

# GUIDELINES FOR CONFIRMATION SERVICE HOURS

Preparation for the Sacrament of Confirmation includes participation in one or more service projects. As Catholics and as human beings we are called to live out the call of Confirmation to spread and proclaim the Catholic faith to all corners of the world. As John Paul II says, we are called to be “salt and light for the world.” This faith is shared with and expressed to others not only in our daily lives of prayer and virtue, but also in the way we love those around us through our actions, our service, our commitment to bringing the light of the Gospel to people through all we do. As St. Francis says, “preach the Gospel at all times, and if you have to use words.”

## Requirements

1. The project consists of 15 hours of service for each Confirmation candidate.

We ask that you complete service in each of the following groups:

- A. Parish
- B. Local City and Community other than parish
- C. Family, Neighbors, etc.

If you do a significant amount of service for an organization, community group, or parish group that involves a dedicated amount of time and energy, then your project may count for two groups.

2. All projects must be in accord with Church teaching and unpaid. Service projects should not be tasks that are ordinarily expected at home.
3. A Service Log must be kept. These are to be signed by the supervisor of the project and by parents. Once your Service Log is complete, please turn it in to your religion teacher or catechist.
4. All service projects must be approved by your teacher, catechist, or Director of Religious Education. Please do not complete a project without having it approved, so you won't find out later that it cannot be applied as Confirmation Service. For further questions concerning the suitability of certain projects, please contact the Director of Religious Education directly.

## Suggestions for Selecting Service Projects

1. Pray about it! Examine your own talents and gifts. Ask the Holy Spirit to guide you. Do not just seek the easy way out or the fastest way to finish.
2. Challenge yourself and be creative! Besides ongoing established programs at school or locally, you might have some new ideas to explore or share with others. Your service project should lead you to a greater desire to serve further, draw out virtues in your life, and ultimately bring you closer to God.
3. Do not go at it alone! Discuss this with your parents, sponsor, teacher, and friends. They are all good resources and support. You may want to put together a group project with your friends such as raking leaves for an elderly neighbor or praying for one of the Diocesan seminarians for a year.
4. Use the list! The list on the second page includes ideas and some contact information.
5. Do not stop service at 15 hours! It's OK to keep going. Part of the reason for the service hour requirement is that we are called to serve for the rest of our lives. You can continue your service project throughout the year. In addition, prayer and fasting is also a great spiritual work of mercy for others – a great service!

# CONFIRMATION SERVICE HOUR IDEAS

- Talk with the Religious Education Office, Hilary Munger or Sara Schiedermeyer to learn more about. to learn more about service opportunities during CCD or VBS:
  - Classroom assistant at CCD on Sunday mornings during the school year
  - Crew Leader or assistant to Station Leader at Vacation Bible School.
- Talk to our youth coordinators, Arragon Perrone and Mariane Staron, to learn about service opportunities:
  - Camp Apostles
- Contact the Legion of Mary, St. Vincent de Paul Society, or other parish groups
- Check the bulletin for service opportunities
- Join the Works of Mercy group at St. Mary's School every Tuesday afternoon after school
- Coach or teach a sport to younger children
- Tutor in afterschool programs
- Volunteer for parish events such as Oktoberfest, Spring Fling, etc.
- Offer services such as gardening, mowing, shoveling, cleaning, or babysitting to either a neighbor or friend
- Organize a fundraiser or food, clothing, or supplies drive for a particular local or international mission
- Volunteer at local homeless shelters or soup kitchens such as Christ House, Mondloch House, Simple House, or S.O.M.E.
- Visit the sick or elderly in hospitals or nursing homes
- Dedicate an hour to Forty Days for Life
- Ask the rectory office if they have projects in the afternoon/evening or on weekends
- Attend a Holy Hour in the church
- Start or participate in a group dedicated to raising awareness about a Catholic teaching or cause e.g. pro-life groups
- Volunteer with Catholic Charities or Catholic Relief Services
- Look up events and projects with the Alexandria Volunteer Bureau

## ***Not for Confirmation service hours:***

- Anything you are paid for
- Responsibilities already expected of you at home e.g. household chores

For more information or if you have questions please contact Hilary Munger or Sara Schiedermeyer at (703)836-4100 or via email:

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