



Braintree Catholic Collaborative Confirmation Program
Super Saturday

WORKSHOP BREAKOUT SESSION 1

- A. **Gifts of the Holy Spirit in my life**- How many gifts of the Holy Spirit are there? What are they? How do you get them/use them in your life? What's the big deal about these gifts?
- B. **Women in the Bible**- It may seem like Eve gave all women in the Bible a bad name, but that's not true! There are several important female leaders in the Scriptures, women who heard God's Word and lived it with their lives. Who are these great heroines of the Sacred Scriptures? What did they do? How can they help your spiritual life in the 21st Century?
- C. **Millennial Saints**- The call to holiness is for everyone, but it seems like the Saints were always older and "grown-up". The Church recognizes several saints who were either children or adolescents when they died. What *recent* Saints/Blessed's does the Church recognize and what virtues of theirs can I imitate in my life? This workshop focuses primarily on St. Carlo Acutis who was an Italian teenager and died at 15 years old in 2006 but who lived a life of extraordinary holiness. St. Carlo was canonized on September 7, 2025 by Pope Leo XIV (alongside another Italian St. Pier Giorgio Frassati who died in 1925).
- D. **Eucharistic Miracles**- At various times throughout the history of the Church, God has granted certain miraculous events to take place in order to show His goodness to the world. What exactly is a Eucharistic Miracle? How does the Church determine one? What is the role of science in determining such a miracle?
- E. **Sport and Spirituality**- Have you ever heard that your body is a Temple of the Holy Spirit? What does it mean to keep our bodies physically fit? How can a solid prayer life influence how we take care of our bodies, and how can how we treat our bodies affect our prayer life? What has the Church taught about Sport/Recreation over her history?

WORKSHOP BREAKOUT SESSION 2

- A. **How to Pray the Rosary**- What is the Rosary? How did it develop? Isn't praying the Rosary a form of worshipping Mary and making her equal to God? When we allow Mary to help us meditate on the *mysteries of the Rosary*, we let her teach us about the life of her Divine Son, Jesus.
- B. **Lectio Divina (Bible)**- How do I read the Bible? How can I understand God's word and live it in my life? Is there a "right" or "wrong" way to read the Bible? This session will focus on the four steps that can help us read with, pray with, and put into practice in our lives passages we read in Sacred Scripture.

C. **Stations of the Cross-**A traditional Lenten devotion, the Stations of the Cross are images and meditations that help us reflect on Jesus' last hours on Earth, from his sentencing by Pontius Pilate, to his being taken off the Cross and laid in a tomb. They help us reflect on what the Savior did for us on that Good Friday, and lead us to a place of gratitude and thanksgiving.

D. **Church Architecture-**How we build our Church buildings can influence the way we pray. How does the architecture of our Parish Churches of St. Francis and St. Clare direct our mind to God? Why are Church buildings built in certain ways?

E. **Adoration of the Blessed Sacrament**—Jesus said to His disciples “Come away by yourselves and rest a while” and “Could you not watch one hour with me?”. Catholics for centuries have taken time out of their day to sit in the presence of Jesus in the Blessed Sacrament and just **be**. When we adore the host in the *monstrance* (the object that contains the Consecrated host) we are looking at Jesus, although it looks like ordinary bread. And from His place in heaven, Jesus watches us with delight that we would take time from our day to spend in silence in His presence. There is an old saying that when we adore Jesus in the Blessed Sacrament that “I look at Jesus and Jesus looks back at me!”

SUPER SATURDAY SCHEDULE

- 10:45-11:** Students Arrive/Check-In
- 11-11:10** Welcome/Expectations & Goals for the Day
- 11:10-11:50:** Ice Breakers/Break Out Group Introductions
- 11:50:** Break
- 12-12:45** Workshop 1
- 12:45-1:15** Grace and Lunch
- 1:15-1:45** Large Group Activity
- 1:45-2:30** Workshop Session 2
- 2:30-3** Break Out Groups/Prayer
- 3-3:45** Large Group Discussion and Witness Talk
- 3:45-4** Wrap up and closing prayer



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Super Saturday--**Year I Accelerated**

Please return this sheet to Fr. Kevin or Mrs. Lane NEXT Sunday 11/2 or scan and email
KLeaver@sfab.org or KLane@sfab.org **ASAP**

Name: _____

Super-Saturday Chosen (Circle One): 11/8/25 4/11/26

Known Allergies (for lunch): _____

	SESSION 1	SESSION 2
1 st Choice	_____	_____
2 nd Choice	_____	_____
3 rd Choice	_____	_____
4 th Choice	_____	_____
5 th Choice	_____	_____

For Religious Education Staff Only:

Session 1: _____

Session 2: _____