



SAINT ELIZABETH ANN SETON  
ROMAN CATHOLIC CHURCH  
LAKE RIDGE, VIRGINIA

**2022-2023**

YOUTH MINISTRY FAMILY &  
VOLUNTEER HANDBOOK

Saint Elizabeth Ann Seton Catholic Church  
12807 Valleywood Drive, Lake Ridge, VA 22192  
Phone: (703) 494-4008

# TABLE OF CONTENTS

I.	<a href="#">About this Handbook</a>	<a href="#">3</a>
II.	<a href="#">A Letter from the Coordinator of Youth Ministry</a>	<a href="#">3</a>
III.	<a href="#">Key Staff Contacts</a>	<a href="#">4</a>
IV.	<a href="#">Ministry Overview</a>	<a href="#">5</a>
V.	<a href="#">Stages of Conversion &amp; Discipleship</a>	<a href="#">10</a>
VI.	<a href="#">2022-2023 Youth Ministry Calendar</a>	<a href="#">15</a>
VII.	<a href="#">Activities Overview</a>	<a href="#">18</a>
VIII.	<a href="#">Family Participation</a>	<a href="#">24</a>
	a. Teen Registration	
	b. Parent Involvement	
IX.	<a href="#">Volunteering</a>	<a href="#">25</a>
	a. Volunteer Commitment Process	
X.	<a href="#">Staying Up to Date</a>	<a href="#">27</a>
XI.	<a href="#">Annual Diocesan Theme</a>	<a href="#">28</a>
XII.	<a href="#">Litany of Prayer for Seton Lake Ridge Youth</a>	<a href="#">29</a>

## I. About this Handbook

The purpose of this handbook is to provide the organizational structure, purpose, policies, and procedures of youth ministry at Saint Elizabeth Ann Seton Catholic Church in Lake Ridge, Virginia. This handbook is designed for staff, families participating in the ministry and volunteers who work with youth in the parish. As the ministry grows and develops, policies and procedures contained in this handbook are subject to change. All staff, families participating in the ministry and volunteers will receive written communication whenever changes occur.

## II. A Letter from the Coordinator of Youth Ministry

Dear Teen/Parent/Current or Prospective Volunteer Youth Minister,

I want to thank you for your openness in getting involved with the parish youth ministry.

To our adult parishioners and prospective volunteer youth ministers, I hope that this handbook will give you the information necessary to make a prayerful decision in how God might be asking you to minister to the young people around you. We hope to help you find where you can use the specific gifts that God has given you to invest in the lives of our young people. For those of you who are continuing to serve in a particular role, we would like to share how we can work together to invite the teens you are working with to truly belong to our parish community and provide them with more opportunities to discover more of who they are as a son or daughter of God.

Youth Ministry in the Catholic Church has been a major discussion point since the 2018 Synod on Young People, the Faith and Discernment. Since then, we have received Pope Francis' document *Christus Vivit*, in English, *Christ is Alive!* Pope Francis provides us with many insights on the status of ministry to young people in the church. In one passage he says, "*The community has an important role in the accompaniment of young people; it should feel collectively responsible for accepting, motivating, encouraging, and challenging them (CV 243).*"

As Youth Coordinator, I find that my primary responsibility is to serve, empower and equip those adults who are called to accompany young people in the parish. From my very own experience, I can affirm that God does not call the equipped; He equips the called. I hope that I, along with our priests and parish staff, can be an aid in how God plans to equip you in your call this year.

To our parents and teens, I hope that this handbook will give you a clear path for how God might be calling you or your child to grow in your faith this year.

I believe that every young person has a unique path that God has in store for them. This usually includes specific gifts, experiences, and individual people that will all lead them a step closer to His love and His grace in their lives. I hope that you will experience God's infinite mercy and love this year in ways that you haven't before through our youth ministry opportunities and more importantly through the relationships that you build between your peers and adult youth ministers.

Once again, I thank you for taking the time to read through this. Please do not hesitate to contact me if you have any questions or need further guidance. I look forward to getting to know you this year. You are in my prayers!

In Him,



*Kara Lilly*  
Youth Ministry Coordinator

📞 703-494-4008 ext 132

✉️ k.lilly@setonlakeridge.org

### III. Key Staff Contacts

#### **KARA LILLY**

*Coordinator of Youth Ministry*

**Work Phone:** 703.494.4008 EXT 132

**Email:** [klilly@setonlakeridge.org](mailto:klilly@setonlakeridge.org)

#### **FR. BRIAN BASHISTA**

*Pastor*

**Work Phone:** 703.494.4008 EXT 121

**Email:** [pastor@setonlakeridge.org](mailto:pastor@setonlakeridge.org)

#### **FR. DORT BIGG**

*Parochial Vicar/Youth Ministry Chaplain*

**Work Phone:** 703.494.4008 EXT 122

**Email:** [frdort@setonlakeridge.org](mailto:frdort@setonlakeridge.org)

#### **CHRISTINE O'HEARN**

*Office Manager & Pastor's Assistant*

**Work Phone:** 703.494.4008 EXT 125

**Email:** [c.ohearn@setonlakeridge.org](mailto:c.ohearn@setonlakeridge.org)

#### **DAISY RAMOS**

*Diocesan OPCYP Liaison*

**Work Phone:** 703.494.4008 EXT 120

**Email:** [d.ramos@setonlakeridge.org](mailto:d.ramos@setonlakeridge.org)

#### **SHERI SUESS**

*Director of Faith Formation*

**Work Phone:** 703.494.4008 EXT 130

**Email:** [s.suess@setonlakeridge.org](mailto:s.suess@setonlakeridge.org)

#### **KRIS FISCHER**

*Director of Evangelization & Communications*

**Work Phone:** 703.494.4008 EXT 202

**Email:** [k.fischer@setonlakeridge.org](mailto:k.fischer@setonlakeridge.org)

## **IV. Ministry Overview**

*Inviting young people into a lifelong relationship with Jesus Christ and His Church  
through Saint Elizabeth Ann Seton Catholic Church.*

*The youth ministry of Saint Elizabeth Ann Seton is an important aspect of the parish community which serves young people in 6<sup>th</sup>-12<sup>th</sup> grade throughout Lake Ridge, VA and beyond. Formed in what it means to be a disciple of Christ, youth ministers encounter young people where they are, invite them into a relationship with Jesus Christ and accompany them as they engage in the life of the parish through the sacraments, prayer, and fellowship. In the contexts of various youth activities, special events, small groups, and one-on-one discipleship, youth ministers inspire young people to discover who they are as a child of God and how He is specifically calling them to be missionary-disciples.*

### **Our Approach**

*Build Relationships. Make Disciples. Partner in Mission.*

### **Mission Statement**

*To invite young people to engage in the life of Saint Elizabeth Ann Seton Catholic Church and grow as a disciple of Jesus.*

### **Vision Statement**

*All middle and high school youth of the parish are engaged in the life of Saint Elizabeth Ann Seton and are open to deeper transformation as they transition into being a young adult.*

### **What Makes Seton Lake Ridge Youth Ministry different?**

*Our parish youth ministry is NOT based on a traditional programmatic youth group. The youth ministry IS the community of parents and volunteer youth ministers that have chosen to commit to walking alongside our parish youth in their spiritual formation. This community will strive to model Jesus' method of discipleship - building relationships with a small group of individuals and inviting them to learn from example. While programs are a great tool to get to discipleship, relationships must be the foundation for ministry since every single person has a unique journey. Therefore, our parish youth ministry will provide programs and activities that work to serve the goal of discipleship.*

## **a. Our Seton Lake Ridge Youth Ministry Playbook**

### **Why do we exist?**

*We exist because we believe God desires relationship with every young person and that He chose us to be youth ministers to invite them into that.*

### **How do we behave?**

*We behave with faith, care, and intention.*

- *We strive continually to grow in faith and our personal relationships with God.*
- *We express deep care for one another, young people, and their families.*
- *We act with intention in everything we do.*

### **What do we do?**

*We accompany middle and high schoolers in their journey of faith.*

### **How will we succeed?**

We will intentionally invest time into each young person that God has specifically called us to minister through intercessory prayer, building relationships with them, and inviting them into deeper discipleship with Jesus Christ.

## What is most important? - Our Structure

We have 6 standard operating objectives that will create a sustainable youth ministry. They are below:

- YM Coordinator Responsibilities
  - The Youth Ministry Coordinator works alongside the pastor to establish a vision and strategy to implement a discipleship-centered youth ministry. She will work directly with parents and volunteer youth ministers to support them in their God-given mission to form and teach the youth of our parish. She is also responsible for the administrative coordination of youth activities.
- Parent & Volunteer Youth Ministers
  - The most effective way for teens to begin their faith journey is through personal invitation and investment from a trusting adult. Our parent and volunteer youth minister community sets the foundation for discipleship to youth. Parents and youth ministers will strive together to grow in their own personal spiritual lives in order to lead the youth to do the same. Parents will commit to supporting their children's involvement in the youth ministry and help them discern what their personal needs are. They may also choose to serve as a volunteer youth minister. Volunteer youth ministers will serve in various roles that will serve the mission of discipleship to youth.
- Special Events, Trips, & Other Youth Ministries
  - These opportunities serve as entry points for youth into the parish youth ministry and an invitation to seek. There are a variety of one-off events, trips, and programs that will allow teens to enter into the community in an approachable way that may align with their particular interests or stage of their faith journey.
- Community Wide Activities
  - We expect teens who have had an impactful experience from the various events, trips, and youth ministry programs to have a desire to build deeper relationships within the community and begin seeking an understanding of the life of the Catholic Church. Youth will be invited into the wider community both among their peers and inter-generationally with our parish through regular gatherings that align with the liturgical seasons.
- Small Groups
  - As the youth begin growing deeper in their faith, they will desire guidance in how to implement the habits of discipleship. Volunteer youth ministers who see the potential growth in certain teens will invite them to go deeper through a small group. Small groups are the ideal form of ministry to serve every single teen specifically where they are. It allows for them to form deeper friendships and experience the faith life in a similar way to the apostles.
- Mission & Service Opportunities
  - Teens who have developed a "disciple-focused program of life" (consistent prayer life, fellowship among other disciples, understanding of teaching of the apostles, sacramental life) will be invited and encouraged to serve in roles that will awaken them to their God-given mission in the Church. This may include activities or programs that have already been established in the parish or new apostolates initiated by the youth.

## Who must do what?

Name	Title	General Responsibilities
<i>Parish Staff</i>		
Fr. Brian Bashista	Pastor	Oversees Youth Ministry Coordinator in establishing vision and implementing strategy for the youth ministry
Kara Lilly	Youth Ministry Coordinator	Establishes vision and strategy for ministry, recruits, trains, and coordinates volunteer youth ministers, primary parish staff liaison, maintain administrative duties (budget, schedule, database, communications, etc.)
Fr. Dort Bigg	Parochial Vicar/Youth Ministry Chaplain	Provides spiritual direction to the youth, parents, and volunteer youth ministers
Christine O'Hearn	Office Manager & Pastor's Assistant	Assists with administrative needs for youth ministry
Kris Fischer	Director of Evangelization & Communications	Collaborates directly with YM Coordinator to ensure appropriate integration of parish evangelization efforts
Sheri Suess	Director of Faith Formation	Collaborates directly with YM Coordinator in transitioning middle school families from Faith Formation program to Youth Ministry Activities
Daisy Ramos	Diocesan OPCYP Liaison	Works with YM Coordinator to ensure that all volunteers have had a background check through the Diocese of Arlington and have completed Virtus Training
<i>Volunteer Youth Ministers</i>		
1 - Vacancy 2 - Vacancy 3 - Vacancy 4 - Vacancy	Small Group Leaders	Co-leads a discipleship-focused small group made up of 8-10 teens and 2-3 adult leaders throughout the year; works directly with YM Coordinator to create a plan of formation for the youth they are ministering to; assists with Alpha Youth when necessary
1 - Vacancy 2 - Vacancy	Event Coordinators	Assists with logistical execution of parish-based youth ministry events, in particular, First Friday YM Holy Hour & Social and YM Monthly Gatherings
1 - Vacancy 2 - Vacancy 3 - Vacancy	Trip Coordinators	Assists with logistical execution of youth trips throughout the year
Wendy Haddock	Vocations Coordinator	Works directly with YM Coordinator to integrate vocational discernment opportunities specific to 6 <sup>th</sup> -12 <sup>th</sup> grade teens
1 - Vacancy 2 - Vacancy 3 - Vacancy 4 - Vacancy	Retreat Team	Works with YM Coordinator to develop the annual retreat for 9 <sup>th</sup> -12 <sup>th</sup> grade teens
1 - Vacancy 2 - Vacancy 3 - Vacancy 4 - Vacancy	Prayer Team	Assists with intercessory prayer primarily for First Friday Holy Hour & Social and for various youth activities including Alpha (Weekend Retreat) and the Annual YM Retreat
1 - Vacancy 2 - Vacancy 3 - Vacancy 4 - Vacancy 5 - Vacancy 6 - Vacancy	Chaperones	Provides supervision to an assigned small group of teens during youth ministry trips off parish property
1 - Vacancy 2 - Vacancy 3 - Vacancy	Bus drivers	Provides transportation driving the parish buses to various youth ministry trips off parish property

<i>Hospitality Team</i> 1 - Vacancy 2 - Vacancy	Hospitality Leads	Works with YM Coordinator to determine stewardship needs and coordinates members of Hospitality team to execute logistics for various youth ministry activities
1 - Vacancy 2 - Vacancy 3 - Vacancy 4 - Vacancy	Event Set-up/Clean-up Team	Works with hospitality lead to determine most effective set-up for various youth ministry activities; assists with logistical execution of set-up/clean-up
1 - Vacancy 2 - Vacancy 3 - Vacancy 4 - Vacancy 5 - Vacancy 6 - Vacancy	Cooking Team	Assists with providing meals primarily at YM Monthly Gatherings
<i>Alpha</i> 1 - Vacancy 2 - Vacancy	Alpha Youth Emcee/Administrator	Works directly with YM Coordinator to determine logistical needs for Alpha Youth; Emcees each session for Alpha Youth
1 - Vacancy 2 - Vacancy 3 - Vacancy 4 - Vacancy 5 - Vacancy 6 - Vacancy	Alpha Youth Small Group Leaders	Leads a small group of youth in facilitating discussion throughout the Alpha Youth series; ideally will offer to continue leading small group beyond the scheduled series
<hr/>		
<i>WorkCamp</i> Paul Grubbs	WorkCamp Stakeholder	Works directly with YM Coordinator to ensure successful execution of parish efforts to participate in Diocesan Workcamp
1 - Vacancy (Female) 2 - Vacancy (Female) 3 - Vacancy (Female) 4 - Vacancy (Male) 5 - Vacancy (Male)	Crew Leaders	Assists stakeholder in leading WorkCamp prep meetings for parish WorkCamp group; serves as small group crew leader and supervises parish group during the week of WorkCamp
1 - Ted Zagrobelny 2 - Mike Haddock 3 - Vacancy 4 - Vacancy 5 - Vacancy	Contractors	Assists stakeholder in safety training and building fundraisers projects for parish WorkCamp group; serves as project leader/contractor for an assigned site during the week of WorkCamp
1 - Vacancy (Female) 2 - Vacancy (Female) 3 - Vacancy (Female) 4 - Vacancy (Male) 5 - Vacancy (Male)	Security	Commits to one day of Homebase security at the week of Diocesan WorkCamp

## **V. Stages of Conversion & Discipleship**

Seton Lake Ridge uses the *Stages of Conversion & Discipleship* tool as a basis for how we do ministry in the parish. The Youth Ministry program strives to provide activities and opportunities that will assist parents and youth ministers to guide young people along the path of discipleship.

There are two different versions of the tool that you will find on the following pages.

The Self-Assessment chart (pages 11 & 12) can be used by individuals to pray about and identify where they might be in their personal faith journey. As a parish, we strongly encourage you to pray with this tool and determine where you might be and how God might be calling you to grow at this time. Parents and volunteer youth ministers can use can go through this tool with your children or the teens you are ministering to to help them take ownership of their faith.

The Ministry Tool chart (pages 13 & 14) can be used by parents and volunteer youth ministers working with teens to help discern where the individual they are ministering to might be along their faith journey. They can use this tool to determine the best ways of ministering to them at that stage as well as learn to intentionally pray for them.

# Stages of Conversion & Discipleship – Self Assessment

Relationship with God and His Church is a life-long journey. Hopefully, you have learned by now that God loves you totally and completely. It doesn't matter where you are on your journey, He loves you just the same.

However, in order for us to live life according to the plan He has in store for us, it is important for us to make steps everyday toward holiness.

Often in the spiritual life, if you are not moving forward, you are moving backward.

All growth in the Christian life is done through God's grace which we accept with our free will.

Below are the different stages that you might find yourself on this journey. It is very likely that you may not fit a description completely but find yourself in multiple stages. This is only a tool to help you pray and discover where you are and make specific commitments to grow towards the next stage in your relationship with God.

<p><b>I may be in this stage if:</b></p> <p>I do not incorporate Mass and other church activities into my weekly schedule.</p> <p>Faith and spiritual growth is not a main priority in my life.</p>	<p><b>I may be in this stage if:</b></p> <p>I consistently attend Mass on Sundays.</p> <p>I try to participate in other church opportunities when my schedule allows.</p>	<p><b>I may be in this stage if:</b></p> <p>I am an active participant in the Church both on Sundays and other church associated activities.</p> <p>I have a lot of questions about the faith and I seek out the answers.</p>	<p><b>I may be in this stage if:</b></p> <p>I have accepted Jesus Christ as my savior and choose to make him the center of my life.</p> <p>I understand that I need God in my life and I am striving to avoid sin.</p>	<p><b>I may be in this stage if:</b></p> <p>I am focused on keeping God at the center of my life by developing the habits of a disciple.</p> <p>I am striving to live a moral life and regularly go to confession to overcome sin.</p>	<p><b>I may be in this stage if:</b></p> <p>I have decided to take part in the mission of the Church by sharing my faith and serving others in need of hope and healing.</p> <p>I am consistent in the habits of a disciple – prayer and sacraments.</p>	<p><b>I may be in this stage if:</b></p> <p>I am currently mentoring others in the habits of a disciple and teaching them to do the same (spiritually multiplying).</p> <p>Prayer and the mission of the Church are the biggest priorities in my life.</p>
DIS-INTERESTED	PARTICIPANT	SEEKER	BEGINNING DISCIPLE	GROWING DISCIPLE	MISSIONARY DISCIPLE	SPIRITUAL MULTIPLIER
<p><b>Ways to grow:</b></p> <p>If not already attending Sunday Mass, make a plan to go every week.</p> <p>Find opportunities at the Church that might fit your personal interests.</p> <p>If there are others in the community that you connect with, reach out and build upon that relationship.</p>	<p><b>Ways to grow:</b></p> <p>Make a list of questions that you have about life and faith and bring them to someone (a priest or fellow parishioner you trust) who might be able to help you seek answers.</p> <p>Find an opportunity, such as a bible study or Alpha, at the Church that will help you learn more about God and yourself.</p> <p>Stay connected with others in the community that you connect with who will support you as you grow in your faith.</p>	<p><b>Ways to grow:</b></p> <p>Invite Jesus to be the center of your life through prayer, ideally in front of the Eucharist.</p> <p>Attend a retreat that is being provided by the parish or go on a personal retreat.</p> <p>If you have not already, join a small faith sharing community or bible study.</p> <p>Ask God for clarity in the ways that you might need to be spiritually healed.</p>	<p><b>Ways to grow:</b></p> <p>If you haven't already, join a small faith sharing community or Bible Study.</p> <p>Find a spiritual mentor.</p> <p>Begin developing the habits of a disciple – daily prayer, formation in Church teaching through Bible study, involvement in the community, and regular participation in the sacraments – Mass and confession.</p> <p>If not already, receive sacraments of initiation – baptism, first communion and confirmation.</p>	<p><b>Ways to grow:</b></p> <p>Seek accountability and guidance in staying firm in your faith and the habits of a disciple.</p> <p>Begin to seek opportunities for service and sharing your life and faith with others. (1 Thes 2:8)</p> <p>If you have a spiritual mentor, discuss with them the big picture of the Church and her mission and how you fit into that.</p> <p>Consider starting your own small faith sharing community or bible study to reach others in need of healing and seeking formation in the faith.</p>	<p><b>Ways to grow:</b></p> <p>Make a plan for spiritual multiplication – consider those who you are investing in that may be called to dive deeper into the mission of the church and how you may be called to “teach them to teach” 2 Tim 2:2</p> <p>If you have not already, consider forming a small faith sharing community or bible study to invite others that God may be calling you to personally care for.</p> <p>Pray with your spiritual mentor for those that you are feeling called to personally reach out to.</p>	<p><b>Ways to grow:</b></p> <p>Stay consistent and continue growing in the habits of a disciple recognizing that your own relationship with Jesus takes priority over all things.</p> <p>Continually surround yourself with the community of the Church for support and prayer against temptation.</p> <p>Pray deeply for those you are mentoring.</p>

## *Stages of Conversion & Discipleship – Self Assessment*

*Where do you place yourself right now in your faith journey? Are you dis-interested, a participant, a seeker, a beginning disciple, growing disciple, missionary disciple, or a spiritual multiplier?*

*What is the next stage (a participant, a seeker, a beginning disciple, growing disciple, missionary disciple, or a spiritual multiplier) that you feel God is calling you to right now? Why?*

*What things do you need to do or change or sacrifice to make strides towards your goal?*

*Why do you place yourself there?*

*What is it going to take to get you there?*

*Are you willing to do these things?*

### **Prayer of Commitment to Christ**

*Lord Jesus Christ, you said, "I came that they might have life and have it more abundantly."*

*I want to belong to you from now on.*

*I want to know what it means to live life abundantly.*

*Teach me what it means to be a Christian.*

*Teach me how to follow you.*

*I ask you to forgive me and to free me from the sins that keep me from living the life that you have for me.*

*I commit myself to you. Jesus, I trust in you.*

*Amen.*

# Stages of Conversion & Discipleship – Ministry Tool

ENCOUNTER   WIN   BUILD RELATIONSHIPS   ENCOUNTER	TRANSFORM   BUILD   MAKE DISCIPLES   GROW	EVANGELIZE   SEND   GO ON MISSION   SERVE
---	---	---

[-----Initial Evangelization-----]

[-----Formation in Discipleship-----]

	Dis-interested	Participant	Seeker	Beginning Disciple	Growing Disciple	Missionary Disciple	Spiritual Multiplier
<b>Characteristics</b>	<ul style="list-style-type: none"> <li>▪ Un-involved in Church or ministries</li> <li>▪ Not interested in participating/ rejects invitations to participate in what they see as primarily a church activity or associated with the church</li> <li>▪ “No way” - has better things to do</li> <li>▪ Prioritizes personal goals over Gods will</li> <li>▪ “Easter/Christmas Catholic”</li> </ul>	<ul style="list-style-type: none"> <li>▪ Comes consistently to Sunday Mass but infrequently to other ministry/activity opportunities</li> <li>▪ Does not show outward signs of seeking but may be internalizing them at this point</li> <li>▪ Spotty participation</li> <li>▪ May begin accepting invitations that are primarily faith-centered or associated with the church community</li> </ul>	<ul style="list-style-type: none"> <li>▪ Consistent involvement in church associated activities</li> <li>▪ Seeks out more opportunities to get involved particularly formational opportunities</li> <li>▪ Begins asking more questions</li> <li>▪ Seeks further conversation after faith experiences</li> <li>▪ Exhibits curiosity in and openness to the faith</li> </ul>	<ul style="list-style-type: none"> <li>▪ Has intentionally chosen to make Jesus center of their life</li> <li>▪ Clear change in demeanor, exhibits child-life faith – joy, wonder, &amp; excitement</li> <li>▪ Gravitates towards Church community and away from past friendships</li> <li>▪ Change in attitude - loves Christ, hates sin</li> </ul>	<ul style="list-style-type: none"> <li>▪ Has developed a yearning for God that motivates his or her attitudes and actions</li> <li>▪ Is willing to make any sacrifice to grow, even change his or her schedule</li> <li>▪ Is committed to chastity, sobriety, and excellence</li> <li>▪ Is consistent in continually growing in the habits of a disciple</li> <li>▪ Seeks out mentorship</li> <li>▪ Not easily swayed</li> </ul>	<ul style="list-style-type: none"> <li>▪ Has decided to answer Christ’s call to follow him and take an active part in the mission of the Church</li> <li>▪ Consistent in the habits of a disciple – lead a prayerful, sacramental, disciple-focused life</li> <li>▪ Proven fruit – makes disciples</li> <li>▪ Desire to fulfill Great Commission</li> </ul>	<ul style="list-style-type: none"> <li>▪ Discipling others who do the same and spiritually multiplying</li> <li>▪ Prayer is personal, daily, intense, and deep</li> <li>▪ Has developed a love for God’s people and is willing to make sacrifices to help another grow, even change his or her schedule</li> <li>▪ Humble and trusting in the Lord’s Plan</li> </ul>
<b>What does the relationship look like?</b>	<ul style="list-style-type: none"> <li>▪ Acquaintance</li> <li>▪ Knows <u>of</u> them</li> </ul>	<ul style="list-style-type: none"> <li>▪ Conversations become more fluid and natural</li> <li>▪ An authentic friendship may be developing</li> </ul>	<ul style="list-style-type: none"> <li>▪ Seeks them out – looks for them when present at church</li> <li>▪ Trusts them with questions and conversations centered on the faith</li> </ul>	<ul style="list-style-type: none"> <li>▪ Meets regularly to discuss faith and questions</li> <li>▪ Accountability partners in overcoming past sins</li> <li>▪ Encourager in growing their faith</li> </ul>	<ul style="list-style-type: none"> <li>▪ Intentional mentoring</li> <li>▪ Growing in faith side-by-side</li> <li>▪ Has grown from a friendship to a familial connection</li> </ul>	<ul style="list-style-type: none"> <li>▪ Deeply mentored</li> <li>▪ Walk together as peers</li> <li>▪ Accountability</li> <li>▪ Keep teachable</li> </ul>	<ul style="list-style-type: none"> <li>▪ Accountability in discipling others</li> <li>▪ Continued dreaming &amp; vision</li> <li>▪ Continued investment and intentional discipleship</li> </ul>
<b>Needs for Growth</b>	<ul style="list-style-type: none"> <li>▪ <b>Accompaniment/ Incarnational Evangelization – Encounter Jesus first through You (1 Thes 2:8)</b></li> <li>▪ Invite – focusing on activities/events that will welcome them deeper into the community</li> <li>▪ Connect and pray with mutual friends who also share the faith</li> <li>▪ Do not put pressure on conversion – trust that this will become a personal choice</li> </ul>	<ul style="list-style-type: none"> <li>▪ <b>Witness of life - share your testimony, explicitly and inexplicitly</b></li> <li>▪ Invite – focusing on opportunities that may lead to encountering the Gospel</li> <li>▪ Introduce to others in community who may be further along their journey past conversion</li> <li>▪ Identify what invitations they are accepting</li> <li>▪ Take genuine interest in their personal life to build trust</li> </ul>	<ul style="list-style-type: none"> <li>▪ <b>Explicit Proclamation of the Gospel Message (Kerygma) &amp; invitation to make Jesus center of their life</b></li> <li>▪ Invite – focusing on opportunities to grow in small faith sharing and prayer experiences</li> <li>▪ If possible, connect them with a small group community</li> </ul>	<ul style="list-style-type: none"> <li>▪ <b>Help to Build a Disciple-focused Program of Life</b> – teach them the habits of a disciple (Prayer, Teaching of the Apostles, Fellowship, and Sacraments); these may be taught by accompanying them in various programs that are already provided by the Church</li> <li>▪ If they have not received sacraments, help them make steps to.</li> <li>▪ It is important to remember that they can become stagnant during this stage if not supported or has <u>intentional</u> accountability; stagnation can also occur due to <b>continued healing and forgiveness that must occur</b></li> </ul>	<ul style="list-style-type: none"> <li>▪ <b>Share the Vision for Spiritual Multiplication – the big picture of the Church and her mission</b></li> <li>▪ Invite – focusing on opportunities to continue growing as a disciple and begin understanding evangelization</li> <li>▪ Present “The High Call” – sacrifice required to build God’s kingdom</li> <li>▪ Accountability for habits of a disciple</li> </ul>	<ul style="list-style-type: none"> <li>▪ <b>Help make a plan for Spiritual Multiplication</b></li> <li>▪ Invite – focusing on an intentional opportunity to “teach others how to teach” 2 Tim 2:2</li> <li>▪ Help them understand new obstacles- what it all looks like from the other side</li> <li>▪ Open their eyes to lifelong mission – some people on their heart will require a lifetime of care before conversion</li> <li>▪ Pray together for those that they are feeling called to reach</li> </ul>	<ul style="list-style-type: none"> <li>▪ <b>Pray deeply for their mission and surround them with community for support</b></li> <li>▪ Work against these Road Blocks to Vision                             <ul style="list-style-type: none"> <li>▪ Fear of failure</li> <li>▪ Fatigue</li> <li>▪ Possibility of desolation due to burn out if not inspired</li> <li>▪ Walk alongside in ministry</li> <li>▪ Reminder of relationship with God is always priority</li> </ul> </li> </ul>

## *Prayer & Accompaniment Chart*

	ENCOUNTER   WIN   BUILD RELATIONSHIPS   ENCOUNTER			TRANSFORM   BUILD   MAKE DISCIPLES   GROW		EVANGELIZE   SEND   GO ON MISSION   SERVE	
Meaningful Contacts	Dis-interested	Participant	Seeker	Beginning Disciple	Growing Disciple	Missionary Disciple	Spiritual Multiplier
Pray for their general well-being & for opportunity to get to know them better if God wills it.	Pray for awareness of their need & for the opportunity to get to know better.	Pray for a desire for them know the Truth and that they begin to find Jesus attractive.	Intense prayer for their conversion and their protection from Satan.	Pray for a desire to deepen prayer life.	Pray for consistency and protection from Satan & for perseverance in obstacles of discipleship.	Pray that they may have a desire & the courage to share their faith.	Pray that they may remain faithful and persevere amidst trials

## VI. 2022-2023 Youth Ministry Calendar

You will find all of the important dates for our scheduled activities and programs throughout this school year below. Not all of the dates listed may pertain to your family or your role within the ministry. Please use the color code to assist you. You may refer to the Youth Activities Overview beginning on [page 15](#) to learn more about each opportunity. All families and volunteers who register for the year will receive any updates to these activities.

Parents & Volunteer Youth Ministers | Special Events, Trips, & Other Youth Ministries |  
Community Wide Activities | Small Groups | Mission & Service Opportunities

---

SEPTEMBER 2022 – Theme: *Seven Sorrows of Mary (Holy Cross)*; Topics: *Suffering & Healing, Faith Formation, Disciples in Mission*; Virtue: *Hope*

---

- 9/2, 7:00-9:00 p.m. in Main Church, Chapel, & Youth Center: YM First Friday Mass, Holy Hour, & Social
- 9/17, 9:30 a.m. – 3:30 p.m. in Fellowship Hall: Living the Great Commission: Disciples in Mission Workshop
- 9/18, 4:00-5:00 p.m. in Fellowship Hall: HS WorkCamp Interest Meeting #1
- 9/18, 5:30-7:30 p.m. in Youth Center: YM Monthly Gathering
- 9/21, 23, 24: Parish Fall Ember Days
- 9/22, 7:00 – 8:00 p.m. in Fellowship Hall: HS Workcamp Interest Meeting #2
- 9/26, 7:00 – 9:00 p.m. in Youth Center: YM Discipleship Training & Formation Begins
  - All current and prospective volunteer youth ministers and parents are invited to participate.
- 9/28, 6:30-8:00 p.m. in Youth Center: Parent & Volunteer Youth Minister Monthly Meeting

---

OCTOBER 2022 – Theme: *Holy Rosary*; Topics: *Stewardship, Church – 5 Precepts, Faithful Citizenship*; Virtue: *Studiosness*

---

- 10/2, 5:30-7:30 p.m. in Youth Center: YM Monthly Gathering
- 10/3-10/31, Mondays, 7:00 – 9:00 p.m. in Youth Center: YM Discipleship Training & Formation Continues
- 10/4, 7:00 -10:00 p.m. at St. Robert Bellarmine: Diocesan Deeper Waters: The Mary Effect w/ Fr. Peffley
  - Volunteer Youth Ministers & Parents are invited to attend
- 10/7, 7:00-9:00 p.m. in Main Church, Chapel, & Youth Center: YM First Friday Mass, Holy Hour, & Social
- 10/23, 10:30 a.m. – 9:00 p.m. at Bishop O’ Connell High: HS Diocesan RALLY
- 10/26, 6:30-8:00 p.m. in Youth Center: Parent & Volunteer Youth Minister Monthly Meeting

---

NOVEMBER 2022 – Theme: *Poor Souls (All Saints)*; Topics: *Vocation Call, Last Four Things, Kingship of Christ*; Virtue: *Humility*

---

- 11/4, 7:00-9:00 p.m. in Main Church, Chapel, & Youth Center: YM First Friday Mass, Holy Hour, & Social
- 11/7-11/28, Mondays, 7:00 – 9:00 p.m. in Youth Center: YM Discipleship Training & Formation Continues
- 11/13, 5:30-7:30 p.m. in Youth Center: YM Monthly Gathering
- 11/20: Parish Christ the King Processional
- 11/30, 6:30-8:00 p.m. in Youth Center: Parent & Volunteer Youth Minister Monthly Meeting
- 

---

DECEMBER 2022 – Theme: *Advent (Christmas)*; Topics: *Incarnation, Church – 3 States, Sacramentals & Bl.*; Virtue: *Patience*

---

- 12/2, 7:00-9:00 p.m. in Main Church, Chapel, & Youth Center: YM First Friday Mass, Holy Hour, & Social
- 12/4, 5:30-7:30 p.m. in Youth Center: YM Monthly Gathering
- 12/5-12/19, Mondays, 7:00 – 9:00 p.m. in Youth Center: YM Discipleship Training & Formation Ends
- 12/13, 6:00 – 9:00 p.m. at St. Joseph’s in Herndon: 19<sup>th</sup> Annual Youth, Campus, and Young Adult Ministries Appreciation Mass & Dinner
- 12/14, 16, 17: Parish Winter Ember Days
- 12/21, 6:30-8:00 p.m. in Youth Center: Parent & Volunteer Youth Minister Monthly Meeting
- 12/22, 7:00-9:00 p.m. in Youth Center: YM Christmas Party

*JANUARY 2023* – Theme: *Jesus' Holy Name (Holy Childhood)*; Topics: *Baptismal Call, Epiphany, Sanctity of All Life*; Virtue: *Fidelity*

---

- 1/6, 7:00-9:00 p.m. in Main Church, Chapel, & Youth Center: YM First Friday Mass, Holy Hour, & Social
- 1/7, 6:00-8:00 p.m.: Parish Epiphany Party
- 1/15, 5:30-7:30 p.m. in Youth Center: YM Monthly Gathering
- 1/19, 7:30 – 9:45 p.m. at Eaglebank Arena: YM Trip to LIVG Evening of Prayer
- 1/20, 9:00 – 11:00 a.m. at Eaglebank Arena: YM Trip to LIVG Morning RALLY
- 1/25, 6:30-8:00 p.m. in Youth Center: Parent & Volunteer Youth Minister Monthly Meeting

*FEBRUARY 2023* – Theme: *Holy Family*; Topics: *Consecration to the Holy Family, Domestic Church, Fasting-Alms-Prayer*; Virtue: *Cheerfulness*

---

- 2/3, 7:00-9:00 p.m. in Main Church, Chapel, & Youth Center: YM First Friday Mass, Holy Hour, & Social
- 2/12, 5:30-7:30 p.m. in Youth Center: YM Monthly Gathering
- 2/22, 6:30-7:15 p.m. in Youth Center: Parent & Volunteer Youth Minister Monthly Meeting followed by Ash Wednesday Liturgy
- 2/25: YM Winter Retreat

*MARCH 2023* – Theme: *St. Joseph (Lent)*; Topics: *Chaste Living, Litany of Humility, Our Father*; Virtue: *Temperance*

---

- 3/1, 3, 4: Parish Spring Ember Days
- 3/7, 7:00 -10:00 p.m. at St. Mary of Sorrows: Diocesan Deeper Waters: Incarnational Ministry w/ Rick Beckwith
  - Youth Ministers & Parents are invited to attend
- 3/12, 5:30-7:30 p.m. in Youth Center: YM Monthly Gathering
- 3/13: YM Small Groups Launch
- 3/22-3/29, Wednesdays, 6:30-8:30 p.m.. in Fellowship & Youth Center: Alpha Youth Begins
- 3/27, 6:30-8:00 p.m. in Youth Center: Parent & Volunteer Youth Minister Monthly Meeting

*APRIL 2023* – Theme: *Holy Eucharist (Holy Spirit/Easter)*; Topics: *Spirit Fruits/Gifts, Works of Mercy, Novenas & Prayer*; Virtue: *Obedience*

---

- 4/2, 5:30-7:30 p.m. in Youth Center: YM Monthly Gathering
- 4/5-4/26, Wednesdays, 6:30-8:30 p.m.. in Fellowship & Youth Center: Alpha Youth Continues
- 4/22, Time TBD at Bishop O'Connell High School: MS Diocesan BASH
- 4/24, 6:30-8:00 p.m. in Youth Center: Parent & Volunteer Youth Minister Monthly Meeting
- 4/30: Parish Pilgrimage to Seton Shrine

*MAY 2023* – Theme: *Blessed Virgin Mary*; Topics: *Queenship of Mary, Motherhood, 7 Sacraments*; Virtue: *Diligence*

---

- 5/3-4/24, Wednesdays, 6:30-8:30 p.m.. in Fellowship & Youth Center: Alpha Youth Continues
- 5/5, 7:00-9:00 p.m. in Main Church, Chapel, & Youth Center: YM First Friday Mass, Holy Hour, & Social
- 5/7: Parish Marian Procession
- 5/21, 5:30-7:30 p.m. in Youth Center: YM Monthly Gathering
- 5/31: Parish Summer Ember Day Presentation

*JUNE 2023 – Theme: Sacred Heart (Corpus Christi); Topics: True Presence, Fatherhood, 8 Beatitudes; Virtue: Magnanimity*

---

- 6/2 + 3: Parish Summer Ember Days
- 6/7, 6:30-8:30 p.m. in Fellowship & Youth Center: Alpha Youth Ends
- 6/14, 7:30-9:00 p.m. in Fellowship: Baccalaureate Mass & Reception
- 6/17-23: HS Diocesan WorkCamp
- 5/7: Parish Corpus Christi Procession

*JULY 2023 – Theme: Precious Blood; Topics: Holy Mass, Spiritual Warfare, 10 Commandments; Virtue: Industriousness*

---

- 7/2, 6:30-8:00 p.m. in Youth Center: YM Summer Night
- 7/7, 7:00-9:00 p.m. in Main Church, Chapel, & Youth Center: YM First Friday Mass, Holy Hour, & Social
- 7/16, 6:30-8:00 p.m. in Youth Center: YM Summer Night
- 7/17-21: VBS Volunteering
- 7/26: HS Diocesan Kings Dominion Day
- 7/30, 6:30-8:00 p.m. in Youth Center: YM Summer Night
- ?: Steubenville Conference for Rising High School Teens
- ?: Damascus Catholic Summer Camp for Middle School Teens

*AUGUST 2023 – Theme: Immaculate Heart of Mary; Topics: IHM & Devotions, Service in Charity, Church – 4 Marks; Virtue: Foresight*

---

- 8/4, 7:00-9:00 p.m. in Main Church, Chapel, & Youth Center: YM First Friday Mass, Holy Hour, & Social
- 8/13, 6:30-8:00 p.m. in Youth Center: YM Summer Night

## VII. Youth Activities Overview

Please note that activities labeled as "YM" are generally open to all 6<sup>th</sup>-12<sup>th</sup> grade teens unless otherwise noted. Activities will be specified if they are open to only middle school (MS) or high school (HS).

### YM FIRST FRIDAY MASS, HOLY HOUR, & SOCIAL

All middle and high school students are invited to participate in a monthly gathering along with the parish for First Friday Mass and Holy Hour followed by a social in the youth center. The Holy Hour will kick-off all night adoration for the parish and incorporate prayer and worship that is geared towards the youth. This is an opportunity for the youth to experience our Catholic tradition in a way that they feel directly invited.

#### **General Schedule**

6:00 PM – Setup in Youth Center  
6:45 PM – Welcome at Main Church  
7:00 PM – First Friday Mass  
7:30 PM – Holy Hour/Adoration  
8:30 PM – Social  
9:00 PM – Pick-up/Clean-up  
9:30 PM – END

#### **Dates**

September 2  
October 7  
November 4  
December 2  
January 6  
February 3  
May 5  
July 7  
August 4  
*\*March & June First Fridays will be replaced by Parish Ember Days*

#### **Ideal for Teens in the following stages:**

*Seeker, Beginning Disciple, Growing Disciple, Missionary, Spiritual Multiplier*

\*While inviting teens into the real presence of Jesus in the Eucharist is *always* beneficial, this may not be the ideal activity to invite a first-time participant in the Disinterested or Participant stages.

#### **Volunteer Needs**

- Event Coordinator
- Small Group Leaders
- Worship Team Leaders
- Prayer Team

## YM MONTHLY GATHERINGS

All rising 6<sup>th</sup>-12<sup>th</sup> grade and recent high school graduates are invited for an evening of faith, fun, and community. This will be an opportunity for new and returning teens to get to know their peers as well as the adult youth ministers that they may be in small groups in the future.

### **General Schedule**

4:00 PM - Dinner prep begins in Fellowship Kitchen  
5:00 PM - Setup in Lower Seton/Youth Center  
5:15 PM - Volunteer Meeting/Prayer  
5:20 PM - Check-ins Begin  
5:30 PM - Dinner  
6:30 PM - Program  
7:25 PM - Closing Prayer  
7:30 PM - Check-out/Clean-up

### **Dates**

September 18  
October 2  
November 13  
December 4  
January 15  
February 12  
March 12  
April 2  
May 2

### **Ideal for Teens in the following stages:**

*Disinterested, Participant, Seeker, Beginning Disciple, Growing Disciple*

*\*Teens in the Missionary and Spiritual Multiplier stages may be invited into leadership for these events.*

### **Volunteer Needs**

- Event Coordinator
- Hospitality Team
  - Cooking Team
  - Event Set-up/Clean-up
- Small Group Leaders

## YM WINTER RETREAT

All 8<sup>th</sup>-12<sup>th</sup> grade teens will be invited to attend a Winter Retreat. The retreat will be offered to help develop the spiritual life of each teen participant through talks and guided prayer times. It will also invite them into a deeper relationship with the community through small group discussions.

### **General Schedule**

TBD

### **Dates**

February 25

### **Ideal for Teens in the following stages:**

*Retreats are essential for individuals in every stage of the spiritual journey!*

### **Volunteer Needs**

- Small Group Leaders
- Other roles TBD

## YM SUMMER NIGHTS

All rising 6<sup>th</sup>-12<sup>th</sup> grade and recent high school graduates are invited for an evening of faith, fun, and community. This will be an opportunity for new and returning teens to get to know their peers as well as the adult youth ministers.

### **General Schedule**

5:30 PM - Setup in Youth Center  
6:00 PM - Volunteer Meeting/Prayer  
6:15 PM - Welcome teens  
6:30 PM - Snacks/Games  
7:30 PM - Program  
7:55 PM - Closing Prayer  
8:00 PM - Pick-up/Clean-up

### **Dates**

July 2  
July 16  
July 30  
August 13

### **Ideal for Teens in the following stages:**

*Disinterested, Participant, Seeker, Beginning Disciple, Growing Disciple*

*\*Teens in the Missionary and Spiritual Multiplier stages may be invited into leadership for these events.*

### **Volunteer Needs**

- Event Coordinator
- Hospitality Team
- Small Group Leaders

## TRIPS

We will offer special trips to various events, conferences, and social activities being provided by the Diocese of Arlington and other Catholic organizations outside of the parish property.

### **List of Trips**

- HS Diocesan RALLY
- YM LIVG Evening of Prayer
- YM LIVG Morning RALLY
- MS Diocesan BASH
- HS Diocesan Kings Dominion Day
- Steubenville Conference (Rising HS Teens)
- Damascus Catholic Summer Camp (Rising MS Teens)

### **Dates**

October 23  
January 19  
January 20  
April 22  
July 26  
Date TBD  
  
Date TBD

### **Ideal for Teens in the following stages:**

*Disinterested, Participant, Seeker, Beginning Disciple*

### **Volunteer Needs**

- Trip Coordinator(s)
- Chaperones
- Bus drivers

## ALPHA YOUTH SERIES

Alpha is designed to be a space where teens can come and have conversations about life, faith, and God, in a way that is fun and authentic. It's a place where you can invite your friends to talk about life's biggest questions, to feel welcome no matter what they believe, and to get a glimpse of the Christian faith.

Very often, we have so many questions about life and God and we don't always know where to go to discuss them. Alpha creates a non-threatening environment where we can hear the message of Jesus and explore these questions through discussion.

This series happens over 11 weeks, meeting once a week, with a special weekend day away after the 6th week. Every Alpha session looks very similar with snacks, a talk, small group discussion, and a fun group activity.

### **General Schedule**

5:30 PM - Setup  
6:15 PM - Check-in begins  
6:30 PM - Dinner with Parish Alpha Adult Group  
7:00 PM - Move to Youth Center for Alpha Presentation & Small Groups  
8:15 PM - Announcements

### **Dates**

*March 22*  
*March 29*  
*April 5*  
*April 19*  
*April 26*  
*May 3*  
*May 6 (Alpha Weekend Retreat)*  
*May 17*  
*May 24*  
*June 7*

### **Ideal for Teens in the following stages:**

*Disinterested, Participant, Seeker, Beginning Disciple*

### **Volunteer Needs**

- Alpha Emcee/Administrator
- Small Group Leaders
- Hospitality Team
- Prayer Team
- Worship Team Leaders

## DIOCESAN HIGH SCHOOL WORKCAMP

Diocesan High School WorkCamp is a week long experience providing the teens of the Diocese an intense conversion experience through service, community, and prayer. Through the WorkCamp program, teens seek to serve their fellow Virginians by making their homes warmer, safer, and drier.

WorkCamp is organized and led by the Catholic Diocese of Arlington Office of Youth, Campus, and Young Adult Ministries. The majority of parishes in the diocese participates with total numbers of youth totaling roughly 800+ each year, along with 500+ adults. WorkCamp 2019 was held from June 22 to June 28 at King George High School. During WorkCamp, participants will stay overnight at the school and serve at various worksites in the surrounding area.

Teens in high school are invited to attend as youth participants. Adults are invited to participate as adult leaders, contractors, afternoon security, home base volunteers, and by helping coordinate fundraisers and events in preparation for WorkCamp. Registrations for WorkCamp begin in September.

**A detailed calendar of meetings will be provided to all participants and volunteers. The timeline for WorkCamp preparation and participation will be from September 2022 to June 2023.**

### **Ideal for Teens in the following stages:**

*This is a great opportunity for teens in any stage of the spiritual journey.*

### **Volunteer Needs**

- WorkCamp Stakeholder (Paul Grubbs will be serving for 2023)
- Crew Leaders
- Contractors
- Security

## YM SMALL GROUPS

Volunteer Youth Ministers who have been trained as small group leaders will be leading small groups of 8-10 teens and 2-3 adult volunteers. These groups will generally be single-sex and content will be customized to the participants. Small groups are the ideal setting for catechesis and formation in the Catholic faith imitating how Jesus himself had carried out ministry to His disciples.

### **General Schedule**

Meeting days, times, and location will be determined between the small group leaders and parents of the participants. Small groups are most successful when scheduled according to the needs of the participants.

### **Ideal for Teens in the following stages:**

*Seeker, Beginning Disciple, Growing Disciple, Missionary, Spiritual Multiplier*

### **Dates**

*We hope to launch our first two small groups in the Spring of 2023.*

### **Volunteer Needs**

- Small Group Leaders

## VIII. Family Participation

### a. Teen Involvement

#### How can my teen(s) begin participating?

Teens can get involved in the ministry by having their parents fill out the online form “2022-2023 Seton Youth Ministry Family Registration” found on our parish website under the “Youth Ministry” page or by scanning the QR code on this page. Once the form is submitted, you will receive an email with a pdf form “YM Annual Participation Form” to submit and complete your registration for each child that will be participating in the ministry. While there is no cost to participate in general activities, please note that other trips and special events may require an additional registration and fee. This will be indicated at the time of registration and in various announcements.



#### Can my child bring friends to youth activities?

Absolutely! It is strongly encouraged since we know that teens are more open to participating if they have the comfort of a friend nearby. If the friend is planning on only participating once, they do not need to fill out a participation form but we do ask that they be ready to check-in with the contact information of their parent/guardian when they arrive.

### b. Parent Involvement

#### How should I get involved as a parent?

We strongly encourage parents to consider volunteering in one of the various roles for the youth ministry, Prayerfully consider what role might be the best fit for you and your relationship with your children.

#### Will there be formation provided for me as a parent?

Yes! We will be providing monthly meetings for our parents *and* volunteer youth ministers to gather in prayer, formation, and fellowship. Growing and developing this community of adults youth is essential to giving our youth a strong foundation. Please refer to the calendar for the dates of these meetings.

In addition to these monthly meetings, we invite all parents to participate in the Evangelical Catholic Reach More Discipleship Training & Formation. This program is a 12-week commitment that invites you to answer your personal call to discipleship and mission. We will be providing a Youth Ministry specific program for parents and volunteer youth ministers in Fall 2022.

## IX. Volunteering

All volunteers are considered youth ministers at Seton Lake Ridge. Every single volunteer that a teen meets can have an influence on their spiritual journey. Volunteer Youth Ministers are encouraged to understand the *Stages of Conversion and Discipleship* both the Self-Assessment and Ministry Tool. We invite you to view your ministry no matter what role you fulfill through the lens of discipleship.

### a. Volunteer Commitment Process

If you are planning to volunteer in the youth ministry, we ask that you look over the process below so that you may fully understand what is needed in order to prepare you for ministry.

- 1) **Invitation to discern** – We invite all adults to discern what role they may be called to serve in the youth ministry whether that be direct ministry or indirect ministry as an intercessor through prayer. Please look over our activities overview on page 15 and the list of vacant roles under Volunteer Youth Ministers on page 8 to help you in this discernment.
- 2) **Fill out online volunteer interest form** – Prospective volunteers should go to the youth page of the parish website or scan the following QR code to fill out the volunteer interest form, indicating the specific role that they would like to fulfill or get more information on. This will initiate the commitment process to volunteer.
- 3) **Meeting** – Depending on the role you would like to fill, the Coordinator of Youth Ministry will set up a time to meet with you to go over the vision of the ministry and volunteer role as well as answer any questions that you may have. You'll be given the necessary forms to commit to your role.
- 4) **Submit Volunteer Application** – You'll be sent a link to the application and subsequent forms for the specific volunteer role(s) that you plan to commit to.
- 5) **Background check/VIRTUS Training** – Your name, email and phone number will be submitted to our parish liaison to check your background/compliance records. Depending on your status, you may need to fill out additional paperwork online and go to a Virtus training session. This is to make sure that you understand all of the best practices to keep our children and yourself safe. All paperwork is now online so that the process is much faster! You will be contacted if there are any updates to your status.
- 6) **Other trainings or formation** – Certain volunteer roles may require additional training or formation to prepare you for ministry. We will go over this in your meeting with the Youth Coordinator and you should find more information about this in the volunteer role description and expectations.



- 7) **Begin doing ministry** - Once your background/compliance checks out, you can begin to do ministry. The Coordinator of Youth Ministry will check in with you a couple more times after you begin to see how you are doing in your ministry!
- 8) **Volunteer Youth Minister meetings & opportunities** - The parish will continue providing monthly meetings and opportunities such as retreats/workshops to further equip and support you as a volunteer youth minister throughout the year.
- 9) **Check-ins** - The Coordinator of Youth Ministry will schedule a check-in meeting with you 1-2x a year to discuss your experience and ways we can better support you and the teens you are serving.

## X. Staying Up to Date

### **Constant Contact**

Constant Contact is our emailing system and the best way to keep the most up-to-date with news for you as a volunteer youth minister as well as any announcements for the teens that you are working with. Follow the steps below to subscribe:

1. Head to <https://setonlakeridge.org/youth-and-young-adult/youth-ministry/>
2. Click the button "Sign-up for email and text updates HERE!"
3. Fill out the form with your First Name, Last Name, Email, and Mobile Phone if you would like to get text updates.
4. If you have issues, please contact [k.lilly@setonlakeridge.org](mailto:k.lilly@setonlakeridge.org)

### **Instagram**

Follow @seton\_youthmin to see fun pictures of what's going on in the ministry throughout the year.

### **Webpage**

To find general information throughout the year, you can head to the main parish website <https://setonlakeridge.org/> and then click the "Youth Ministry (Middle & High School)" button under the "Youth/Young Adult" tab. The most up-to-date changes to this handbook will also be found here.

## XI. Diocesan Annual Theme

*Each year the Diocese of Arlington Office of Youth, Campus, and Young Adult Ministry chooses a theme to focus on. They incorporate this into all of their major events. The theme of Remembrance will continue until November 2022. Read below for the summary from the Diocese.*

For I received from the Lord what I also handed on to you, that the Lord Jesus, on the night he was handed over, took bread, and, after he had given thanks, broke it and said, "This is my body that is for you. **Do this in remembrance of me.**" In the same way also the cup, after supper, saying, "This cup is the new covenant in my blood. Do this, as often as you drink it, in remembrance of me." - 1 Corinthians 11:23-25

The theme "**Do this in remembrance of me**" has been chosen for the 2021-2022 year of ministry as part of the Diocese of Arlington's three years of preparation leading up to the Golden Jubilee in 2024. Each of the preparatory years will have a specific focus and in this first year we are each invited to reflect especially on the Institution of the Eucharist.



The Eucharist! The "source and summit of the Christian life" (CCC 1324)! This is what St. Paul passes on to the first Christians in this Scripture reading. And this is what we are able to receive today: Our Lord Himself, in this wondrous sacrament! Jesus instituted the Eucharist to remain with us always. Each time the Holy Sacrifice of the Mass is celebrated, we remember and make present what Christ has done for us.

The Church has always held it to be true that Jesus Christ is truly present in the Eucharist, but many people - even those who attend Mass each Sunday - do not believe or understand this. The Eucharist is the Real Presence: body and blood, soul and divinity, Christ among us. This is not a symbol; it is no longer bread and wine but *truly the Body and Blood of Our Lord*. How do our lives and ministries reflect the reality of the Eucharistic Lord?

When Jesus instituted the Eucharist, He directed the apostles to "Do this in remembrance of me." What does that mean for you and I, today? The Catechism of the Catholic Church shares how we are called to respond: "We carry out this command of the Lord by celebrating the memorial of his sacrifice. In so doing, we offer to the Father what he has himself given us: the gifts of his creation, bread and wine which, by the power of the Holy Spirit and by the words of Christ, have become the body and blood of Christ. Christ is thus really and mysteriously made present. We must therefore consider the Eucharist as: thanksgiving and praise to the Father; the sacrificial memorial of Christ and his Body; the presence of Christ by the power of his word and of his Spirit." This is what is available to you at every celebration of the Mass and in every moment of prayer in front of our Eucharistic Lord. Christ did not ask us to do this for His sake but for ours. If we heed His command, our lives will be radically transformed.

St. Paul looks to the past to see what was given to him in the Eucharist and moves forward, handing it on to those that followed. Today we too look to the past, remembering what has been given to us in both the Eucharist and the mystical Body of Christ, the Church. As we prepare for the Golden Jubilee, we remember the many ways that Christ has been made present in the Diocese of Arlington.

Join us in this year of remembrance as we both look back and move forward, ever aware of the sacrifice of Jesus Christ, who dwells among us in the Eucharist.

## XII. Litany of Prayer for Seton Lake Ridge Youth

*We will pray this litany each month during our Parent & Volunteer Youth Minister Monthly Meetings. You might consider praying this weekly during your own personal prayer time.*

### **Opening Prayer**

Almighty and loving Father, you sent your son our Lord Jesus Christ, into the world to save us from sin and death, and to bring new and abundant life to those reborn in baptism. Unite our hearts to Christ, the Good Shepherd, and hear our prayer for the teens of our parish, that none of your little ones may be lost.

### **Response is "Lord, hear our prayer."**

- For all Seton Lake Ridge middle school and high school teens and their families
- For all of the youth ministers of the parish
- For all Catholic teens in Lake Ridge
- For all baptized Christian teens in Lake Ridge
- For teens of other religions
- For teens who are searching for you
- For teens who have no desire for you
- For teens who have turned away from you
- For teens held captive by habitual sin or addiction
- For teens in destructive relationships
- For teens who suffer from depression or mental illness
- For teens who suffer from serious physical illness
- For teens in crisis pregnancies and those who have had abortions
- For teens wounded by divorce
- For teens who have been victims of abuse
- For teens who struggle to find the way to you
- For teens who seek you with a sincere heart
- For teens who long for a deeper relationship with you
- For teens who are seeking your will for them
- For teens who love you with all their heart

### **Response is "Protect them, Lord."**

- From all sin
- From all spiritual danger
- From near occasions of sin
- From despair and hopelessness
- From apathy
- From sexual sins and abuse
- From materialism
- From scandal
- From a loss of faith
- From every illness
- From harmful friendships
- From addiction
- From all the deceits of the evil one

### **Response is "Come, Holy Spirit."**

- That they may believe in Jesus Christ
- That they may be delivered from all sin
- That they may be filled with faith
- That they may be filled with hope
- That they may be filled with love
- That they may be filled with the fruits of the Spirit
- That they may grow in wisdom and grace
- That they may grow in maturity
- That they may grow in virtue
- That they may grow in purity of heart

- That they may grow in charity
- That they may grow in a spirit of service
- That they may be devoted to prayer
- That they may be devoted to reading God's word in holy scripture
- That they may fall in love with Jesus in the Eucharist
- That they may seek God's forgiveness in the Sacrament of Penance
- That they may seek God's will for their lives
- That they may bring others to know and love Jesus Christ
- That they may persevere to the end and finish the race
- That they may be saved

### **Response is "Jesus, fill us with your love."**

- That we may become truly holy
- That we may grow in virtue
- That we may grow in wisdom and in zeal for serving you
- That we may always trust in your providence for us and for the Saint Bernadette Parish community
- That we may overcome every obstacle with the help of your grace
- That we may have power to evangelize
- That we may have power to teach
- That we may have power to heal
- That we may grow in loving and authentic friendships with our teens and fellow youth workers
- That we may help them to deepen their faith
- That we may help them to strengthen their hope
- That we may help them to grow in love
- That we may help them to grow in virtue
- That we may teach them to pray
- That we may teach them to seek your will
- That we may teach them to meditate on Your Word
- That we may teach them to love your Immaculate Mother
- That we may teach them to seek the intercession of the saints
- That we may teach them to seek the protection of the angels
- That we may teach them to resist temptation
- That we may teach them to trust in Your love for them
- That we may be worthy of their trust
- That we may live lives worthy of imitation
- That we may love them with a heart like Yours

### **Response is "Pray for us."**

- Mary, Mother of God
- Mary, Help of Christians
- Mary, Queen of Apostles
- Our Lady of Lourdes
- St. Elizabeth Ann Seton
- St. Bernadette
- Blessed Pier Giorgio Frassati
- Blessed Chiara Badano
- St. Dominic Savio
- St. John Paul II
- St. Francis of Assisi
- St. Ignatius of Loyola
- St. John Bosco
- St. Therese of the Child Jesus
- All Holy Apostles
- All Holy Martyrs
- All you heavenly hosts