

A Time of Reflection:

A Model from Trinity Episcopal Church, Newtown, CT

For nine months, Confirmands meet monthly with a mentor in addition to two-hour classes with the Rector and Youth & Family Minister.

Included in the requirements is the writing of reflection papers on the following subjects:

- ☞ Reflection on The Eucharist: Describe each of the parts of the Eucharist and what they mean to you personally
- ☞ Reflection on the spiritual life of your parents: Interview your parents and reflect on their lifelong habits of prayer and spiritual growth
- ☞ Reflection on your own spiritual journey: Where have you come from so far?
- ☞ Reflection on your community service (Note: there is a requirement of ten hours of community service)
- ☞ Reflection on the Vestry Meeting: What have you learned about the ministry of the parish from the Vestry meeting you attended? (Note: Confirmands are required to attend a Vestry meeting. Trinity has two youth representatives on Vestry; this is a popularly requested ministry.)
- ☞ Reflection on the Commission meeting: What have you learned about the ministry of the Commission from the meeting you attended? (Note: Confirmands can choose among any of the commission meetings to attend.)
- ☞ Final essay: Look at the promises that were made for you in Holy Baptism and which you take on in Confirmation: based on these, tell why you believe you are ready to affirm your faith as an adult in ministry in the church through the Rite of Confirmation OR based on these promises, share why you are not ready.

Finally, each meets individually with us to discuss their choices for the ministries they will take on as an adult in the community of faith and in the world.

*The Reverend Kathleen Adams-Shepherd  
Rector, Trinity Episcopal Church, Newtown*