

## Program Descriptions

At registration you will be provided with several program options for middle and high school formation.

### Confirmation

We offer a two year program for 9<sup>th</sup> and 10<sup>th</sup> grade students seeking the Sacrament of Confirmation. There are 4 sessions per year held on Sunday afternoons, completely separate from YDisciple and Life Teen. Please select Year One for freshmen or candidates wanting to start the process of preparing for Confirmation. Please select Year Two if you have already participated in Year One. Homeschool confirmation is also an option and can be completed in one year.

Our requirements to receive Confirmation are minimal – the Sacrament, after all, is a beautiful gift! A short manual for Confirmation families will be provided as soon as possible upon registration.

### Weekly Faith Formation

#### Middle School

Middle school students gather for discipleship formation in a classroom setting of 12 students on either Monday or Wednesday evenings led by trained, enthusiastic catechists.

#### YDisciple

YDisciple is high school small group formation. A small group of 5-8 teenagers of the same gender and grade meet with an adult mentor and peer leader(s) each week. YDisciple has a digital curriculum and is discussion based. The goal of YDisciple is to form dedicated disciples of Jesus Christ.

#### Life Teen

Life Teen is high school large group formation. Between 50 and 100 teens join the Life Teen Family each year to participate in what looks like a traditional “youth group” setting but also offers intense catechesis and witness each week. Life Teen is led by our college interns and a passionate group of Life Teen Core Team members who work hard to provide relevant catechesis and dynamic activities to engage young people. The goal of Life Teen is to lead teens closer to Christ.

### Special Options

#### EDGE

EDGE is a social opportunity for middle schoolers to grow in their faith and love being at church. Like Life Teen, EDGE is led by a caring group of youth ministers seeking to lead middle schoolers closer to Christ through icebreakers, learning activities, small group discussion, prayer and witness talks.

### Sports Ministry Description

Sports ministry for all ages will be held on Saturday afternoons for Summer 2016. Details will be announced May 21<sup>st</sup>. Please contact Ricardo with any questions or to help: [rgarcia@stceciliaparish.org](mailto:rgarcia@stceciliaparish.org).

### Summer Bible Study

We will offer a weekly bible study on the Sunday readings every Wednesday night from 7-9pm from June 8 to August 10, 2016. An upperclassmen co-ed group will meet at Pat & Mindy Stahr's for *incoming* juniors, seniors and recent high school graduates (3120 Stagecoach Rd, Ames, IA, 50010). An underclassmen co-ed group will meet at Robert & Alyse Ridpath's (2832 Weston Drive, Ames, IA 50010) for *incoming* 9<sup>th</sup>-10<sup>th</sup> graders. All adults and site hosts are Virtus trained

and will follow Safe Environment protocol. Friends and newcomers welcome always; stop by once or attend every week to get to know new friends before programs begin. This is highly recommended for incoming 9<sup>th</sup> graders.

## Leadership Team

As a separate “upperclassmen youth group,” this group of Confirmed juniors and seniors gather about once a month to grow in their faith and form a community of active disciples in ministry leadership. They also are added to a group texting service to stay in touch with needs for Confirmed leaders in our parishes. Juniors and seniors are encouraged to serve as leaders and participants in Life Teen and YDisciple each week, therefore, we offer a once a month retreat opportunity and once a month special event just for upperclassmen. When you register for Leadership Team, you will not be charged additional costs for either the overnight retreats or any other fees associated with Leadership Team activities throughout the year (i.e. laser tag, mystery dinners, movie nights, etc.) This is a great way for busy juniors and seniors to stay connected with their parish.

## 2017 Trips/Conferences

	Life Teen Leadership Conference (LTLC)	Steubenville Youth Conference	National Catholic Youth Conference (NCYC)
<i>Date</i>	June 25-30, 2017	July 14-16, 2017	November 17-19, 2017
<i>Location</i>	Benedictine College, Atchison, Kansas	Missouri State University, Springfield, Missouri	Lucas Oil Stadium, Indianapolis, Indiana
<i>Best For/ Intended Audience</i>	Current 10 <sup>th</sup> , 11 <sup>th</sup>	Incoming 10 <sup>th</sup> , 11 <sup>th</sup> , 12 <sup>th</sup>	Current 8 <sup>th</sup> , 9 <sup>th</sup> and 10 <sup>th</sup> (or those who have never been. Not intended for 2015 NCYC Participants.)
<i>Size of Conference</i>	500 teens	2,000 teens	25,000 teens
<i>Our Group Size</i>	25	55	110
<i>Description of Event</i>	LTLC is an intense, weeklong leadership training hosted by Life Teen’s greatest – Mark Hart, Randy Raus, Emily Willson, Steve Allgeyer, Ike Ndolo, and more. Each day features praise and worship, time for personal reflection, and incredible presentations from Catholic leaders taking upperclassmen to a much greater depth of spirituality. LTLC is Anna’s favorite & most highly recommended trip! It is the optimal experience for all incoming upperclassmen. 100% of LTLC participants tell us this week changed their life and transformed their relationship with God.	Steubenville is a Eucharistic-centered youth conference with trendy speakers like Paul George, Jason Evert and the Adam Bitter Band. Saturday Night of Steubenville features a powerful Eucharistic procession and adoration unlike anything teens will experience at home. We recommend Steubenville for any teen no matter where they are in their faith.	NCYC is a fun rally of gathered Catholic teens that visibly teaches teens the power and magnitude of the young Catholic Church. NCYC is inspiring, encouraging and very social! We recommend NCYC especially for younger high schoolers and those preparing for Confirmation to learn the global nature of the Catholic Church. Students choose from hundreds of workshops based on their interests and participate in General Sessions each day with the entire NCYC group, including a once-in-a-lifetime mass with 25,000 of their new, closest friends.
<i>Next Time Trip will be Offered</i>	2018	2019	2019
<i>Total Cost</i>	All Trips are \$600 a piece or \$1000 for 2 trips by <b>October 1</b> \$700 per trip after <b>October 1</b>		

## *Frequently Asked Questions*

### **Do I have to register right now? Can I register online later?**

On-site registration is offered simply as a courtesy to busy families. You do not need to register by a certain deadline. You can definitely register online during the summer. Our online registration will go live before June 1<sup>st</sup>. Until then, we will input all of those who completed on site (paper) registrations for you online so you do not need to do anything else for registration if you stop in this month.

We will also offer on-site registration on Sunday, August 14<sup>th</sup> from 9:30-10:30am at both parishes.

With that said, classes begin Sunday, September 11<sup>th</sup> and Wednesday, September 14<sup>th</sup>. We do have limited space for YDisciple groups so the earlier you register, the better we can plan to serve you.

### **Should I register my Confirmed teenager?**

Yes! All of our programs are built for 9-12<sup>th</sup> grade students. YDisciple small groups are grade specific so it's a perfect way for 11<sup>th</sup> and 12<sup>th</sup> graders to continue growing at their advanced level. When you register for Leadership Team, you will automatically be added to our retreat rosters (with no additional fee collected throughout the year) and a group messaging system so your 11<sup>th</sup>/12<sup>th</sup> grade receives frequent invitations to stay involved and reminders of Leadership Team meetings – all catered to 11<sup>th</sup>/12<sup>th</sup> grade discipleship needs.

### **What if my ninth grader hasn't picked a sponsor yet?**

Please input parent contact information if your sponsor is not chosen. You will definitely want, and need, to know your sponsor by the beginning of Year 2/10<sup>th</sup> grade. Parents can attend Confirmation classes with their child if they haven't chosen a sponsor yet or if the sponsor is unavailable, however, we recommend choosing your sponsor as soon as possible. The sooner your child chooses their sponsor, the more they can journey together.

### **I am a St. Thomas Aquinas parishioner registering a 6-12<sup>th</sup> grade child for youth ministry, but I also need to register an elementary or middle school student for St. Thomas Aquinas Faith Formation. How do I register them?**

If you are a St. Thomas Aquinas family, you can register all of your children at St. Thomas Aquinas. You can also register just your middle & high schooler at on-site youth ministry registration programs, or simply stop by if you have questions. All St. Thomas Aquinas elementary and middle school faith formation students will need to register through St. Thomas Aquinas.

### **Can we register for both YDisciple and Life Teen? Yes, and they can decide later which one they want to attend every week.**

Yes! There is no additional cost for choosing YDisciple, Life Teen, Summer Small Group, etc. All registered youth ministry families can attend as many of our ministries as possible for the one participation fee.

If you're unsure whether your child will like YDisciple or Life Teen better, they are welcome to attend both all year – or try out each for at least a month to figure out where they feel most at home. All of our programs focus on relationship as the basis of formation. Therefore, we do not recommend alternating between Life Teen and YDisciple each week. Your child should pick a steady community (either a YDisciple group or Life Teen), but we understand if your schedule varies from season to season. It is up to you as a parent if you want them to attend Life Teen in the event that they are sick or have to miss YDisciple one week; many parents have chosen to do this in the past. Please note that both Life Teen and YDisciple, though they offer comprehensive formation over a 4 year period, do utilize separate curriculum.

On average, I would recommend attending one program for at least 3-6 months of the year to avoid disrupting their formation. The only additional costs at registration time for middle and high school students would be for Trip Deposits.

## **Which program is best for my child – YDisciple or Life Teen?**

Life Teen is a large group environment meant to reach a variety of interest levels. YDisciple is catered specifically to the small group of students in each “class.” If your child prefers social learning, with a variety of activities and opportunities to move around, we recommend Life Teen. YDisciple will focus more on discussion, in depth faith sharing, for the entire 90 minute session.

If you’re unsure whether your child will like YDisciple or Life Teen better, they are welcome to attend both all year – or try out each for at least a month to figure out where they feel most at home.

We completely understand that teenagers are social beings and want to join the program or small group where their friends will be. Please consider their learning style when choosing YDisciple or Life Teen. Youth ministry is always hoping to surround our young disciples with a community of support – they will make friends in either program, and the more “faith friends” they have – the better!

## **What fundraisers will be available for the Trips/Conference?**

AMORE MEAL: Our annual “Italian fine dining experience” will be held February 4<sup>th</sup>, 2017 from 5-9pm, with training offered on Friday, the 3<sup>rd</sup>. This is our primary fundraiser for trips and conferences as teens can raise anywhere from \$200 to \$1000+ in one evening.

TOMS EVENT: We also offer a scholarship with working for the TOMS Event (Together our Mission is Service) on [January 28<sup>th</sup>, 2017](#) with St. Thomas Aquinas. Each participant could raise up to \$200 but spots are limited.

MOTHER’S DAY BRUNCH: Finally, NCYC participants traditionally sponsor an elegant Mother’s Day Brunch on May 7<sup>th</sup>, 2017 at St. Cecilia. Participants typically raise \$50-\$150 per family.

Participants who utilize all of our fundraising offerings typically pay 50% or less of their total trip cost out of pocket.

## **What about high school youth ministry retreats? When will a calendar be released?**

In order to provide as accurate of a calendar as possible, we will not offer retreat sign-up or a comprehensive class calendar at Spring Registration. We will send a tentative calendar to all families as soon as possible.

Classes will begin September 11<sup>th</sup> (Life Teen), 12<sup>th</sup> (Middle School Faith Formation) and 14<sup>th</sup> (YDisciple.) Life Teen will end May 21<sup>st</sup>, YDisciple will end on May 17<sup>th</sup>.

High school retreat dates, however, have been chosen (*pending any major activities conflicts once school district calendars are released*):

### **Life Teen Fall Retreat: [October 15-17, 2016](#) | Sunstream Retreat Center, Ogden**

Community building retreat for parents and incoming 9<sup>th</sup>-12<sup>th</sup> graders. Parents and teens participate in similar – but separate – sessions, typically participating only in sacraments and meals together. Attend Friday night or just Saturday – Sunday. Planned by LTLC participants.

### **Freshmen Retreat: [December 9-10, 2016](#) | American Martyrs Retreat Center, Cedar Falls**

Attend for one night or just for Saturday; this new annual tradition has become a favorite way for ninth graders to make new friends, get to know their YDisciple mentors and Core better, and a leadership opportunity for our upperclassmen who serve on team.

### **Sophomore Confirmation Retreat: [February 17-19, 2017](#) | Camp Quaker Heights, Eldora**

Weekend overnight for second year Confirmation candidates approaching imminent Confirmation. “Journey” is one of our top priority ministry focuses each year, planned and facilitated by upperclassmen and passionate Core.

### **Upperclassmen Retreats: [September \(TBD\)](#), [November 5-6](#), [February 17-19](#), [April \(TBD\)](#)**

Sts. Peter & Paul Church, Gilbert

Starting Friday evening through Saturday morning, these quick lock-ins and one night retreats are perfect for upperclassmen wanting to stay close to God and each other despite their busy schedules.