

Service Experience Confirmation Year 1 Gratitude Grid and Reflection Paper

- **Gratitude Grid:**

Each day, for a minimum of **30 days**, keep track of at least one nice thing you did for someone else. This should be something that you were not asked to do or expected to do.

Add at least one thing you are grateful for that day as well.

Sample grid online under <https://www.stpetersolney.org/school-of-religion>

- **Reflection Paper:**

Based upon the service experience and journal entries made daily during this time.

Minimum length for paper is 500 words. May be longer if needed.

Must be **typed**, using correct spelling, punctuation and grammar.

Answer the following 8 questions in your reflection paper:

1. Why do we serve others?
2. How did this service affect those you served?
3. How did the Gratitude Grid strengthen or change your faith?
4. Define what an Act of Mercy is and which one was most prevalent as you review your Gratitude Grid and journal.
5. Explain why being of service to others is life-long.
6. How is service a regular part of your life?
7. How will your patron saint intercede for you in your life of service?
8. Why must we be grateful and how does this help us to be more present (aware) to others?

- Staple the completed and signed Gratitude Grid to the Reflection Paper.
Turn into SOR. Due no later than **April 12, 2021**

Reflection paper *shall be returned* to student if guidelines are not followed

Note: Parent or adult supervisor must sign Gratitude Grid. If completed Reflection Paper and Grids are not received on or before **April 12, 2021**, registration for Confirmation Year 2 will not proceed. Student will repeat Year 1.