

**Due Date: Sunday/Monday, March 22/23, 2026**

Our Lady of Mt. Carmel Parish  
Sacramental Preparation Confirmation  
2025-2026

## **Family Service/Spiritual Experiences Reflections**

**Step 1:** Attend any 2 Service and/or Spiritual Experiences with your family at Our Lady of Mt. Carmel. You may choose to do 1 Service Experience and 1 Spiritual Experience, 2 Service Experiences, or 2 Spiritual Experiences. This is to encourage spiritual growth in the family and especially to help enhance the candidate's own spiritual journey.

*\*\*\* If there is a service and/or spiritual experience you attended, or would like to attend that is not listed below, please contact Jennifer or Lori for approval before writing a reflection\*\*\**

### Service Experiences Coming Up

- **St. Vincent DePaul Volunteering** (Dates TBD) – Help collect bags and fill the St. Vincent DePaul truck with donations before and after the weekend masses.
- **Tiny Seekers** (Dates TBD) – Help run an exploration station during Tiny Seekers (2<sup>nd</sup> Saturday of the Month) program. Parents along with their 2-4 year olds from our parish come to explore activities connected to the Gospel or Liturgical Season.
- **November 23 – Thanksgiving Food Drive** – Help package and distribute food to families in need in our community before and after the weekend masses.
- **December 6, 9am-noon – Family Day of Service** – Gather as a family to help serve our parish community. Specific service tasks are TBD
- **December 14 – Christmas Food Drive** – Help package and distribute food to families in need in our community before and after the weekend masses.
- **April 3, 3pm – Living Stations of the Cross** – Help bring the stations of the cross to life for our parish by being a reader or character in our living stations of the cross on Good Friday. (This experience is after the due date, but if you would like approval for an extension to participate in the living stations, please contact Jennifer)

### Spiritual Experiences Coming Up

- **Any High School Youth Group Event** – Our high school youth group meets every other Sunday at 1pm. 8<sup>th</sup> graders are invited to come see what it's like! Listen to announcements at Mass or see the advertisements on tv, our website or the bulletin to see what's going on.
- **December 20, 2pm – 4pm – Advent Family Retreat** – Gather as a family to spend some time preparing for the coming of baby Jesus at Christmastime.
- **Attend any daily Mass, Monday – Saturday at 9am**

- **First Friday Adoration** – On the first Friday of the month, come spend a holy hour with Jesus in the OLMC chapel any time from 3-6:30pm.
- **March 28, 2pm – 4pm – Lent Family Parish Event** – Gather as a family to spend some time preparing for Jesus' passion, death and resurrection.
- **March 29-April 5th, – Holy Week** – Attend any of our parish's holy week events such as the feet washing on Holy Thursday, the stations of the cross on Good Friday, or morning prayer on Holy Saturday, etc.

**Step 2:** Write 2 reflections – one for each experience you attend. This means you need to turn in two separate reflections.

*Reflection Guidelines:*

- Must be typed.
- Must be 2-3 paragraphs (3-5 sentences in each paragraph).
- Include the following:
  - Describe the experience you attended.
  - Explain why you chose the experience you attended.
  - Explain where or how you saw God through that experience.
  - Did anything surprise you about the experience?
  - What would you like to take from that experience and carry with you in your own life?
- Turn reflections 1 and 2 in by Monday, March 24th. You may turn in your reflections ahead of time if you wish!

\*Pro-Tip: it helps to write about them as soon as you complete them so they are still fresh in your memory.\*

***Feel free to contact Jennifer Emanuele at the Youth Ministry Office with questions or concerns.***

□ ***Jennifer Emanuele - 630-852-3303 ext. 6 - [jennifer.emanuele@ourladyofmtcarmel.org](mailto:jennifer.emanuele@ourladyofmtcarmel.org)***