone who is seriously ill, having surgery, has a chronic illness can receive the Sacrament.

## Symbols:

**Laying on of Hands**— The priest lays hands on the person in need of healing and prayers like Jesus did.

**Anointing with Oil**— The priest anoints the person with the Oil of the Infirmorum or Oil of the Sick, on the forehead and the hands. Oil has long been thought to bring health and wellness. Think of oil healing our skin, making cars run better...

**Prayer of the Faithful**— The whole Church prays God will be with that person as they are suffering. At Mass, we pray the Prayer of the Faithful. The series of intentions is usually to be:

- for the needs of the Church;
- for public authorities and the salvation of the whole world;
- for those burdened by any kind of difficulty;
- for the local community.

## Activity:

**Pray for the Sick**—Take a minute to write down the names of some of the people you know are sick or in pain and add them to our Prayer Intentions Box.

## Craft:

**Cards for the Sick**—Take cardstock, fold it in half and decorate a card for someone who is sick. Make it colorful and fun. Leave your completed card in the basket on the table.



# EUCHARIST

## OR COMMUNION

When we receive the Body & Blood of Christ in our body, we carry Jesus with us! He is our spiritual food and drink for our journey to follow Him! We become living Tabernacles to bring Jesus to the World!

## Symbols:

**Last Supper**— at Jesus' final Passover meal with his disciples, he instituted the Eucharist. Holding up bread he said, *"Take this all of you and eat, this is my body given up for you."* Then he took the cup filled with wine and said, *"Take this all of you and drink, this is my blood given up for you. This is the blood of a new and everlasting covenant. Do this in memory of me."*

**Bread**— Our gift of simple bread, brought forward during the offertory, becomes Jesus' body in the miracles that occurs on our altar when the priest prays the prayers of consecration, every time we celebrate Mass. In the Eucharist, we receive the Bread of Life, Jesus, who feeds and nourishes us. Bread helps keep us physically alive and the Eucharist keeps us spiritually alive.

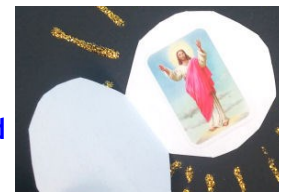
**Wine**—In the Eucharist, the wine becomes the Blood of Christ which gives us life and lifts our spirits. Just like the bread, our simple gift of wine, is blessed and becomes the blood of Jesus Christ. We take and eat the bread and wine to remember Jesus' life and death and we carry Him with us, as living Tabernacles.

## Activity:

**Practice Receiving Communion**— Take a copy of the *How to Receive Communion* and read through it. Pretend you are the priest and your child is receiving Communion. Practice the correct method and make suggestions if necessary.

## Craft:

**Jesus in the Eucharist**—Take a handout and cut around the outside of the circle being careful NOT to cut where the two circles connect. Fold the circles together with Jesus on the inside.





# CONFIRMATION

At Confirmation, we receive the Gifts of the Holy Spirit to help us be more like Jesus! Our Baptism is complete. We are fully initiated into the faith, and are called to share His Light, Love and Mercy with everyone!

## Symbols:

**Laying on of Hands**— When you play “tag” how do you become it? (by being tagged, touched). The game suggests that you can transfer power by touch. The Bible often shows authority, power, or healing being transferred by touch. In Confirmation, the Bishops hands transfer the power of the Holy Spirit to us.

**Chrism Oil**—Long ago, kings were anointed with oil. In Confirmation, we are anointed with Sacred Chrism Oil to show we follow Jesus, are part of Jesus’ kingly ministry and are members in a royal priesthood. We are ‘sealed’ with the Gifts of the Holy Spirit.

## Activities:

**Name Your Gift**—Parents, Review the Gifts of the Holy Spirit on the back of this guidebook then, complete the sentence below for each child attending with you and then place your hand on your child’s head or shoulder and read what you have written.

\_\_\_\_\_ uses the gift of \_\_\_\_\_ by \_\_\_\_\_  
(child’s name) (name a gift of the Holy Spirit) (example of the gift)

**Gifts of the Holy Spirit Word Puzzles:** Take home or complete now.



# RECONCILIATION

## OR CONFESSION

Reconciliation takes away our sins! We tell the priest our sins and express how sorry we are for them. Acting as Jesus, the priest absolves our sins and we are forgiven. We have a fresh start, a new opportunity to try and avoid sin and temptation. We are healed!

## Symbols:

**Purple**—The color purple is associated with reconciliation and penance. Because of our need to reflect on our lives during Advent and Lent, you will see the color purple then too!

**Stole**— The priest wears a purple stole when he celebrates the Sacrament of Reconciliation. This is a sacred object that is part of the priests uniform when he is acting in the role of representing Jesus in the Sacraments. He often kisses it to show respect before putting it on.

**Act of Contrition**— Pray to God to ask for forgiveness and help in avoiding sin and temptation and to be more like Jesus.

## Activity:

**Wash away my sins**—Talk to your child about the difference between a sin, an accident and a mistake. Help them think of something they would like to be forgiven for and let them write it in the sand. When they are done, gently wash away their wrong by smoothing out the sand. Explain that is how it is with Reconciliation, also called Confession, our sins are taken away.

