



# Spiritual Experience

Spiritual Experience (events focused on faith growth) is required between 1<sup>st</sup> and 3<sup>rd</sup> quarter. Completion of Spiritual Experience and documentation will be assigned a test grade in the third quarter. No homework is given on Fridays for religion class to encourage time devoted to faith growth and service.

Spiritual Experience events need approval of the religion teacher for credit.

## Option One:

**A significant scale event lasting one day or longer**

- ✘ March for Life, Jan 21-24
- ✘ Sodality Retreat, Sept 23-24
- ✘ National Catholic Youth Conference, Nov 17-20 (Indianapolis)
- ✘ Urban Plunge
- ✘ St. Matthew's Girl's retreat - freshmen, Sept 10
- ✘ Break at the Lake – freshmen, Nov 5
- ✘ Search - juniors and seniors, various weekends
- ✘ Jesu Caritas Retreat - seniors, Oct 1-3
- ✘ A retreat pre-approved by your religion teacher

## Option Two:

**Four *different* small scale events**

- ✘ Documentary: Nine Days that Changed the World (JPII), Aug 31
- ✘ Love Come Alive@ Rockettown–Sept24
- ✘ A non-Sunday Mass
  - 7:00 AM at school
  - Saturdays at the Motherhouse
  - SEARCH Closing Mass
- ✘ Wednesday rosary with Sodality
- ✘ A time of prayer at the abortion clinic with Sodality
- ✘ Vespers (Evening Prayer) or Compline (Night Prayer) at your church or at the Motherhouse
- ✘ A Lenten or Advent Penance service at your church
- ✘ Life & Cheerios – before school
- ✘ Theology Brown Bag Lunch at school
- ✘ 40 Days for Life Events
- ✘ A selected Vanderbilt or Aquinas College or parish talk
- ✘ Helping with Sunday school or CCD.
- ✘ An event pre-approved by your religion teacher

## Steps to Completion:

1. Pick an event from the list, or get one approved by your religion teacher
2. Go to the event and get a signature from the adult chaperone, youth minister, event coordinator, or sodality officer. \*In some circumstances, your religion teacher may give prior-approval for a parent signature (e.g. Lenten Penance Service).
3. Answer the reflection questions with care.
4. Result: spiritual growth and a great test grade in the 3<sup>rd</sup> Quarter

**SPIRITUAL EXPERIENCE REFLECTION**  
**Option 1: Significant Scale Event**

NAME \_\_\_\_\_ DATE \_\_\_\_\_

NAME OF EVENT \_\_\_\_\_ DATE OF EVENT \_\_\_\_\_

NAME OF ADULT CHAPERONE \_\_\_\_\_

SIGNATURE OF ADULT CHAPERONE \_\_\_\_\_

PHONE NUMBER OF ADULT CHAPERONE \_\_\_\_\_

Please respond to the following questions in two to three complete sentences.

Describe the activities included in your spiritual experience and how you were involved in them.

In what way did this experience impact your relationship with God?

What are two specific things you learned about yourself through this experience?

What are two specific things you learned about others through this experience?

Would you like to be involved in this kind of activity again? Why or why not?

How does sharing your faith with others enrich your own spiritual life?

**SPIRITUAL EXPERIENCE REFLECTION**  
**Option 2: Three Small Scale Events**

NAME \_\_\_\_\_ DATE \_\_\_\_\_

NAME OF EVENT #1 \_\_\_\_\_ DATE OF EVENT \_\_\_\_\_

NAME OF ADULT CHAPERONE \_\_\_\_\_

SIGNATURE OF ADULT CHAPERONE \_\_\_\_\_

PHONE NUMBER OF ADULT CHAPERONE \_\_\_\_\_

**Describe the event. (1-2 complete sentences)**

**Why did you choose this event? (1-2 complete sentences)**

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NAME OF EVENT #2 \_\_\_\_\_ DATE OF EVENT \_\_\_\_\_

NAME OF ADULT CHAPERONE \_\_\_\_\_

SIGNATURE OF ADULT CHAPERONE \_\_\_\_\_

PHONE NUMBER OF ADULT CHAPERONE \_\_\_\_\_

**Describe the event:**

**Why did you choose this event?**

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NAME OF EVENT #3 \_\_\_\_\_ DATE OF EVENT \_\_\_\_\_

NAME OF ADULT CHAPERONE \_\_\_\_\_

SIGNATURE OF ADULT CHAPERONE \_\_\_\_\_

PHONE NUMBER OF ADULT CHAPERONE \_\_\_\_\_

**Describe the event:**

**Why did you choose this event?**

NAME \_\_\_\_\_ DATE \_\_\_\_\_

NAME OF EVENT #4 \_\_\_\_\_ DATE OF EVENT \_\_\_\_\_

NAME OF ADULT CHAPERONE \_\_\_\_\_

SIGNATURE OF ADULT CHAPERONE \_\_\_\_\_

PHONE NUMBER OF ADULT CHAPERONE \_\_\_\_\_

**Describe the event.**

**Why did you choose this event?**

**Consider the four different mini-spiritual experiences.**

Please respond to the following questions in two to three complete sentences

**Of the four, which one would you be most likely to do again? Why?**

**Which one most impacted your relationship with God? Why?**

**Do you usually choose to do these kinds of things when they are not required? Why or why not?**