



# Spiritual Growth Documentation

## 2018-2019

Catholic High School ...dedicated to the development of 4<sup>th</sup> -12<sup>th</sup> grade students through academic excellence and Christ-centered values rooted in caring discipline, compassion, and zeal.

One of our goals at Catholic High School is to foster spiritual growth among our students through the means we are privileged to have at our disposal as Catholics. What separates us from any other Christian denomination is that we have the fullness of the Truth and the fullness of the availability of grace through the Church and her Sacraments. Our students should avail themselves of these means of sanctification which are the normal means for obtaining grace in our lives.

So, we ask each student to complete a certain number of hours for their own spiritual growth. Our faith is both communal and personal. In addition to the things that we all do together (like Sunday Mass), every Catholic and every Christian should be doing things to help their personal prayer life and relationship with God. The goal is to build personal habits (virtues) that help you take ownership of your faith.

### What qualifies as Spiritual Growth?

- Daily Mass at any parish or on Tuesday morning before school at CHS = 30 minutes
  - Saturday night is a Sunday Mass - It does not count because everyone should go every Sunday
- Adoration = however much time you spend
- Praying the Rosary = 30 minutes
- Stations of the Cross = 30 minutes
- Spiritual Readings (A reading list will be provided) = 2 hours per book
- The completion of a nine-day novena to a Saint = 30 minutes (a few minutes each day over 9 days)
- *Pre-approved* spiritual movies = 1 hour
- Participation in a non-school retreat (not more than 5 hours worth)
- Participation in a non-school prayer service (e.g. a Procession or Pro-Life March: not more than 5 hours worth)
- Growth activities completed during the summer do count for the first due date (January 5)

**Required** school religious activities *do not count* as spiritual growth hours. **Optional** activities sponsored by the school do count. Spiritual Growth hours are meant to be a personal effort to grow in your faith outside of required activities. Students should sincerely look to grow in their faith, not just check off a grade.

Students in grades 7-8 are required to document 5 hours of spiritual growth per year (2.5 per semester).  
Students in grades 9-12 must document 10 hours of spiritual growth per year (5 per semester).

Spiritual Growth Hours, with a typed reflection, are required to be turned in twice a year. These are turned in to your Religion Teacher by the following dates. Failure to do so will result in a 0/50 for the grading period.

- **The 1st half** of the required hours are due on January 5 (The beginning of 3rd Quarter)
- **The 2nd half** of the required hours are due at the end of the 4th quarter
  - Seniors due April 24<sup>th</sup>
  - Grades 7-11 due May 8

# Spiritual Growth Hours Time Log Sheet

Student's name: \_\_\_\_\_ Religion Teacher's Name: \_\_\_\_\_

## Time Log for Spiritual Growth Hours:

Date	# of Hours	Description of Spiritual Growth Activity	Signature of Supervisor

## Final Report and Reflection

Write a professional quality reflection on your Spiritual Growth over the past half a year. It must be typed on white paper. Use 12pt font, Times New Roman with 1 in. margins. Be mindful of your spelling!

Please follow the instructions carefully. Include all information requested by the questions for each paragraph, but do not make your paragraphs any longer than necessary. Your report should be about one typed, double-spaced page. Quality, not quantity is the goal. Below is a sample of the form you should use. The title and your name are to be at the top of the first page. Do not copy the questions. Use them as a guide for what to say in each paragraph, but arrange the information in a way that best expresses your growth. It is important that in your reflection you are honest and thoughtful. This reflection is personal and it will not be shared with the class.

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Student's Name

Teacher

Course Title

Submission Date

### Reflection on Spiritual Growth

- Paragraph 1 - Identify three things you have learned about yourself and your faith because of these activities.
- Paragraph 2 - What kind of growth activities did you do? ? With whom did you do them? Be specific and give dates and times involved. State the total number of hours you worked.
- Paragraph 3 - Describe any difficulties you faced. How did you handle them? How did you feel about the effort you put into growing in your faith
- Paragraph 4 - Did these activities create any questions for you and your faith? How do you plan to find answers to those questions? How do you plan to continue growing in your faith in the future?