

Saint Anne

C a t h o l i c C o m m u n i t y



Preparation for Confirmation should aim at leading the Christian toward a more intimate union with Christ and a more lively familiarity with the Holy Spirit—his actions, his gifts and his biddings – in order to be more capable of assuming the apostolic responsibilities of Christian life. To this end catechesis for Confirmation should strive to awaken a sense of belonging to the Church of Jesus Christ, the universal Church as well as the parish community. The latter bears special responsibility for the preparation of confirmands.

– Catechism of the Catholic Church, 1309

Breathe into me, Holy Spirit, that my thoughts may all be holy.

Move in me, Holy Spirit, that my work, too, may be holy.

Attract my heart, Holy Spirit, that I may love only what is holy.

Strengthen me, Holy Spirit, that I may defend all that is holy.

Protect me, Holy Spirit, that I may always be holy.

-Saint Augustine



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Requirements for Acceptance

To begin Saint Anne's Confirmation program, each candidate must meet the following criteria:

- **Is a registered parishioner of Saint Anne Catholic Community.**
- **Must be at least a freshman in high school.**

Students *can* begin the 2 year program in their sophomore or junior year of high school.

All Forms and Current Calendar Links can be found on the Saint Anne Website [here](#).

Welcome to Saint Anne’s Confirmation Process

Thank you for taking the time to consider your full initiation into the Roman Catholic Church. We believe that you are a significant part of our community and have been given special gifts by God for the benefit of our Church community.

We hope the time that you experience with others within our preparation process will help to nurture and support you in your faith. Confirmation is the final leg of the tripod of your initiation into the Catholic Church. The first two legs are the sacraments of Baptism and Eucharist. These three are the sacraments of initiation. Confirmation is an important step for you in your faith journey. Committing yourself to our Christian Catholic community comes with much responsibility. Through the nurturing of a faithful community, including your parents and relatives, we hope that you also see the value of this commitment. We pray that you enter into the process openly and freely. Be assured of the support of all the members of the Saint Anne Community that includes our pastor, associate pastors, our professional staff and all of Saint Anne parishioners.

The true meaning of Confirmation emphasizes the desire of the Candidate to freely and without coercion enter into and make a commitment to the activity of the Christian community. The challenge for us today is to make this an authentic experience for the willing Candidate. What confronts us is our strong cultural instinct to simply “get confirmed” without showing any signs of spiritual maturity or being involved in the Christian community either prior to the reception of the sacrament or any sincere desire to be involved in the community once one is confirmed. Any baptized member can fully participate in the life of the Catholic community. No one gets “left back” for not having celebrated the Sacrament of Confirmation. Therefore, the Sacrament of Confirmation does what it is meant to do—to let the Saint Anne

community know that this candidate is serious about his/her commitment to the Catholic faith. This marks the beginning of a journey toward a deeper knowledge of God.

To have a successful and meaningful Confirmation process, a candidate would already be showing signs of their interest, desire and readiness in being confirmed through the following ways:

- **Signs of trying to live a life according to that modeled by Jesus**
- **Regular attendance at Mass**
- **Involvement in the life of their Church community**
- **A life of prayer**
- **Knowledge of our fundamental Catholic teachings**

The Philosophical and Theological Foundation of the PATHS High School Confirmation Program

Community, Conversion, Catechesis, Compassion, Christ-Consciousness

Confirmation is the final of the three sacraments of initiation. The person’s entry into the Catholic community is through **Baptism**, in which the life of sanctifying grace enters the soul. This grace is the very life of God, the seed of God’s love that, if nourished by love over the course of one’s life, will bring the person into final unity with God, and those God loves forever. The second sacrament of Initiation is the **Eucharist**, the meal of remembrance of Jesus’s last day on earth in which he imparted his very life into bread and wine to nourish that baptismal life in those that follow him. “The one who eats my flesh and drinks my blood will live forever.”

In the sacrament of **Confirmation** one moves through the final of the three gates into full adult membership in the Catholic community of believers. Throughout the history

of the Church, this sacrament has been celebrated at a variety of places in a person's life cycle—from immediately after infant baptism all the way up to adulthood. Saint Anne has chosen to position Confirmation during a person's high school years, specifically sophomore year. The reason for this is simple. A sophomore in high school, more than a younger person, is better able to make a decision about whether he/she is willing to fully embrace the call of Jesus to become a disciple.

Guiding principles for the PATHS program are captured in the words: **Catechesis**, **Community**, **Conversion**, **Compassion** and **Christ-Consciousness**. Let's talk about the place of each of these in the life of the Saint Anne Confirmation candidate.

Catechesis concerns itself with the imparting of knowledge of the Catholic faith to the candidates, best expressed in the words of John Paul II: *"Catechesis is an education in the faith of children, young people and adults which includes especially the teaching of Christian doctrine imparted, generally speaking, in an organic and systematic way, with a view to initiating the hearers into the fullness of Christian life."* The word literally means "oral instruction". PATHS' catechesis is taught by lay and religious members of the Saint Anne community.

Our parish calls itself the "Saint Anne Catholic Community." **Community** means that we are all in this "Catholic thing" together. We worship, pray, work and learn together. The hope is that candidates do not see this third sacrament of initiation as a sacrament of "exit" from the community until they need it again, but an "entrance" into the fullest participation in the community in the remainder of their high school years and beyond. There are a variety of liturgical and community events our high school students can be involved with and attend. There is a youth ministry program that fosters ongoing growth through retreats.

Compassion has been said to be the word that best describes our Trinitarian God. The Psalms attest to the compassion of God in so many of their verses, such as in Psalm 102, "The Lord is merciful and full of compassion." Compassion means "to suffer with"

but even more than that, it means a person wants to relieve the suffering of another. Our candidates, in order to fully understand the Christian calling, must be willing to “lose oneself” as Jesus demands and serve others. “The greatest one among you is the one who serves the rest” (*Matthew 20*); and “Whatever you do to the least of my brothers and sisters, you do to me.” (*Matthew 25*) A major component of the candidate’s preparation is to be involved in service hours and minister to others in their community, their church, and their family. This is an opportunity to step outside their comfort zone, to work with people whose abilities and economic means are different from those who serve them. St Anne also offers a week long summer service trip out of state for teens wishing to further explore a heart of mission.

At the very core of the Christian kerygma, the proclamation of religious truth, is the call to **conversion**, to learn to see the world as God sees the world, as Jesus saw the world when he walked the earth. The Ash Wednesday rite of putting ashes on the faithful’s forehead is announced with these words, “*Repent and believe the Good News.*” Repent means to be sorry for how one has failed to see the world and act in it as God would have us; but it contains a second important act—to change one’s ways. Our candidates must learn the great truth of their faith— “To love God with one’s entire heart, soul and mind and one’s neighbor as oneself.” This can only be accomplished by conversion, and conversion can only be accomplished by God’s grace sought through persistent prayer and the reception of the Eucharist and Reconciliation. Hopefully throughout the course of the program, with the steady influence of catechesis, discussion, speakers, Mass and prayer the candidate will find him/herself turning more and more to God. Another aid in this process is the **Confirmation** retreat which is offered in the second year of the program. It provides a more intensive immersion in catechesis, conversion and community. It is a peer and adult-led retreat that offers witness talks and opportunity for reflection and prayer.

A final and less tangible aspect of the PATHS program is **Christ-consciousness**. If the first four facets spoken of previously are fully operational what begins to occur is that the candidate begins to see, feel, taste, smell and hear the world differently than

he/she did before. The hope is that one’s consciousness of a loving, caring, merciful God will slowly envelope the candidate and as St. Ignatius of Loyola said, one will “find God in all things”. A Christ- consciousness senses the world differently, a concept woven throughout the sayings of Jesus: “The first shall be last and the last first”, “The greatest one is the one who serves others”, “Blessed are the poor, woe to you rich”, and so forth. Thus being a Christian is not reserved solely for Sunday morning Mass; but an attitude that is present throughout one’s entire week—24/7 as is said. Every place and every time becomes a way of encountering God. One’s consciousness therefore doesn’t separate sacred and profane, but as St. Paul said, ““Whether you eat or drink or whatever you do, do all for the honor and glory of God.”

These are the guiding principles of the PATHS confirmation program. They are touchstones of a process that intends to prepare Saint Anne’s young people for this most important sacrament of initiation. Prior to the rite itself, each candidate will be interviewed by one of their catechists. During this interview the candidates’ experience of confirmation preparation will be reviewed through the lens of these five “C’s”.

Expectations for Paths Confirmation Candidates

- **Regular attendance at weekend liturgy** – Celebrating the Eucharist is at the heart of our lives as Catholics and essential when preparing to receive a sacrament. Teens can attend any of our weekend liturgies – 5:15 pm on Saturday, 7:30, 9:00 or 11:00 am on Sundays
- **3 Large Group Sessions** – LG Events bring together both 1st and 2nd year PATHS candidates with games, dynamic speakers, experiential activities, and community. PATHS large groups meet at Saint Anne in the Parish Center gym.
- **8 Small Group Sessions** – Participate in rich conversation, break bread together, laugh, pray, and explore your faith. This is exactly how the earliest followers of Jesus experienced their faith! Small groups meet in adult small group leader's homes or on site in the Parish Center. Each group has 2 adult leaders.
- **Confirmation Retreat** – 1st Year PATHS Teens are required to attend a short mini retreat led by upperclassmen and 2nd Year PATHS Teens are required to attend a day retreat to connect with peers and reflect more deeply on living a life of faith.
- **Faith in Action (Service)** – We are the hands and feet of Jesus. Teens are expected to serve their community, church, and family for at least 10 hours each year. This can be done individually or with other candidates as a group.
- **Sponsor Selection** – 1st Year Teens will choose a personal sponsor or mentor to guide them through their preparation for the sacrament and beyond.
- **Confirmation Name Selection** – 2nd Year Teens will select a saint's name to be used at Confirmation and will submit a short write up as to why they chose it.
- **Letter to the Pastor** – 2nd Year Teens - The final steps on the journey consist of a letter to Fr. John Trout, our Pastor, about the candidate's desire to be Confirmed.

Group Placement: At the beginning of the first year of the program, all registered PATHS participants will be provided with information on small group leaders, meeting locations and times. They will then be given the choice of groups that they would like to join. Our expectation is that these groups carry forward to the second year of the program. In order to provide the best possible experience for the participants, individual small group size is limited.

Attendance: Participants are expected to take this commitment seriously. With relatively few meetings in the year, teens are expected to participate in ALL scheduled gatherings. If there are extenuating circumstances which would result in an absence, the parent is to contact the catechists prior to the start of the missed session, preferably 24 hours in advance. If a session is missed, the teen and a parent will be expected to make up the work. Please be on time for all sessions. **If a candidate has a significant number of absences, we reserve the right to delay Confirmation to another year.**

*The entire content of Decision Point can be found on line at dynamiccatholic.com. This includes the book material plus all the videos attached to the lessons within the book. This presents an ideal way for parents (and sponsors) to participate in the ongoing education that the candidate is receiving. Good and thoughtful discussions can arise from this co-education approach.

Expectations for Catholic High School Candidates

We realize that our Catholic High School students are attending theology classes on a daily basis within their respective schools. Though these are not specifically pre-Confirmation classes, they do offer students a good foundation of religious education.

For that reason the expectation for Catholic High School candidates is:

- **Regular attendance at weekend liturgy** – Celebrating the Eucharist is at the heart of our lives as Catholics and essential when preparing to receive a sacrament. Teens can attend any of our weekend liturgies – 5:15 pm on Saturday, 7:30, 9:00 or 11:00 am on Sundays
- **3 Large Group Sessions** – LG Events bring together both 1st and 2nd year PATHS candidates with games, dynamic speakers, experiential activities, and community. PATHS large groups meet at Saint Anne in the Parish Center gym.
- **OPTIONAL - 8 Small Group Sessions** – Participate in rich conversation, break bread together, laugh, pray, and explore your faith. This is exactly how the earliest followers of Jesus experienced their faith! Small groups meet in adult small group leader's homes or on site in the Parish Center. Each group has 2 adult leaders.
- **Confirmation Retreat** – 1st Year PATHS Teens are required to attend a short mini retreat led by upperclassmen and 2nd Year PATHS Teens are required to attend a day retreat to connect with peers and reflect more deeply on living a life of faith.
- **Faith in Action (Service)** – We are the hands and feet of Jesus. Teens are expected to serve their community, church, and family for at least 10 hours each year.
- **Sponsor Selection** – 1st Year Teens will choose a personal sponsor or mentor to guide them through their preparation for the sacrament and beyond.
- **Confirmation Name Selection** – 2nd Year Teens will select a saint's name to be used at Confirmation and will submit a short write up as to why they chose it.
- **Letter to the Pastor** – 2nd Year Teens - The final steps on the journey consist of a letter to Fr. John Trout, our Pastor, about the candidate's desire to be Confirmed.

Attendance: Participants are expected to take this commitment seriously. With relatively few meetings in the year, teens are expected to participate in ALL scheduled gatherings. If there are extenuating circumstances which would result in an absence, the parent is to contact Doreen Sobeski in the Youth Ministry Office prior to the start of the missed session, preferably 24 hours in advance. If a session is missed, the teen and a parent will be expected to make up the work. Please be on time for all sessions. **If a candidate has a significant number of absences, we reserve the right to delay Confirmation to another year.**

*The entire content of Decision Point can be found on line at dynamiccatholic.com. This includes the book material plus all the videos attached to the lessons within the book. This presents an ideal way for parents (and sponsors) to participate in the ongoing education that the candidate is receiving. Good and thoughtful discussions can arise from this co-education approach.

Service Hours

The Why and How of Service

WHAT ARE SERVICE HOURS?

They are hours spent sharing your love of Jesus Christ with others who may or may not be as fortunate as you are. It is your opportunity to show that you believe in Jesus and what He taught us by your actions and deeds.

WHY DO WE HAVE TO?

Because Jesus told us to in Matthew 25:40 - “The King will reply, ‘Truly I tell you, whatever you did for one of the least of these brothers and sisters of mine, you did for me.’”

Serving others is an answer to the Gospel challenge to love our neighbor as Jesus loves us. Jesus gave us many examples of loving service.

WHY DO WE DO THEM?

Because, like Jesus, we must love our neighbor and trust that God will always be there for us. To have the promise of salvation fulfilled in us, we must choose to live our faith in both word and action. James 2:14-17 - “What good is it, my brothers and sisters, if someone claims to have faith but has no deeds? Can such faith save them? Suppose a brother or a sister is without clothes and daily food. If one of you says to them, “Go in peace; keep warm and well fed,” but does nothing about their physical needs, what good is it? In the same way, faith by itself, if it is not accompanied by action, is dead.”

WHY DO WE DO IT FOR CONFIRMATION?

Because it is not enough that you know about your faith. How do you put your faith into practice? How often do you go out of your way to help others? Read the Beatitudes in [Matthew 5:3-12](#).

HOW DO I START?

Think about what some of your God-given talents are and then list ways that those talents can help in the church, community, and family. Read [1 Corinthians 12:1-11](#). Ask God for guidance. He won't let you down. Open your heart and your mind to His help. Remember your service hours need to be special and not something already being done as a part of your daily routine.

WHAT DO I DO?

Before making your decision and commitment: Pray to the Holy Spirit for guidance. Talk to your parents and sponsor to discuss ideas. Find out the needs of people in your family, neighborhood, parish, school or community. Make phone calls and ask what you can do to help. Schedule yourself to help. Prepare yourself for the service project by praying and asking for God's help. (Some of your projects might be uncomfortable for you. Ask God to give you patience and compassion. Read and reflect on some of the scripture listed in this information.)

There is a list of suggested service projects and organizations at the end of this Handbook.

(10 Hour Service Minimum per year)

Please complete this [Online Form](#) to submit each of your Service Hours activities.

WHAT ARE MY RESPONSIBILITIES WHILE ATTENDING A SERVICE PROJECT?

It is your responsibility to have a Christian attitude. Remember: some of these service projects are going to make you uncomfortable. Pray for compassion and patience and hope in becoming more like Jesus. One of the purposes of service hours is that you learn about yourself (sometimes you will be proud of what you've learned, other times you will be challenged.) Be a good example by helping others discover Jesus through you and the way you behave and live.

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How to prepare yourself for a service project:

1. Read scripture to help you get into the right mind set. Try these and look for some that will have special meaning for you: [Matthew 5:3-12](#) (Beatitudes), [Romans 12:6](#), [1 Corinthians 12:4-7](#), [Matthew 10:8](#), [James 2:14-17](#), & [Matthew 15:31-46](#).

2. Read and reflect on the following prayer.

O, Heavenly Father, give me a heart like the heart of Jesus, a heart more ready to serve than be served, a heart moved by compassion towards the weak and oppressed, a heart set upon the coming of your kingdom in the world of men and women. — John Baillie

3. Always remember: **YOU ARE NOT ALONE IN DOING THIS. JESUS IS WITH YOU.**

Jesus said, "...I am among you as one who serves." [Luke 22:27](#)

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Choosing a Confirmation Sponsor - PATHS Yr 1

Sponsor Forms can be submitted online [here](#).

The Church's requirement for the sponsor for Confirmation is as follows:

- An exemplary Catholic who is himself/herself already confirmed
- Has received the Eucharist
- Is at least 16 years old.
- Is not their parent.
- That only one person act as your sponsor.
- Need not be of the same gender.

It is recommended (*but not necessary*) that the candidate take as a sponsor one of the godparents who represented them at Baptism.

Question:

What are the responsibilities of a Confirmation sponsor?

Answer:

The primary responsibility of the sponsor is to provide the candidate prayerful support and guidance in his or her Christian walk and to “take care that the confirmed person behaves as a true witness of Christ and faithfully fulfills the obligations inherent in this sacrament” (canon 892).

Being a sponsor is a lifelong commitment. A sponsor takes on the role of a spiritual parent who “brings the candidate to receive the sacrament, presents him to the minister for the anointing, and will later help him to fulfill his baptismal promises faithfully under the influence of the Holy Spirit” (*Rite of Confirmation* 5).

Some of the responsibilities of a sponsor to the candidate before Confirmation:

- Be a convinced, enthusiastic Catholic who lives a life of faith, and is committed to fulfilling the responsibilities of a sponsor.
- Pray regularly for and with the candidate, showing him/her how to pray by example.
- Cultivate a supportive and encouraging relationship with the confirmand.
- Be involved in the catechetical preparation of the candidate with great heart and dedication.
- Have knowledge of the personal faith of the candidate and share your own faith experience.
- Lead and guide the candidate to a personal relationship with the Lord and to a deeper familiarity “with the Holy Spirit—his actions, his gifts, and his biddings—in order to be more capable of assuming the apostolic responsibilities of Christian life” (CCC 1309).

Some of the responsibilities of a sponsor to the confirmed after confirmation:

- Maintain regular contact with the confirmed by phone, email. Also, sending a card on the anniversary of his/her confirmation.
- Pray regularly for the confirmed and when possible pray with him/her.
- Help the confirmed to learn how to experience a deeper prayer life (e.g. eucharistic adoration).
- Encourage participation in the life of the Church, especially through his/her parish.
- Continue ongoing catechesis (e.g., sharing good books) and be available for questions.
- Help the confirmed to understand how to bear witness to Christ in the world and to fulfill his/her baptismal promises faithfully through the Holy Spirit.

source: <https://www.catholic.com/qa/responsibilities-of-a-confirmation-sponsor>

Choosing a Confirmation Name - PATHS Yr 2

Name Forms can be submitted online [here](#).

In the Christian tradition, taking a new name signifies spiritual conversion or a significant spiritual change in your life. For example, Saul - a persecutor of Christians experienced an extreme conversion and became one of the greatest believers who ever lived. After this conversion, God called him by the name Paul. ([Acts 9](#)) That is why, in our Catholic tradition, we choose a new name for the Sacrament of Confirmation.

This name should be that of a saint or a holy Christian person whom you admire. This should be someone whose life you aspire to emulate, whose actions inspire you to live a life in pursuit of Christ.

The choice of the Confirmation name can be an exciting activity for both the candidate and his/her family. At birth or Baptism, a child does not choose their name-their parents do. However, with Confirmation, a candidate has a chance to choose a new name that will confirm their decision to follow Jesus more intentionally, or keep their baptized name, giving it more emphasis in Confirmation. The choice of the name has two paths:

- 1. A candidate can reaffirm their Baptismal name (current first name).**
- 2. The candidate can choose a new name inspired by a saint or Christian Holy Person.**

This is where the concept of the patron saint comes into play. If a teen has a strong affiliation with their ethnic culture they could choose the name of a saint from that country—Maximillian Kolbe (Poland), Anthony (Italy), Gregory (Germany) Theresa (France), Rose (Peru) etc.

If the candidate is an athlete they could choose the name “Sebastian” who is the patron saint of athletes. There is a patron saint with pretty much every vocation or

hobby. This is where the candidate can invest in some online research about saints' names.

What is important in this consideration is that the parent(s) and the candidate talk about this choice with each other to come up with a thoughtful name that will be inspiring to the candidate.

Below are some questions to help brainstorm saints to research:

Things I Like (activities, passions, hobbies):
(e.g. singing, football, animals, human rights)

Future Career/Calling Ideas:
(e.g. lawyer, teacher, military, mission work)

Lifestyles/Story that Appeals or Inspires:
(e.g. redemption, conversion, minimalism, caring for the poor)

Christian Role Models in my Life:
(e.g. Great Grandma Rose, Uncle Chris)

Important Dates:
(e.g. Birthdate, Anniversary)

Saint Name Generator: www.saintsnamegenerator.com

Letter of Intent to Fr. Chris Ciastoń - PATHS Yr 2

Letters can be submitted online [here](#).

2nd Year Confirmation Candidates are to submit a letter to our Pastor, Fr. Chris Ciastoń, stating their intent to receive the Sacrament of Confirmation this Spring and become fully initiated into the Catholic Church. Your letter should be at least one page, typed, double spaced, and include the following points:

- A brief personal introduction. You can include your interests, passions, your family dynamic etc.
- An expression of your desire to be confirmed and why. (What does your faith mean to you, what does it mean to you to be Catholic)
- An explanation of how you have been preparing for this Sacrament. (What have you learned in the PATHS program, what service projects have you participated in, etc.)
- Some words about your personal faith growth and relationship with God.
- A note on the Confirmation name you chose and why.
- A note on who you chose as a Sponsor and why.
- A description of what being a member of this parish community means to you.
- A plan on how you will commit to living out your faith as a Confirmed Catholic - in your parish community and in the world, so as to keep your faith real and alive in the future, post Confirmation.

This letter should be thoughtful and personal. This means the candidate can also speak to any doubts that might be present about their faith or struggles they may have had in the program. Honesty is always welcomed.

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Confirmation Retreat - PATHS Yr 2

The Confirmation Retreat provides our candidates a chance to spend an entire day with their peers exploring the meaning and demands of Confirmation in a more focused environment. The retreat is set up around a series of witness talks, small group discussions, interactive games, shared meals, and Mass.



Service Project Ideas

Barrington Area Conservation Trust

Barrington Area Conservation Trust is devoted to preserving our community's rare and exceptional open space for current and future generations.

Contact: Administrative Director 847-387-3149 or <https://bactrust.org/>

Community Meal

Christian Hospitality offered at local churches

Interdenominational organization which serves community members in need of companionship or food. Help set up, serve food or clean up after the event.

Contact: Activity Director 847-525-8004 or www.thecommunitymeal.org/volunteer/

Deer Park Village Senior Living

Independent Living, Assisted Living, and Memory Care for Senior Citizens

Located at 21840 West Lake Cook Road, Deer Park

Assist in social time for residents. Play games, musical instruments, art projects. Will modify activities to fit your interests.

Contact: Activity Director 847-438-8200

Encore Memory Care at South Barrington

Assisted Living for senior citizens with dementia or Alzheimer's

Located at 215 Bartlett Road South Barrington

Assist in social time for residents. Play games, do art projects, play music instruments, sit and visit, bring your talents and interests. Activities that fit your hobbies and interests. Background check required.

Contact: Activity Director 847-844-1205

Fair Trade Sales

Quarterly, sale of fair trade products. Creating awareness of the justice issues surrounding labor and trade between people living in this country and those living in the developing world

Located in the Saint Anne gathering space

Assist with the set up and sale of goods.

Contact: Paul Kalmes 847-344-1869 or pwkalmes@gmail.com

House of Hope

Resale Store where proceeds benefit Saint Anne's Project Hope community outreach ministry

Located in Deerpath Commons, 955 S Rand Rd, Lake Zurich

Help in the store, whether it is sorting clothing, moving furniture to people's cars or any number of other tasks.

Contact: 847-550-2000

GIGI's Playhouse

Achievement center for people with Down's Syndrome

Located at 2350 W Higgins Rd, Hoffman Estates

Assist with classes and social time. Must attend a training session.

Contact: Alison 847-885-6149 or gigisplayhouse.org/hoffmanestates/volunteer

Lake Barrington Woods

Independent and Assisted Living

Senior Citizens

Located at 22320 Classic Ct. Lake Barrington

Socialize with residents, play games.

Contact: Activity Director 847-842-8900

Special Olympics

Sports training and athletic competition in a variety of Olympic-type sports for children and adults with intellectual disabilities

Located at high schools in Lake, McHenry, and North Cook County

Help at sporting events.

Contact: www.soill.org/volunteer-events/

Walk on Farm

Therapeutic riding center for individuals with special needs

Located at 26665 W Cuba Rd, Lake Barrington

Assist with sessions and care of horses. Must attend a training session.

Contact: Activity Director 847-381-4231 or <https://walkonfarm.org/walk-on-volunteer/>

Corporal Works of Mercy Ideas

<https://focusequip.org/50-corporal-works-of-mercy-ideas-for-your-summer-bucket-list/>

Youth Ministry Opportunities

Retreats, Service and Other Opportunities

Summer Service Mission Trip - Catholic HEART Workcamp - Grades 9-12

Catholic Heart Workcamp is a week-long summer mission trip for teens entering 9th grade and higher. The mission is to revitalize communities and beautify homes for the elderly, disabled and those who cannot afford needed repairs. This experience will empower participants to live as disciples of Christ through serving others and foster the spiritual growth of each participant through the sacraments, Catholic faith sharing, and prayer.

- Travel with teens from Saint Anne to the Camp Location.
- Join up to 300 other teens from around the country and get assigned to a work crew and worksite for the week.
- Sleep, eat, and live at the host school.
- Start each day with Mass and Morning Program. Travel to your worksite to serve (painting, cleaning, building, clearing, sorting, interacting, etc.) Return to camp to enjoy free time with friends, experience musician-led music and prayer, and interact in high-energy games and activities.
- Help others, grow closer to God, meet new people, have a blast, and MAKE A DIFFERENCE.

Kairos Retreat - Grades 11 & 12

Kairos is a Greek word that means “the right time”, “the opportune moment” or as our retreatants like to simply say, “God’s Time”.

This retreat is for juniors or seniors only. Student leaders (high school seniors) plus adults prepare extensively for the retreat months before. In the course of the 4 day retreat, a series of personal talks, or “witness” talks are given by both students and adults. These talks delve into the person’s life and how they have grown, failed to grow and how God has intersected in their life in this process of growth. Following each talk,

the retreatants gather in small groups of 6 students, led by 2 senior leaders and 1 adult, and discuss the content of the talk and its impact on them. Add to this prayer time, meal time, recreation time, Mass, and Reconciliation, the retreat becomes an overwhelming experience of insight and joy for its participants.

If your confirmation candidate is a junior or senior, they are welcome to attend the Kairos retreat. They can substitute this for the Confirmation retreat or they are welcome to attend both.

We encourage you to talk with your teen about the retreat when they are of age to attend. It can be a profound experience and for many kids will change their lives forever.