

# Be the Church: Faith and Service Journal

## Why be the Church?

Faith and service are primary elements of Christian life. Faith experiences provide opportunities to realign our priorities, remind us of our baptismal promises, and deepen our relationship with God. By receiving the gift of the Holy Spirit in confirmation, we are entrusted with the responsibility of also bringing Christ to others in service. Confirmation sends us out on mission, calling us to put our faith in action. It is your opportunity to show that you believe in Jesus and what He taught us by your actions and deeds. These service hours are an answer to the Gospel challenge to love our neighbor as Jesus loves us. Jesus gave us many examples of loving service and, as His disciples, we want to follow His servant-leader example.

## What are service hours?

Service hours are any “free” service you do as an individual or as a group (as part of an event or activity) to help out the community in which we live or our parish of St Luke. They are hours spent sharing your love of Jesus Christ with others who may or may not be as fortunate as you are.

There are many opportunities to give your time to others in service. Some examples might include working with other ministries at St. Luke, volunteering to help at the Fall Festival, working with local food banks, or crafting items for animal shelters or nursing home residents. You are also welcome to complete service activities in the community with other groups such as school organizations, scouts, or sports teams. If you are struggling with ideas for service, a number of resources and ideas can be found here: <https://tinyurl.com/ServeOpps>. We will keep you posted on details for events and opportunities as they arise!

## What are faith experiences?

Throughout your preparation time, we want you to participate in as many faith and service experiences as possible. You may choose from a variety of events. As weekly Mass is expected, examples of experiences to help deepen your faith might include ongoing parish involvement such as being a reader, usher, or an attendee at youth ministry events. More individual or personal commitments might include attending Adoration, Advent or Lenten activities, stations of the cross, or other parish sponsored events.

## What else should I know?

Make sure your service is completed with a Christian attitude, serving with the loving and selfless hands and feet of Christ. The giving of service should continue after your confirmation and all through your life! Parents and family members are encouraged to participate as well wherever possible.

As part of your confirmation preparation, you will keep a log of your faith experiences and service activities. First year confirmation students are asked to complete **at least 5 hours** of faith and/or service experiences. Second year confirmation students are asked to complete **at least 10 hours** of faith and/or service experiences. Students cannot record more than 4 hours in a given event/activity. After students have completed their hours, they should respond to the provided prompts in **thoughtful reflection**. Completed faith and service journals (log and reflection) are **due by April 28**.

When completing the form, time should be written to the nearest quarter of an hour and a signature obtained. Parents can sign off on service hours if no other representative is available. Consider making reflective notes after each service activity so you can compile for a larger reflection when it's completed.

## Reflection and Hours Log

**Name:** \_\_\_\_\_

<b>Year in Confirmation Prep:</b>	Year 1 (confirmed 2027)	Year 2 (confirmed 2026)
-----------------------------------	-------------------------	-------------------------

## Prompts for Reflection

After completing your service hours, use the space below to respond to the following prompts. Reflections should be a minimum of 7 complete sentences.

- Which of your experiences were the most meaningful? Why?
- What did you learn from your experiences?
- How do your experiences relate to your identity as a Catholic Christian?
- What was the most challenging part of giving your time? How can you be more intentional and willing to serve others?

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

I, the parent/guardian of \_\_\_\_\_, have reviewed this document and can verify that my child participated in all of the logged events and activities.

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Date: \_\_\_\_\_

Number of hours: \_\_\_\_\_

Name of Activity: \_\_\_\_\_

Briefly Describe What You Did: \_\_\_\_\_

Witness Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Number of hours: \_\_\_\_\_

Name of Activity: \_\_\_\_\_

Briefly Describe What You Did: \_\_\_\_\_

Witness Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Number of hours: \_\_\_\_\_

Name of Activity: \_\_\_\_\_

Briefly Describe What You Did: \_\_\_\_\_

Witness Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Number of hours: \_\_\_\_\_

Name of Activity: \_\_\_\_\_

Briefly Describe What You Did: \_\_\_\_\_

Witness Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Number of hours: \_\_\_\_\_

Name of Activity: \_\_\_\_\_

Briefly Describe What You Did: \_\_\_\_\_

Witness Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Number of hours: \_\_\_\_\_

Name of Activity: \_\_\_\_\_

Briefly Describe What You Did: \_\_\_\_\_

Witness Signature: \_\_\_\_\_

Date: _____	Number of hours: _____
Name of Activity: _____	
Briefly Describe What You Did: _____	
_____	
_____	
Witness Signature: _____	

Date: _____	Number of hours: _____
Name of Activity: _____	
Briefly Describe What You Did: _____	
_____	
_____	
Witness Signature: _____	

Date: _____	Number of hours: _____
Name of Activity: _____	
Briefly Describe What You Did: _____	
_____	
_____	
Witness Signature: _____	

Date: _____	Number of hours: _____
Name of Activity: _____	
Briefly Describe What You Did: _____	
_____	
_____	
Witness Signature: _____	

Date: _____	Number of hours: _____
Name of Activity: _____	
Briefly Describe What You Did: _____	
_____	
_____	
Witness Signature: _____	

Date: _____	Number of hours: _____
Name of Activity: _____	
Briefly Describe What You Did: _____	
_____	
_____	
Witness Signature: _____	