

**St. Rose of Lima**  
**Confirmation Program 2020-2021**  
**Mass Reflections**

One of the most important pieces of our faith is attending mass each week and reflecting on how the Lord’s word can speak to us! As soon to be adult catholics, it is important that we stop to reflect each week, thinking about how the mass can relate to our daily lives. Each month you will submit a mass reflection. Each submission should contain a brief reflection for each weekend of mass that month (4 per month). These reflections can be about the readings, gospel, homily, music, or just an overall feeling or realization you had during the mass!

**Important**

- ❖ Students must submit one reflection per month (September-March)
  - Each reflection should briefly discuss mass from each week that month
- ❖ You may bring a small notebook or journal to mass with you to jot down and record your thoughts each week during mass!
- ❖ Students must email these reflections on the last day of each month to [confirmationprogram@saintroseoflimachurch.org](mailto:confirmationprogram@saintroseoflimachurch.org)
  - Please write your reflection into the body of the email
    - Please do not attach Word, Google, or PDF documents
  - Please ensure that the subject of the email is correct
    - **Last Name, First Name, Grade, Month**
    - **Paradiso, Lisa- Grade 10, September**

**Sentence starters to get you going each week!**

First, identify something in the Mass.	Then, reflect on it!
<ul style="list-style-type: none"> <li>● The first reading was about...</li> <li>● During the second reading...</li> <li>● In the Gospel, Fr. __ said...</li> <li>● Fr. ___’s homily was about...</li> <li>● The song...</li> <li>● Anything else that speaks to you during mass!</li> </ul>	<ul style="list-style-type: none"> <li>● This is related to my life because...</li> <li>● This made me think that...</li> <li>● I felt like this was important because...</li> <li>● This spoke to me because...</li> <li>● This made me feel...</li> </ul>

**See the sample reflection on the next page.**

**Please contact Lisa Paradiso with any questions or concerns!**

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**Sample**

Subject: Robertazzi, Kelly Gr. 7, Oct.

**Week 1:**

**The homily was about ...** # not my Job. We often don't want to talk about our love for Jesus because we're afraid of what others will think. We say it's not our job to share the "Good News", that it is the job of the Bishops and Priests.

**This is related to my life ...** because it encouraged me to post on social media some songs or memes and add "#itismyjob". I hope someone will be interested in asking me about how Jesus helps me daily and how I can help them grow in their faith.

**Week 2:**

**The first reading was about...** shepherds misleading their flocks and The Lord coming to gather the scattered flocks and take care of them.

**This made me think that...**because when I feel lost or worried, I know The Lord will protect me and give me strength.

**Week 3:**

**The gospel was about...**Jesus and the disciples wanting to go to a place across the water to be alone and rest, but masses of crowds came to the shore seeking Jesus, so Jesus took pity on them, seeing them as lost sheep, and preached to them.

**I thought that this was important because...** even though Jesus and the disciples needed to rest (showing how human He was) He still met the needs of others. I have to keep in mind it's not always "all about me" and I need to care for others even if I'm tired.

**Week 4:**

**The second reading was about...**being given spiritual blessings and the promise of redemption.

**This spoke to me because...**It feels comforting to know The Lord has given us these blessings and wishes for us to have a fulfilled, peace- filled life until we can be with Him in Heaven for eternity.