

LIGHTHOUSE PROGRAM

Peer Ministry Sessions

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The Lighthouse Program

PEER MINISTRY SESSIONS

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Welcome!

We are delighted to welcome you to the *Lighthouse Program*. Over the next four weeks, you and your Lighthouse leaders will investigate what it means to celebrate this sacrament and how it can enrich your lives. Your Lighthouse leaders will be there on the day to celebrate the sacrament with you. Following the ceremony, you will meet one last time to discuss how you will allow this sacrament to influence your lives.

Before each session with your Lighthouse leaders, we will gather for a short prayer service. You will find this prayer service in your *Prayer Services* handbook and your Lighthouse leaders will guide you in taking part. Then you will break into your groups with your Lighthouse leaders to start your sessions, which include lots of fun activities and interesting questions for you to think about and discuss. You will also have an activity after each session to complete at home, which you can discuss with your family members as you prepare for the Sacrament of Confirmation.

We hope you enjoy all the sessions in this program and, along with your leaders, recognize and celebrate this important step in your life as members of the Christian family.



SESSION 1

Setting the Pace

PART 1 | Introduction

Introducing Ourselves

To get started in a team, we take time to introduce ourselves.

When invited by your leaders, introduce yourself by saying “Hi, my name is _____,” and then share two pieces of information about yourself, for example, what is your favorite singer/sport/dessert/what do you want to be when you grow up? Your leaders will introduce themselves to you first and will share two pieces of information about themselves, too!

Ice Breaker

Your Lighthouse leaders will guide you in an ice breaker to help you remember everyone’s name.

PART 2 | Ground Rules and Starter Charter

Before we begin our Lighthouse journey, it is important to talk about ground rules. Ground rules will guide how we take part in these sessions. We are all here to take part as best we can in preparation for our Confirmation day—to share our thoughts, to ask questions, to get to know ourselves and each other—so it is important that throughout we show respect for everyone in the group and for our leaders. This means making sure to listen to others when they are talking, not to talk over others or talk amongst ourselves when others are talking, and to know that we are all here to share ourselves in the trust that what we say will be respected. To that end, we will sign what is called a “Starter Charter” to show our commitment to this program and to each other as a group.



Starter Charter

WORKSHEET 1

A **Starter Charter** is an outline of how we will behave towards each other and treat each other when we are together. We will all sign our agreed Starter Charter to show our commitment to this time together and to this program. (Complete the Starter Charter Word Search on the next page before creating your own Starter Charter to see some words you might like to use.)

1. In your opinion, what should our Starter Charter be about?

- _____

2. List three things you are willing to do to make this experience amazing for everyone:

- _____

- _____

- _____

3. How can you show your respect for the words and work of others to show that you value them and this team?

- _____



Starter Charter: Word Search

WORKSHEET 2

Complete this word search. Think about the words you are looking for and how they can help you behave as part of your team. Answers can be found vertically and horizontally.

H	H	B	D	R	E	S	P	E	C	T	C
A	O	L	I	S	T	E	N	I	N	G	A
P	N	P	T	S	U	P	P	O	R	T	R
P	E	I	T	G	A	B	R	T	A	E	I
Y	S	T	A	R	T	E	R	U	Y	A	N
P	T	G	J	Y	S	H	A	R	I	N	G
T	U	J	S	A	A	A	I	L	O	V	E
R	I	C	A	L	M	V	E	A	K	R	I
U	K	E	H	K	D	I	G	N	I	T	Y
T	K	P	D	A	L	O	D	T	N	D	L
H	E	L	P	O	L	R	M	U	D	I	L
C	H	A	R	T	E	R	R	D	S	A	I

behavior

calm

caring

charter

dignity

happy

help

honest

kind

listening

love

respect

sharing

starter

support

truth



Time to Talk

1. Let's take a few minutes to share our ideas and narrow them down to three or four points for our Starter Charter. Your Lighthouse Leader will write out your final draft on a separate sheet, while you write it out below. Then we'll all sign it.
2. What would cause our Starter Charter to break down and become meaningless? Give some examples and discuss them with your group.





PART 3 | Setting the Pace Game

Below are several quotes. Each quote has a particular theme:

1. **Sacred** = a quote that is prayerful
2. **Solace** = a quote that offers peace and calm
3. **Scripture** = a quote from the Bible
4. **Secular** = a quote relating to everyday life

The object of this game is to pick four quotes (one from each theme) that can help you create a mission statement for your team. A mission statement is a statement of your group's aims and values; these quotes, along with the mission statement you create from them, will represent what you, as a new team, stand for. You will complete this activity in Worksheet 3, which you will find on page 11.

Instructions

1. First, decide on a name for your team.
2. Begin by quietly reading the quotes from each theme.
3. Then, as a group, read all the quotes and decide on four quotes, one from each theme, that inspire you and will help you create an amazing mission statement for your team.
4. Write down the four quotes you have chosen as inspiration (Worksheet 3, p. 11).
5. Then, using these quotes as inspiration, create a mission statement for your team (Worksheet 3). For example: *We are people of faith and want to make a change. We will try our best and know when a job is worth doing!*

Sacred Theme



- "I do not pray for success, I ask for faithfulness"—Mother Teresa
- "There is more to life than increasing its speed"—Mahatma Gandhi
- "Be faithful in small things because it is in them that your strength lies"—Mother Teresa
- "Faith is to believe what you do not see; the reward of this faith is to see what you believe"—St Augustine
- "Be who God meant you to be and you will set the world on fire"—St Catherine of Siena



Solace Theme



- *"Be the change you want to see in the world"*—Mahatma Gandhi
- *"A journey of a thousand miles begins with a single step"*—Lao Tzu
- *"People are just as happy as they make up their minds to be"*—Abraham Lincoln
- *"Count your age by friends, not years. Count your life by smiles, not tears"*—Unknown
- *"You cannot always have happiness, but you can always give happiness"*—Unknown

Scripture Theme



- *"Jesus said, 'Do not let your heart be troubled'"*—John 14:27
- *"The Lord is close"*—Psalm 34:18
- *"The Lord is my strength and my shield, my heart trusts in him"*—Psalm 28:7
- *"I give you a new commandment: love one another"*—John 13:34
- *"A cheerful heart is good medicine"*—Proverbs 17:22

Secular Theme



- *"Community means us!"*—Unknown
- *"Everybody can be great, because everybody can serve"*—Martin Luther King, Jr
- *"I think a hero is an ordinary individual who finds strength to persevere and endure in spite of overwhelming obstacles"*—Christopher Reeve
- *"If you think you are too small to make a difference, try sleeping with a mosquito"*—Dalai Lama
- *"A word of encouragement during a failure is worth more than an hour of praise after success"*—Unknown





Our chosen themes and our mission statement

WORKSHEET 3



Team name: _____

Write down the four quotes you have agreed to use as inspiration for your mission statement.

Quote 1 (from the list of "Sacred" quotes):

Quote 2 (from the list of "Solace" quotes):

Quote 3 (from the list of "Scripture" quotes):

Quote 4 (from the list of "Secular" quotes):



Now write down your mission statement, inspired by your four chosen quotes:



PART 4 | Ordinary and Extraordinary Times

WORKSHEET 4

Time to Talk

Our lives are separated by “ordinary” times and “extraordinary” times.

- With your Lighthouse leaders, chat about your understanding of “ordinary” and “extraordinary.”

Preparing for your Confirmation is an extraordinary time.

- Do you agree with this statement? Why/Why not?

Write About Now ...

Write three words to describe what each of these different types of time means to you.

School Time 1. _____

2. _____

3. _____

Holiday Time 1. _____

2. _____

3. _____

Time With My Friends 4. _____

5. _____

6. _____

Time On My Own 7. _____

8. _____

9. _____



Draw a picture of your favorite time.

Time to Talk

Led by your Lighthouse leaders, chat about your picture.



PART 5 | Time for Scripture

Read the following passage from the Old Testament. Each person can read a line. When you are finished, take a minute to reflect on it. Then, as a group, discuss what you think it means.

For everything there is a season, and a time for every matter under heaven:

a time to be born, and a time to die;

a time to plant, and a time to pluck up what is planted;

a time to kill, and a time to heal;

a time to break down, and a time to build up;

a time to weep, and a time to laugh;

a time to mourn, and a time to dance;

a time to throw away stones, and a time to gather stones together;

a time to embrace, and a time to refrain from embracing;

a time to seek, and a time to lose;

a time to keep, and a time to throw away;

a time to tear, and a time to sew;

a time to keep silence, and a time to speak.

Ecclesiastes 3:1-7



TO DO FOR NEXT TIME

HOMESHEET 1

My Family Tree

In preparation for the next session, draw your family tree in the space below.

A large, empty rectangular box with a blue border, intended for drawing a family tree. A large, diagonal watermark reading "SAMPLE - DO NOT REPRODUCE" is overlaid across the entire page.



SESSION 2

Picking Up Speed

PART 7 | Get Myself Connected

Being connected to others and being part of something bigger than ourselves is a great feeling. It's also a great way to live your life. By now, you have probably been on more teams and part of more communities than you can remember!

- In your team, name some of the groups, clubs, and communities that you belong to.
- Chat about this with your Lighthouse leaders.

Ice Breaker: Color the Hand

On the next page, you will see an outline of a hand.

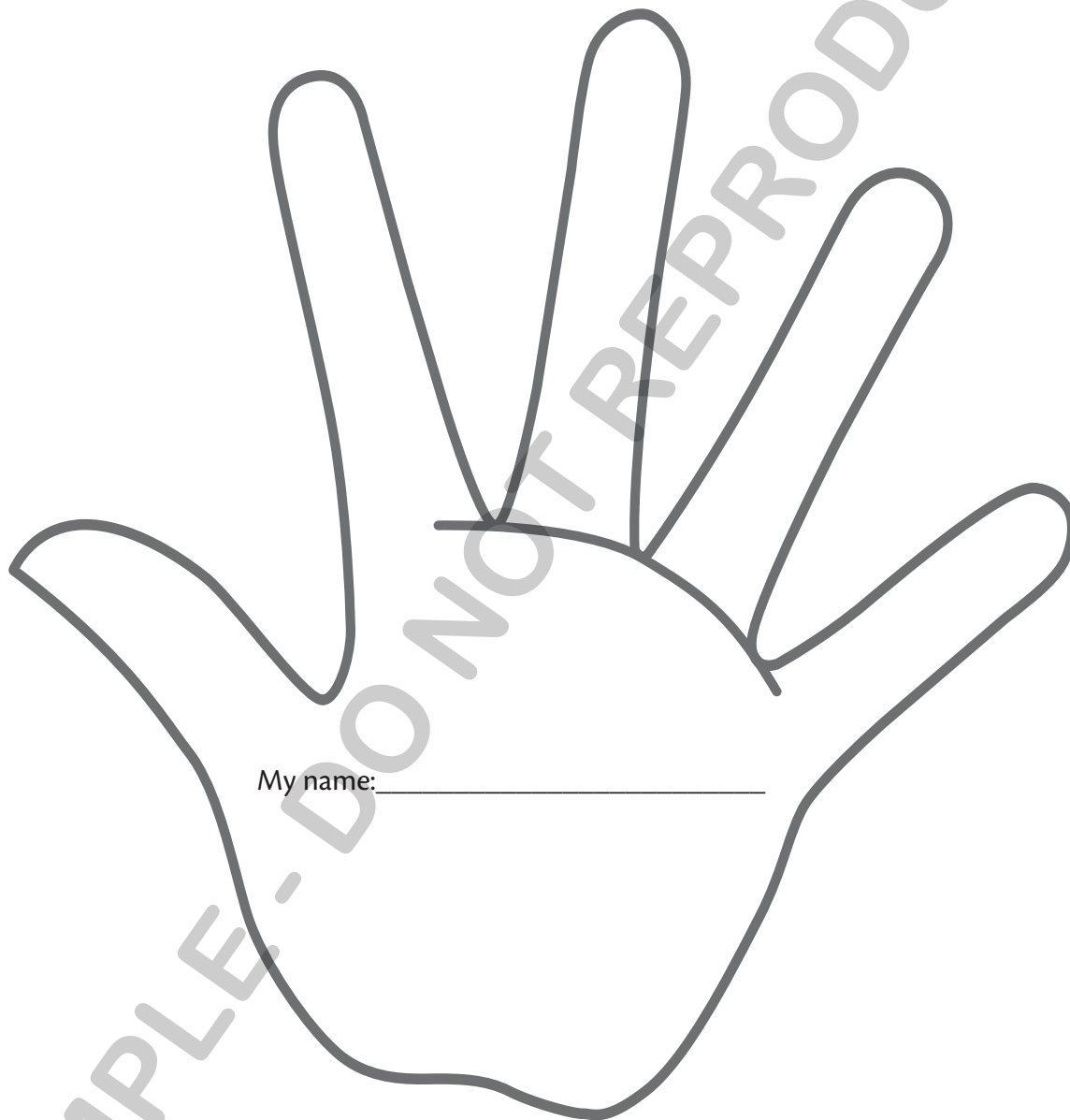
Instructions

- Write the names of family members, friends, teammates, and classmates on the hand.
- Color it in using lots of color and patterns.
- Make sure to write your own name in the space provided.
- Then cut it out and join it to the other hands in your group.
- Display this presentation in your prayer space.

When you have done this, complete the “Time to Talk” task below.

Time to Talk

Led by your Lighthouse leaders, chat about how it feels to be part of your Confirmation preparation team.



My name: _____



PART 8 | All You Need is Love

WORKSHEET 7

Community

Have you heard of the Beatles? They once sang, "All you need is love." What do you think they meant? In John's gospel, Jesus says to his disciples, "By this everyone will know that you are my disciples, if you have love for one another" (13:35). Jesus asked us to love each other and that if we did, the world would recognize us as his followers. Do you think you would be recognized as a follower of Jesus? God sent the Holy Spirit to the first followers of Jesus to help them live as his followers. When we were baptized, we became adopted children of God. We received the Holy Spirit, who will help us to live as Jesus asked his followers to do. All we need to do is ask.

Write About Now ...



Write down the name of one group or team that you are part of.

Who are the people in that group or team?

What is the purpose of that group or team?



Our Faith Community

Our faith community is another group or community that we belong to. Being a member of this community calls us to be part of something bigger. Our faith community is called the Catholic Church. The Church is the Body of Christ on earth. We are Christ's hands and feet who carry out his work today. We are connected with all the other members of the Church and we work together to continue the work of Jesus today.

The Sign of the Cross

As Catholics, we believe in the Blessed Trinity—God the Father, Jesus the Son, and the Holy Spirit. God sent Jesus to show us how much God loves us and to teach us to love one another. After Jesus ascended into heaven, God sent the Holy Spirit to help us continue to live like Jesus did. Today, the Holy Spirit continues to help us to live as followers of Jesus.

Stop for a minute!
Bless yourself.
What did you do with your hands?

The Sign of the Cross is the greatest Christian symbol. It reminds us that Jesus died on the cross to save us from sin so that we may be happy in heaven with him forever.

Throughout the centuries, followers of Jesus have used the Sign of the Cross to begin and end prayer times both in the Church and at home. Every time you bless yourself, you are calling on the Father, the Son, and the Holy Spirit. When we bless ourselves, we put our hand on our forehead, the place where our brain, our central nervous system, and all our thoughts and feelings are located. This is what we touch and connect with when we say "Father." This is a symbol of what we believe God to be in our lives, the place where all our thoughts and feelings begin.

When we say "Son" we put our hand on our hearts. Jesus was fully divine and also fully human. He had a beating heart and blood ran through his veins just like us. We can feel our heartbeat calmly and gently as we say the word "Son."

Finally, we touch our shoulders when we say the words "Holy" and "Spirit." We touch the outer parts of us, the strong parts of us that protect us by carrying our burdens and heavy loads. The Holy Spirit guides, protects, and carries us as we journey towards God.

With your Lighthouse leaders, slowly bless yourself, making sure that you (like millions of Catholics before you) are aware of what you are physically doing and what you are spiritually doing as a member of the Catholic community.



The Be-attitudes

The Catholic Church is for everyone. We are all part of the same family—adults and children of every nationality. The word “Catholic” actually means “universal,” so an invitation has been extended to all of us. A faith community agrees on what it believes. All our actions, attitudes, and behaviors are based on this belief.

We have actions of significance, for example, blessing ourselves or giving someone the sign of peace by shaking their hand. We have attitudes and behaviors that show we are Christians by displaying care and love in our daily lives. This can be studied in more detail by looking at the “Be-attitudes.” It is almost as if Jesus took the word **behavior** and the word **attitude** and put them together to come up with the Beatitudes!

Jesus shared the Beatitudes in the Sermon on the Mount. This was an amazing sermon and showed us exactly what Jesus was asking of his followers. Read it here on the right.

The Sermon on the Mount (Mt 5:1-12)

When Jesus saw the crowds, he went up the mountain; and after he sat down his disciples came to him. Then he began to speak, and taught them, saying:

“Blessed are the poor in spirit,
for theirs is the kingdom of heaven.
Blessed are those who mourn,
for they will be comforted.
Blessed are the meek,
for they will inherit the earth.
Blessed are those who hunger and thirst
for righteousness,
for they will be filled.
Blessed are the merciful,
for they will receive mercy.
Blessed are the pure in heart,
for they will see God.
Blessed are the peacemakers,
for they will be called children of God.
Blessed are those who are persecuted for
righteousness’ sake,
for theirs is the kingdom of heaven.

“Blessed are you when people revile you and persecute you and utter all kinds of evil against you falsely on my account. Rejoice and be glad, for your reward is great in heaven, for in the same way they persecuted the prophets who were before you.”

Time to Talk

Led by your Lighthouse leaders, chat about the Sermon on the Mount. For example, what do you think Jesus meant when he says “poor in spirit?” Which of the beatitudes do you think you model best in your life? Which do you think is hardest to do?



PART 9 | Believe

WORKSHEET 8

Write About Now ... 

Make a list of what or whom you believe in.

1. _____
2. _____
3. _____
4. _____
5. _____

The Church is made up of smaller communities. These small communities are called parishes. Name the parish that you and your family belong to.

In your school, you are also a community. Name the people who are part of your believing community at school.

Take a few minutes to write down three things that your school community believes in.

1. _____
2. _____
3. _____

Time to Talk

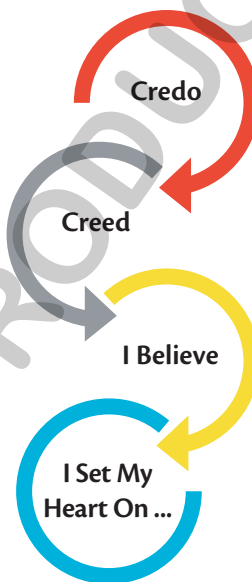
With your Lighthouse leaders, chat about your answers.



PART 10 | I Set My Heart On ...

Our Beliefs

Our faith comes from our beliefs. It is interesting to know that the Hindu, Hebrew, Greek, and Latin words for faith all mention bringing together the heart with a commitment to loyalty and trust. So faith means to “set my heart on,” or “I give my heart to.” So, in the Nicene Creed—a prayer written at the Council of Nicea in 325 AD—when people prayed, “I believe in God,” they completely understood that they were pledging love and loyalty to God and their faith: “I give my heart to and commit myself to God.” It is interesting to us that, as we prepare for Confirmation and explore the Nicene Creed together, praying the Creed means we, too, are saying that we are “setting our hearts on God.” As we prepare for our Confirmation, **God’s heart is set on us.**



The Nicene Creed is one of the creeds we say at Mass. Let us read it together, with each person taking a sentence.

Nicene Creed

*I believe in one God, the Father almighty,
maker of heaven and earth,
of all things visible and invisible.*

*I believe in one Lord, Jesus Christ,
the Only Begotten Son of God,
born of the Father before all ages.
God from God, Light from Light,
true God from true God,
begotten, not made, consubstantial with the Father;
Through him all things were made.*

*For us and for our salvation
he came down from heaven,
and by the Holy Spirit was incarnate of the Virgin Mary,
and became man.*

*For our sake he was crucified under Pontius Pilate,
he suffered death and was buried,
and rose again on the third day
in accordance with the Scriptures.*



*He ascended into heaven
and is seated at the right hand of the Father.
He will come again in glory
to judge the living and the dead
and his kingdom will have no end.*

*I believe in the Holy Spirit, the Lord, the giver of life,
who proceeds from the Father and the Son,
who with the Father and the Son is adored and glorified,
who has spoken through the prophets.*

*I believe in one, holy, catholic,
and apostolic Church.
I confess one Baptism for the forgiveness of sins
and I look forward to the resurrection of the dead
and the life of the world to come.
Amen.*

Time to Talk

- Chat about what we believe in as Catholics.
- Choose one line, phrase or word from the Nicene Creed that you like and explain your choice to the team.





A Creed

*I believe in the sun even when it isn't shining,
I believe in love even when I can't feel it,
I believe in God even when he is silent.*

Anonymous, found scratched into a wall at Auschwitz

The Indonesian Creed

*I believe in God, the father and mother of us all,
who has given the earth to all people.
I believe in Jesus Christ who came to encourage us
and to heal us, to deliver us from all oppressors,
to proclaim the peace of God to humankind.
He has given himself to the world;
it is amongst all people that God lives.
God is among us all, the living God.
I believe in the Spirit of God who works
in every man and woman of good will.
I believe in the Church given as a beacon
to all nations, moved by the Spirit to serve all people.
I believe that God will finally destroy the power of sin in us
and that humanity will share God's everlasting life.
I do not believe in the right of the strongest
or the force of arms or the power of oppressors.
I want to believe in human right,
in the solidarity of all people,
in the power of non-violence.
I do not believe in racism, wealth, privilege,
or the established order.
I want to believe that all women and men are equally human
and that order based on violence and injustice is not order.
I do not believe that we can ignore things that happen far away.
I want to believe that the whole world is my home
and that the field I plow and the harvest I reap belong to everyone.
I do not believe that I can fight oppression far away if I tolerate injustice here.
I want to believe that there is one right everywhere;
that I am not free if one person remains enslaved.*

Taken from a Marist Brothers' publication



TO DO FOR NEXT TIME

HOMESHEET 2

A Poem About My Talents

In preparation for the next session, write a poem about your talents and how you can share them with others.



Large lined writing area for the poem.

Written by:

