



# PLEDGE FORM GRADES 6-12

Name \_\_\_\_\_ (Optional) Email \_\_\_\_\_ (Fill out to receive E-Flame Monthly spiritual reminders)

Your additional pledge choices may be added in the blanks provided.

## **The Mass I will.....**

- Attend Mass every Sunday
- Sing, pray and listen during Mass
- Greet someone new at Mass
- Encourage others to attend Mass
- Attend Mass on Saturday morning
- Be ready to go to Mass
- Contribute some of my own money in the collection basket
- Other \_\_\_\_\_

## **Prayer I will.....**

- Pray with friends before an activity
- Lead my small group in prayer
- Lead my family in mealtime prayer
- Know and pray the Our Father
- Know and pray the Hail Mary
- Know and pray the Glory Be
- Know and pray the Act of Contrition
- Say a morning prayer
- Say an evening prayer
- Thank God throughout the day
- Speak to God throughout the day
- Pray 15 minutes privately each day
- Attend Eucharistic Adoration
- Other \_\_\_\_\_

## **The Sacraments I will.....**

- Receive Holy Communion at Mass
- Attend Reconciliation during Advent
- Attend Reconciliation during Lent
- Attend other Sacrament celebrations (ex. Baptism, Marriage, Confirmation)
- Other \_\_\_\_\_

## **The Bible I will...**

- Read a Bible story or verse daily/weekly
- Reflect on what I have read in the Bible
- Sign up for a Bible study
- Visit <http://www.disciplesnow.com/> or another Catholic teen website weekly
- Other \_\_\_\_\_

## **My Faith Formation I will.....**

- Read the parish bulletin weekly
- Attend my Formation or Religion class
- Actively participate in my Formation or Religion class
- Enjoy a faith-based movie or Christian movie
- Listen to my teacher in Formation or Religion class
- Respectfully listen to others in my Formation or Religion class
- Visit a Christian bookstore
- Learn about someone else's faith
- Attend a Bible camp
- Other \_\_\_\_\_

## **Retreats I will.....**

- Joyfully attend retreats
- Actively participate in retreats
- Be a retreat leader
- Other \_\_\_\_\_

## **Evangelization I will.....**

- Tell a friend about God
- Invite a friend to come to Mass
- Attend youth/parish activities at St. Stephen's
- Invite a friend to a youth/parish activity
- Other \_\_\_\_\_

## **Parish Ministries I will.....**

- Bring up the offertory gifts
- Join the Youth Choir, Grades 2-7
- Join the Teen Music Ensemble (grades 8-12)
- Be an altar server
- Be a lector
- Be an Extraordinary Minister (after Confirmation)
- Help with Environment and Art
- Be an usher (age appropriate)
- Other \_\_\_\_\_

## **Service I will.....**

- Adopt a family for the Christmas Basket program
- Help someone out without receiving anything in return
- Participate in a food drive
- Give gently used clothing to a local shelter
- Help a neighbor with yard work
- Walk a pet
- Teach Sunday School or a Formation class
- Participate in Summer Stretch (age appropriate)
- Complete a service project on my own
- Actively participate in service projects offered by St. Stephen's
- Actively participate in service projects offered by my school
- Volunteer at parish events (ex. Fish Fries, Summerfest, Nursery, VBS)
- Volunteer to help the elderly or homebound
- Sign up for a mission trip this year
- Treat Bibles, hymnals, and all Church property with respect and reverence
- Other \_\_\_\_\_

## **Family Life I will.....**

- Be respectful to my parents
- Do an activity with my family (ex. game, tv ..)
- Set the table
- Fold the laundry
- Clean my room
- Make my bed
- Do the dishes

- Collect the mail
- Take out the garbage
- Help my brothers or sisters
- Say "I love you" to each of my family members once a day
- Say "please" and "thank you"
- Make time to listen/talk to my parents
- Not talk back/argue with my parents
- Call, write to, or visit my grandparents
- Send my Godmother a Mother's Day card
- Send my Godfather a Father's Day card
- Invite my grandparents to activities that I participate in
- Not fight and argue with my siblings
- Take care of my siblings
- Turn off my cell phone during family time
- Eat dinner together with family once a week
- Not swear or use bad language
- Use my computer time to look up a holy person
- Use my computer time to look up a prayer
- Recycle and not litter
- Pick up a piece of garbage I see on the ground each day
- Other \_\_\_\_\_

## **School I will.....**

- Complete my homework on time with effort
- Listen to my teachers
- Not talk back to my teachers
- Be ready for school
- Not talk bad about others
- Treat others with respect
- Say "please" and "thank you"
- Use manners
- Say "thank you" to a teacher
- Be kind to others
- Acknowledge a person I don't usually acknowledge
- Be friendlier
- Join a school club
- Other \_\_\_\_\_

## **Health I will.....**

- Eat healthy food
- Get physical exercise
- Go to bed on time
- Brush and floss my teeth
- Wash my hands often
- Be well groomed
- Wear my seatbelt when I'm riding in a car
- Wear my helmet when I'm biking or rollerblading
- Other \_\_\_\_\_