

## Sacramentality Reflection Assignment

Choose two of the following to reflect on. Describe the person, place, object, or experience that you are thinking of. Tell me a detailed story about it, almost like you were writing a journal entry or a memoir about yourself. Make sure to include a reflection on why this person, place, object, or experience is sacred to you personally.

Each category should be a half page minimum reflection, for a total of one page. Due at the start of our next class.

- Person
  - Place
  - Object
  - Time/Experience
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## Baptism Reflection Assignment

Please write a 250 word minimum paragraph on the following prompt: What in your own life relates or has related to the spiritual meaning of Baptism--cleansing and new birth/life. You may of course answer this in a Religious sense, but you don't need to. Consider where in your life you have experienced (or been in need) of these ideas. Please write the reflection like you are telling me a story or writing a personal journal entry.

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## Eucharist Reflection

The Eucharist reminds us of our need to be nourished--especially emotionally and spiritually. During the past year we have all experienced disruptions to the ways we normally find nourishment in our daily lives. Our routines have changed, our interactions with others have changed, our lives have changed.

Today's reflection has two questions to answer: **First**, what has the past year revealed to you as important? In other words, what were you unable to do during the pandemic that used to bring you nourishment, but for some part of the past year you weren't able to rely on that? **Second**, what new ways did you find to receive nourishment during this time? Was it easy to find new ways or did you struggle with that process? Have you developed new ways to take care of yourself over the past year? What has worked and what hasn't?

This reflection is meant to be both a review of the past year and a check in on how you are doing now. Minimum of 250 words for full credit, but you may of course write more than that!

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### **Confirmation Reflection**

Tell me about your own experience with coming of age rituals. This could be religious, cultural, or unique to your family. What is something special that you have gotten to do that marks that you are becoming older and more mature? Describe this event/experience and tell me about the significance this holds for you in your life. (200 word minimum)