

**CHURCH OF THE LITTLE FLOWER  
PREPARATION PROGRAM FOR THE SACRAMENT OF CONFIRMATION**

*Jesus said, "Here I am among you as one who serves."  
(Luke 22:27)*

As candidates for the Sacrament of Confirmation, you are asked to choose, plan and carry out service projects over the next several months.

**A minimum of twenty-four hours is required.**

Before making a commitment to a service project, think about the ways in which you can use your talents and abilities to help others.

Listed below are some suggestions for service projects.

They have been divided into three areas:

**(1) FAMILY; (2) NEIGHBORHOOD AND COMMUNITY (3) PARISH**

You must do a minimum of 2 hours in each category

**AREA ONE: THE NEEDS OF MY FAMILY**

- Prepare and serve a family meal from start to finish including the clean up.
- Be a real friend to your brothers and sisters (for example, treat them to an outing...pizza, a movie...using your allowance or savings).
- Spend time with a grandparent doing something he or she likes to do...walk, read, watch TV. Do this several times over the next few months.
- Spend some time with a sick relative...doing something to help.
- Clean and put the garage or basement in good order, and keep it that way.
- Mow the lawn or shovel snow.
- Go food shopping with your parent(s) without grumbling; carry in and put away the groceries several times over the next few months.

**AREA TWO: THE NEEDS OF MY NEIGHBORHOOD & COMMUNITY**

- Help an elderly or ill neighbor by shoveling snow, mowing the lawn or weeding the garden without pay several times or as often as needed.
- Offer to take in the paper and mail and water the garden for a neighbor who is on vacation.
- Baby-sit for someone who needs help without getting paid.
- Do errands (without getting paid) for someone who is not able to get out of the house.
- Perform special services for a handicapped person as needed.
- Assist a PAL or Recreation Commission athletic team, working with young children to teach skills and good sportsmanship.
- Serve at a Soup Kitchen.
- Perform volunteer work in a nursing home or hospital:
  - Berkeley Heights Convalescent Center 464-0048
  - Berkeley Hall Nursing Home 464-9260
  - Overlook Hospital Volunteer Services 522-2099
  - John E. Runnels Hospital (must be at least 14 years old) 771-5700

### **AREA THREE: THE NEEDS OF MY PARISH**

(Please contact the Religious Education office to volunteer for any of the following.)

- Offer to serve as an USHER at Parish Masses.
- Offer to serve as a GREETER at Parish Masses.
- Offer your services to one of the MUSIC GROUPS of the Parish.
- Volunteer to be an ALTAR SERVER.
- Volunteer to help at our VACATION BIBLE SCHOOL this summer, helping the young children with arts, crafts, games, refreshments.
- Volunteer to be a reader for the CHILDREN'S LITURGY OF THE WORD.
- Volunteer to help with any Parish social or service events .

**Before making your decision and commitment:  
PRAY TO THE HOLY SPIRIT FOR GUIDANCE.  
TALK WITH YOUR PARENTS AND SPONSOR.  
FIND OUT THE REAL NEEDS OF YOUR  
FAMILY, NEIGHBORS, PARISH, SCHOOL AND COMMUNITY.**