



## Spirituality Credit System

Preparing for Confirmation means that you are preparing to live your life as a devout Catholic. The Spirituality Credit System is designed to encourage the regular activities of Catholic Life. Each student must complete 12 credits per year of Confirmation preparation for a total of 24. All credits will be collected by your Confirmation facilitator for tracking. Here are the ways in which you can earn 1 Spirituality Credit:

- **Attend Mass on Sunday** – There will be a sign in book in the back of the Church (Upper and Lower), you may also turn in a bulletin from another parish signed by a parent.
- **Helping with Family Mass or Young Adult Mass.** If you act as greeter, reader, music ministry, altar serving, bring up the gifts, etc. (You get one for attending Mass and one for the extra participation).
- **Attending any youth ministry activity.** Participate in high school youth ministry or help with the middle school youth ministry, Young Saint Vincent De Paul, Squires, Sodality, etc.
- **Participate in any parish event:** Missions, Soup and Stations, Christmas Eve play, processions, dinners, etc. (You will also get an additional credit if you are helping).
- **Completing the Challenge of the Week** from your textbook – you should write a paragraph about the experience as directed and share with the group.
- **\*Spent time with your sponsor** – Spend at least an hour, one on one, with your sponsor. Write about it as a challenge of the week.
- **\*Praying the Rosary** – Either attending the daily Rosary at the Grotto in October or praying at home. If you pray it at home, you should write a paragraph about the experience in the challenge of the week and share it with the group.
- **\*Going to Confession** – If you do so on retreat you can indicate it there. Otherwise you may write a paragraph about it in the Message of the Week and share about the experience.
- **\*Praying Grace at a Family Meal** – This can also be done as a challenge of the week. Share about the experience.

\*These options can only be done once as a challenge of the week.