

Guidelines for Catechesis of High School Youth: Grades 9 - 12

Catechesis within the Context of a Comprehensive Parish Based Youth Ministry

Effective October 10, 2002

The Office of Lifelong Catholic Formation/Education has developed these guidelines in response to requests from Pastors, Parish Catechetical Leaders, Youth Ministers, Catechists, parents and the people of the Diocese of Beaumont.

These guidelines ask parishes and parish youth ministry programs to view catechesis within the framework set forth by the United States Catholic Conference of Bishops in *Renewing the Vision: A Framework for Catholic Youth Ministry* (1997).

The *General Directory for Catechesis* (1997) states, “the aim of catechetical activity consists in precisely this: to encourage a living, explicit and fruitful profession of faith” (66). The goal of the Office of Lifelong Catholic Formation/Education is to assist parishes in providing catechesis within the context of a comprehensive parish based youth ministry that is dynamic, fruitful and effective. If catechesis is to be all of these, it must relate to the everyday life and experience of the older adolescent (high school age youth) and their families. The OLCF/E is presenting these guidelines to enable parishes to do catechesis for older adolescents (high school students) in the most effective manner.

These guidelines address...

- A Comprehensive Parish Based Youth Ministry;
- The relationship of catechesis to the components of Youth Ministry;
- The entire parish community and youth minister as primary catechists;
- The faith themes that we teach in adolescent catechesis.

Appendices to these guidelines include...

- The youth that we are catechizing;
- Teaching older adolescents (high school age youth);
- A few simple models for using the components of comprehensive youth ministry together with catechesis;
- The role of confirmation in this catechetical model;
- A catechesis for justice and service;
- Recommended and approved Texts and Series
- Recommended and approved Supplemental Resources

A Parish-Based Comprehensive Youth Ministry

In *Renewing the Vision – A Framework for Catholic Youth Ministry*, the United States Catholic Conference of Bishops (USCCB) has set forth three goals for ministry with adolescents:

- **Goal 1:** To empower young people to live as disciples of Jesus Christ in the world today;
- **Goal 2:** To draw young people to responsible participation in the life, mission, and work of the Catholic faith community;
- **Goal 3:** To foster the total personal and spiritual growth of each young person (9-18).

By setting these as the primary goals for the Church's ministry to, for, with, and by youth, the Bishops have stated that no one segment of the People of God can do this ministry alone. Youth Ministry is the work of the entire community of faith. There is not one model for Catholic youth ministry. Rather, ministry with youth integrates "ministry with adolescents and their families into the total life and mission of the Church, recognizing that the whole community is responsible for this ministry. The comprehensive approach uses *all* of our resources as a faith community – people, ministries, programs" which enables the three goals to be achieved (19-20).

In developing a comprehensive approach to ministry with youth, the bishops have stated that this ministry must be developmentally appropriate, family-friendly, intergenerational, multicultural, collaborative, offer flexible and adaptable programming, and should call forth both youth and adult leaders (20-25). How this will be done will differ in each individual parish, but the overall components to achieve these goals will remain the same.

A comprehensive parish based youth ministry calls forth and uses the ministries that are already present in the Church. The USCCB states that there are eight components of a comprehensive ministry that enable the Church to minister in a most effective and balanced way to adolescents. These components are not all individual programs, but incorporated into one dynamic program that meets the needs of all parish youth (26). A comprehensive youth ministry is a shift from an old way of thinking, to a new way that is goal-directed, integrates diverse activities into a larger integrated framework, engages the entire community to be ministers, nurtures the faith and development of each adolescent, and empowers families with the skills to live and share their Catholic faith with each other.

Eight Components of a Comprehensive Youth Ministry (26-47)

- **The Ministry of Advocacy**
Engages the Church to examine its priorities and practices to determine how well young people are integrated into the life, mission, and the work of the Catholic Community. It places adolescents and families first by analyzing every policy and program of our world, country, diocese, and parish for its impact on adolescents and families.
- **The Ministry of Catechesis**
Helps adolescents *develop* a deeper relationship with Jesus Christ and the Christian community, and *increase* their knowledge of the core content of the Catholic faith. Catechesis helps youth to *enrich* and *expand* their understanding of the Scriptures and the Sacred Tradition and their application to life today, and to *live* more fully as disciples of Jesus.
- **The Ministry of Community Life**
Builds an environment of love, support, appreciation for diversity, and judicious acceptance that models Catholic principles; *develops* meaningful relationships; and *nurtures* Catholic faith.
- **The Ministry of Evangelization**
Shares the good news of the reign of God and invites young people to hear about the Word Made Flesh. This is the energizing core of all ministry with adolescents.

- **The Ministry of Justice and Service**
Nurtures in young people a social consciousness and a commitment to a life of justice and service rooted in their faith in Jesus Christ, in the Scriptures, and in the Catholic social teaching; empowers young people to work for justice by concrete efforts to address causes of human suffering; infuses the concepts of justice, peace, and human dignity into all ministry efforts.
- **The Ministry of Leadership Development**
Calls forth, affirms, and empowers the diverse gifts, talents, and abilities of adults and young people in our faith communities for comprehensive youth ministry with adolescents.
- **The Ministry of Pastoral Care**
Involves *promoting* positive adolescent and family development through a variety of positive (preventive) strategies; involves *caring* for adolescents and families in crisis through support, counseling, and referral to appropriate community agencies; involves *providing guidance* as young people face life decisions and make moral choices; and involves *challenging* systems that are obstacles to positive development (advocacy). Pastoral care is fundamentally a relationship – a ministry of compassionate presence.
- **The Ministry of Prayer and Worship**
Celebrates and deepens young people’s relationship with Jesus Christ through the bestowal of grace, communal prayer and liturgical experiences; it *awakens* their awareness of the spirit at work in their lives; it *incorporates* young people more fully into the sacramental life of the Church, especially Eucharist; it *nurtures* the personal prayer life of young people; it *fosters* family rituals and prayer.

The Relationship of Catechesis to the components of Youth Ministry

Often when we think of catechesis, we think of a textbook and a formal class or small group setting. The problem with this approach is that we miss the opportunity for the Spirit’s movement in the lives of our young people and we miss great opportunities to share the Gospel of Jesus Christ. **Catechesis is central to all the components of a comprehensive youth ministry. Advocacy, community life, evangelization, justice and service, leadership development, pastoral care, and prayer and worship can not be done without also doing catechesis.** The *General Directory for Catechesis* states, “The definitive aim of catechesis is to put people not only in touch, but also in communion and intimacy, with Jesus Christ” (80). This is done by promoting communion with Jesus through all these elements with catechesis as the center and driving force.

Catechesis cannot and should not be a program separate from the parish youth ministry program. If we divorce catechesis from the other components of the process, then none are effective in the lives of our high school students. Only when catechesis is seen as necessary to all the other components of the youth ministry process, will our young people begin to develop a balanced and dynamic faith where the Gospel of Jesus Christ is essential and alive in their daily lives. “Adolescent catechesis is an integral component of a broad-based comprehensive ministry with youth in a parish or Catholic school context.” (*The Challenge of Adolescent Catechesis: Maturing in Faith*, p. 7)

As a diocese, our goal is to give high school youth ministers and catechists the tools to effectively catechize young people throughout the entire youth program of their parish. Catechesis can not be separated from any of these other elements. It is the connection that allows the others to truly work. Examples of how catechesis may work with each of the components of a comprehensive parish youth ministry can be found on pages 13 and 14.

The Entire Parish Community and the Youth Minister Primary Catechists for Older Adolescents

Catechesis is present in every ministry that we do. All ministries, in some way or another, lead people to that personal relationship with Christ and his Church. Whether one is working with youth or with the elderly, catechesis is always being done. "Share the Gospel always and use words if necessary" was a teaching of Saint Francis of Assisi. As a community of faith, we are always teaching our young people what it means to be a disciple of Christ. "Responsibility for catechesis rests with the entire Church. 'Catechesis always has been and always will be a work for which the whole Church must feel responsible and must wish to be responsible' (Catechesi Tradendae, 16). The entire faith community needs to be interested in, supportive of, and concerned about adolescent catechesis" (*The Challenge of Adolescent Catechesis: Maturing In Faith*, p. 5). The community is responsible for evangelization and Christian Initiation. Therefore, the catechesis that takes place must be from the entire faith community.

Parish communities can work toward total parish catechesis by mentoring young people in service projects, and in parish ministry opportunities such as Catechists, Lectors, Eucharistic Ministers, and Hospitality. Parishes that foster youth involvement in the total life of the parish and wider community are doing the job of catechesis when they educate young people by their word and example of faith.

The other primary catechist for older adolescents (high school age youth) is the youth minister or the parish youth ministry team. The youth minister or youth ministry team are the ones who encounter high school students in their everyday life. They are the ones who challenge adolescents to grow in relationship with God, with the Church, and with the entire People of God. Therefore, it is the youth minister who is a primary catechist in the life of the adolescent, along with the entire parish community and their parents. In describing the role of the catechist, the *GDC* states "the catechist is essentially a mediator. He facilitates communication between the people and the mystery of God, between subjects amongst themselves, as well as with the community." (156) In word and in deed the youth minister catechizes high school students.

Pope John Paul II expresses this need most beautifully in the 1995 World Day of Prayer for Vocations, "This is what is needed: a Church for young people, which will know how to speak to their heart and enkindle, comfort, and inspire enthusiasm in it with the joy of the Gospel and the strength of the Eucharist; a Church which will know how to invite and welcome the person who seeks a purpose for which to commit his whole existence; a Church which is not afraid to require much, after having given much; which does not fear asking from young people the effort of a noble and authentic adventure, such as that of following the Gospel." (Bob McCarty, *Youth Ministry 101* (National Federation for Catholic Youth Ministry Website, May 07, 2002)

Recommended Faith Themes (Core Content) for Older Adolescents (Grades 9 through 12)

BASED ON THE FOUR PILLARS OF THE CATECHISM OF THE CATHOLIC CHURCH

I. THE PROFESSION OF FAITH

A. Jesus Christ

1. Articulate an understanding of Jesus' life, mission and message
2. Articulate an understanding of the Paschal Mystery (Jesus' Passion, death, Resurrection and Ascension).
3. Articulate an understanding of what is meant by Jesus' ongoing presence in our lives and what this means for living as a disciple today.

B. The Mystery of the Trinity

1. Articulate an understanding of the Holy Spirit as the Spirit of God who reveals God and makes Jesus known to us today.
2. Demonstrate a basic understanding of the relationship between the three Persons of the Blessed Trinity.

C. Revelation

1. Articulate a basic definition of revelation, inspiration, and biblical interpretation.
2. Understand the relationship between revelation and Sacred Tradition.

D. Old Testament

1. Develop the knowledge and tools for reading and interpreting the Old Testament and its relevance for us today
 - a. Types of Literature
 - b. Source Theory of the Pentateuch
 - c. Historical Critical Method
 - d. Understanding of Myth
 - e. Understanding of History within Old Testament
2. Articulate an understanding of how the Old Testament came to be in its present form.

E. The Gospels

1. Develop the knowledge and tools for reading the Gospels and their relevance for today.
 - a. How each of the Gospels were written
 - b. For whom each Gospel was written
2. Identify some unique presentations and teachings of Jesus in each of the Gospels.
3. Demonstrate an understanding of God's plan for salvation as presented in the Gospels.

F. Paul and His Letters

1. Articulate an understanding of the letters of Paul and their relevance for today from what has been learned in the study of the Old Testament and the Gospels.
2. Recognize the major theological themes in Paul's letters.

G. Faith and Identity

1. Articulate and explain the basic tenants of Catholicism as identified in the Apostles and Nicene Creeds.
2. Articulate and demonstrate what it means to be a Catholic in the world today.

II. THE SACRAMENTS OF FAITH

A. The Seven Sacraments

1. Define the meaning of a sacrament.
2. Articulate an understanding of the sacraments of Initiation, Healing and at the Service of Communion.
 - a. Identify their unique signs
 - b. Explain their rituals
 - c. Understand and explain how they are personal and ecclesial moments of grace
3. Articulate an understanding of Confirmation, especially when involved in preparation for the reception of the sacrament.

B. Worship

1. Identify the Eucharistic liturgy as the primary expression of our faith in ritual action.
2. Develop skills for meaningful participation in the sacramental life of the Church, especially Eucharist.

III. THE LIFE OF FAITH

A. Catholic Morality

1. Demonstrates an understanding of Catholic moral principles and the ability to apply these teachings to contemporary life situations as one encounters the many complexities of our world.
2. Evaluate moral dilemmas and find a resolution within a context of Catholic moral teaching.

B. Conscience, Virtue, and Sin

1. Define key elements in Catholic moral life
 - a. grace
 - b. values
 - c. sin
 - d. redemption
 - e. freedom
 - f. conscience
 - g. personal responsibility.
2. Demonstrate an understanding of sin and its impacts on God, self and society.
3. Demonstrate the ability to make decisions in accordance with a rightly formed conscience.

C. Justice and Peace

1. Evaluate elements in modern culture according to Gospel values (i.e., materialism, racism, oppression, poverty, etc...).
2. Articulate an understanding of Catholic Social Teaching and the call to work for justice, to pursue peace, and to defend human dignity.
3. Engage in activities that demonstrate an understanding of and personal witness to Christ's command to love and serve one another.

D. Lifestyles and Vocations

1. Understand the different baptismal vocations within the church.
2. Demonstrate an understanding of and an affirmation of the vocations of
 - a. Marriage
 - b. Single Life
 - c. Holy Orders (ministerial priesthood, permanent diaconate)
 - d. Consecrated Life.
3. Demonstrates an understanding of lay ecclesial ministry.

IV. PRAYER IN THE LIFE OF FAITH

A. Christian Prayer

1. Understanding and experience different pathways of relating to God through various types prayer.
2. Plan and participate in prayer services, liturgies and retreats.
3. Respond to the Spirit's personal invitation to develop a deepening personal prayer life.

APPENDIX

THE YOUTH THAT WE ARE CATECHIZING

The present generation of High School youth and those who will come for years after them are the children of baby-boomers. They are often referred to as the “Millennial Generation.” They number more than eighty-eight million strong and are most numerous in North America. One of the things that makes this generation different from any other is that this is the first generation to grow up completely in the digital age. Because of this fact, another name given to this age group is the “*Net Generation*.”¹

Since this is the case, as Parish Catechetical Leaders, Youth Ministers, Catechists, Pastors, Priests, and Parents, we need to be aware of the needs of these older adolescents that we are catechizing in the faith. Some of these needs are the same as the previous generations, but some of these needs have changed or become more pronounced due to the digital age.

The *National Federation for Catholic Youth Ministry* (www.nfcym.org) discusses the characteristics of older adolescents (high school youth). Though most of their rapid physical, emotional, and intellectual changes have slowed, they have begun the vital and equally important developmental growth in the areas of intimacy, relationships, identity and cognition. Just as younger adolescents have their own “internal clock” or individual rate of growth, so do older adolescents. The *NFCYM* describes in detail these important areas² of older adolescent development. These areas are presented below to help you minister most effectively to the needs that older adolescents may be experiencing during these years.

“*Older Adolescents...*”

- **Cognitive Development**

- are capable of moving toward critical consciousness, *i.e.* the ability to think about their own thinking, to be conscious and critical of their own consciousness. This second level of reflection (not simply ‘what do I think’ but also ‘why do I think that’) makes it possible for them to grow toward a personal identity, moral value system, faith system.

- **Identity Development**

- seeks to establish a personal identity. The search for an identity involves the establishment of a meaningful self-concept in which past, present, and future are brought together to form a unified whole.
- must answer, for themselves, the questions: ‘Who am I?’ and ‘Whom am I to become?’
- experience a period of questioning, re-evaluation, and experimentation as they seek to develop a unified, consistent self-concept.
- develop further autonomy from parents, an autonomy that involves independence of action. They evaluate the judgment of other authority figures as well.
- accept their sexuality and conceptualize a sex-role identity (self-definition as a man or a woman) that will continue through young adulthood into middle adulthood.
- develop a commitment to a personally-held system of values, religious beliefs, vocational goals, and philosophy of life.

- **Interpersonal Development**

“(Some Older Adolescents...)”

- Continue to take a third-party perspective *i.e.*, can step outside themselves and consider both parties in the relationship – the feelings, actions, and needs of those within the relationship. Relationships become more mutual; trust, friendship and loyalty become significant factors in relationships.

¹ Don Tapscott, *Growing Up Digital: The Rise of the Net Generation* (New York: McGraw Hill) or visit www.growingupdigital.com to read more on the Net Generation.

² The *National Federation for Catholic Youth Ministry* has synthesized the work of Charles Shelton in *Adolescent Spirituality* (Loyola University Press, 1983) and James Fowler in *Stages of Faith* (Harper and Row, 1981). These characteristics of older adolescent development are vital to one’s understanding of ministry to high school youth. They are taken directly from the *NFCYM* website (www.nfcym.org)

“(Some Older Adolescents...)”)

- Expand their perspective to encompass self, peer group, and the larger world. The attitudes and views of the larger world are increasingly understood and taken into consideration.
- Can comprehend more deeply the motives, feelings, and thought patterns of other individuals and groups of peoples, such as nations and classes.
- Realize that other individuals are acting out of a complex web of beliefs, attitudes, and values that may differ from their own belief system.

- **Intimacy Development**

- Develop deep, trusting, enduring personal friendships – with members of the same sex and members of the opposite sex. Relationships become mutual and intimate.
- Yearn for acceptance and love – to be ‘who I am’ and to really be accepted by others; to be able to honestly share their deepest selves.

- **Moral Development**

“(Some Older Adolescents...)”)

- Continue to reason morally at a conventional level, i.e., they resolve moral dilemmas in terms of the expectations of something other than themselves.” This ‘something other’ that motivates them can be either personal or impersonal. The personal is what their friends or other significant people will think of them if they do or do not do certain things. The impersonal is what the law or system of good order calls for in a given situation.

“(Some Older Adolescents...)”)

- Move beyond conventional moral reasoning, evaluating earlier (inherited) moral principles in light of new experience and information. This involves a de-structuring and re-structuring which can be most unsettling. It can create a kind of vacuum in moral reasoning, in which the young person appears to be skeptical, negative and relativistic.

- **Faith Development**

- Critically reflect on their own life and its meaning, struggling to establish their own faith identity. They distance themselves from the authority of the community’s faith, taking responsibility for their own faith and journey. They begin to search for the intellectual justifications of faith. Critical judgment of the community’s understandings and ways emerge as they strive to discover convictions worth living and dying for.
- begin creating a faith system/expression that is personally held and valued. They take seriously the burden of responsibility for their own commitments, lifestyle, beliefs and attitudes. They are developing an inner-directed faith identity. They are concerned with the integrity of belief and action.”

Ministering to Older Adolescents (High School Age Youth)

Keeping in mind these six characteristics of development for older adolescents, we must be sensitive to the fact that older adolescents will have developmental needs that are very different from those of younger adolescents. The intense physical, emotional and intellectual changes are ending. The developmental needs of older adolescents bring new challenges that will affect these high school students into middle adulthood and beyond. According to the *National Federation for Catholic Youth Ministry*³ we must meet the following developmental needs when ministering in a comprehensive youth ministry program to older adolescents at the parish or school level. In meeting these developmental needs of older adolescents and by providing opportunities for growth, we allow these high school students to grow into healthy and mature young adults.

- **Exploration and Experimentation**

- opportunities to experiment with a wide array of behaviors, roles, attitudes, relationships, ideas, and activities as they develop their own personal identity and faith identity.
- opportunities to explore who they are and who they can become in relation to others.
- opportunities for youth of ethnic cultures to achieve a positive orientation toward their own culture and American culture; to affirm their ethnicity through observation of ceremonies, native language, and reinforcement of specific attitudes, beliefs and practices.

- **Adult Sexuality**

- opportunities to understand their sexual growth and integrate sexuality into their personality in a holistic way.
- opportunities to develop healthy values and attitudes regarding their own sexuality.

- **Interpersonal Relationships**

- opportunities to form positive relationships and experiences with peers in a comfortable and secure environment and to develop friendship-making and friendship-maintaining skills.
- opportunities to learn how to develop a relationship with parents that is reflective of their growing autonomy and utilizes new patterns of communicating.

- **Meaningful Roles in the Community and Society**

- opportunities to participate with other older adolescents as full members and leaders in the community, society and church.
- opportunities to explore and act on local and global justice issues and to be involved in community service and actions for justice.

- **Preparing for the Future**

- opportunities to acquire the competencies necessary for adult roles, such as goal setting, problem solving, time management, and decision making.
- opportunities to explore life options and plan their futures (education, career) and to help them acquire the skills, knowledge and experience for their chosen fields.

³ The *National Federation for Catholic Youth Ministry* has synthesized the work of Charles Shelton in *Adolescent Spirituality* (Loyola University Press, 1983). This site was updated 14 August 2001. More information on these developmental needs can be found on their website at www.nfcym.org.

- **Personal Value System and Decision-Making Skills**
 - opportunities to discuss conflicting values and formulate their own value system.
 - opportunities to gain knowledge and experience in making decisions and to apply Christian moral values in making moral judgments.
- **Adult Mentors**
 - opportunities to develop relationships with adult Christians who affirm their journey and struggles, explore sensitive issues with them, listen to their stories and questions, share their own faith journey, and ask questions that encourage critical thinking and reflection.
- **Personal Faith**
 - opportunities to explore and question the faith they have been given by family and the faith community and develop their own faith identity.
 - opportunities to explore what it means to be and live as a person of faith today.
 - opportunities to develop a more personal relationship with Jesus Christ.

A comprehensive parish youth ministry program that takes into consideration these eight developmental needs of older adolescents will contain the following components:

- **Diocesan, State or Regional Youth Rallies, Conventions and Events:** These experiences open young people to the wider or the world-wide Church. Youth Convention and Youth Council are two events that let older adolescents know that the Church of Beaumont is alive and much larger than simply their local parish.
- **Intergenerational/Family/Whole Parish Catechesis:** Catechizing the generations of faith are just as important as catechizing our youth. Families need to grow together in faith. Having the entire parish learning on the same topic or theme can be most effective.
- **Traditional Religious Formation:** This component provides regular weekly or bi-weekly meetings that lend themselves to a systematic program or sequence of classes. The key to successful sessions is an effective adult (catechist) who can use a variety of methods.
- **Youth Group Meetings:** These meetings contain community building, catechesis, prayer, small group sharing/discussion, and creative presentations by the youth minister, youth ministry team, catechists, peer ministers, and outside speakers. Effective catechesis needs to be a strong element of youth meetings.
- **Small Faith-Sharing Groups:** Establishing groups of five to eight older adolescents that allows a safe setting for sharing and dealing with life issues. This is very effective in helping students make the connection between religion and life. These groups can be informal, as well as formal, to allow for six to eight week mini-courses.
- **Retreats:** A time away to reflect on the mysteries of our faith, to grow in community, and to explore our faith in a deeper, more meaningful way provides older adolescents with a lived experience of faith in a communal setting.
- **Service Experiences:** Adolescents need the chance to live out their faith through hands on experiences with those in need, whether that need be economic or spiritual. It is through such experiences that older adolescents learn what it means to be a disciple of Jesus.
- **Prayer:** Prayer is the essence of our life in Christ. Whether the process is journeying to holy places/churches or inviting students to participate more fully in the parish worship experience, it will enable them to meet Jesus in the sacraments and the community.

A Few Simple Methods for Using The Components of Comprehensive Parish Youth Ministry Together with Catechesis

It is important to note that the methods listed below are just a few of the many possibilities of how catechesis relates to the other components of a comprehensive youth ministry. Parishes will develop their own programs, styles and models that will only enable the list below to grow in each individual parish community setting. There is no one model that works for every situation. Each parish must reflect on its own situation and minister to the needs of the young people in their own individual setting. Resources to begin using the following methods can be found under *Supplemental Resources* (pp. 19-21) of these guidelines.

Methods

Drama/Monologue Groups

Bringing a catechetical theme such as the life of a saint, the dignity of the human person, or a parable from scripture to life for young people can always be a challenging task for any catechist. Having young people dramatize these themes in small groups or as individual monologues can create a learning environment that leads to great discussion and catechesis. These dramas and monologues allow the catechist and the adolescents to become a part of the story or situation they are portraying. They are able to put it into their contemporary context.

Drama can be used as part of a traditional classroom setting, on retreats, for teaching younger children, in response to the Gospel Reading in a liturgical service, or in many other settings. Props always add to the effect of the show. Creativity is the key to any good use of drama or monologue. Topics of dramas and monologues might be peer pressure, hate, violence, the life of a saint or person, family conflict, etc.

Guest Speakers

Often we feel that we need to do all the teaching with our students. One very effective means of catechizing young people is through the guest speaker. This could be on topics such as drugs and alcohol, chastity, vocations, married life, abortion, world religions, and a host of other topics. Guest speakers can often provide a time of whole-parish or intergenerational catechesis with an invitation to parishioners to attend the session.

These presenters can speak for as little as 15 minutes with small group discussions to follow. Or they can speak for the entire session if they are able to use a variety of different learning styles within their presentation. The speakers should be dynamic, honest and able to communicate on an age appropriate level.

Icebreakers and Games with a Message

Active learning can be a great way to catechize adolescents. Using icebreakers and games to set the stage for a topic or catechetical theme can enhance any lesson.

When using a game or an icebreaker a number of questions need to be answered. First, what is the purpose of the game or icebreaker? Second, what do we hope to accomplish by using this game or icebreaker? Third, what type of game or icebreaker do we need? And finally, what is the most appropriate place for this in the lesson?

Icebreakers and games are great for the areas of community life, leadership development, pastoral care and catechesis. High School students learn much more by doing than by being talked at.

Peer Ministry

Youth ministry is to, with, by and for youth. Therefore, it makes sense that young people minister to each other at a peer level. All the baptized are called to be witnesses or heralds of the Gospel message. Young people are no exception to this mandate.

Training a select group of young people in how to minister to their peers allows them to minister as catechists, retreat teams, small group leaders, and in other ministries throughout the parish. These will be your leaders. These young people will be the ones to bring the gospel to their friends, classmates and acquaintances in a way that we as older adults can not. Peer ministers give a voice to the Gospel that allows them and other youth to take ownership of the call of Christ to go teach and make disciples of all (Matthew 28:18-20).

Prayer and Scriptural Reflection

One model of catechesis that can be used is prayer and reflection on the scriptures. When young people are participating in an activity, whether it is assisting at a parish dinner or carnival, bringing a friend to Church on a certain Sunday, helping at a soup kitchen, or fund-raising for various reasons, beginning with prayer and spending five or ten minutes reflecting on the scriptures before and after the event can enable them to have a deeper understanding and appreciation of why we live the Christian life the way we do. Below you will find scripture references that can be used for activities in the various components of a comprehensive parish youth ministry.

Scripture References and Reflections on the Components of Youth Ministry

- **Advocacy**
 - Proverbs 31:8-9
 - John 14:15-31; 16:5-15
- **Community Life**
 - Acts 2:42-47
 - Romans 12:3-9
 - 1 Corinthians 12:12-31
 - 1 Peter 2:9
- **Catechesis**
 - Matthew 4:18-22
 - Matthew 14:22-33
 - Matthew 20:20-28
 - Matthew 28:16-20
 - Mark 6:6b-13
 - Mark 6:45-52
 - Mark 8:34-38
 - Mark 10:35-45
 - Luke 9:1-6
 - Luke 14:34-35
 - Luke 18:18-30
 - Luke 19:1-10
 - John 4:1-42
 - John 15:1-11
 - Acts 14:1-7
 - 2 Corinthians 1:12-22
 - Colossians 3:1-4
 - 1 Timothy 4:6-12
 - 2 Timothy 1:6-14
- **Evangelization**
 - Matthew 28:16-20
 - Acts 8:1-3
 - Acts 8:26-40
 - Acts 17
 - Acts 26
 - Romans 1:16
 - Romans 10:11-15
 - 2 Timothy 1:3-14
- **Justice and Service**
 - Book of Ruth
 - Psalm 82
 - Isaiah 1:10-20
 - Isaiah 2:1-5
 - Isaiah 29:17-21
 - Isaiah 58:5-14
 - Amos 5:21-24
 - Amos 8:4-10
 - Matthew 20:20-28
 - Matthew 25:31-36
 - Mark 1:16-20
 - Mark 10:35-45
 - Luke 6:17-49
 - Luke 14:34-35
 - Luke 22:24-27
 - John 13:1-15
 - Romans 16:1-16
 - Philemon 8-21
 - James 2:14-26
 - James 5:1-6

- **Leadership Development**
 - Judges 9:7-15
 - 1 Samuel 15:17-23
 - 1 Kings 3:2-5
 - 2 Chronicles 32:27-33
 - Psalm 31
 - Proverbs 6:16-19
 - Luke 22:24-27
 - Romans 16:1-16
 - 1 Corinthians 12:4-7
 - Galatians 2:11-14
 - Titus 1:5-9

- **Prayer and Worship**
 - Exodus 15:1-21
 - Numbers 22:22-35
 - Deuteronomy 6:4-9
 - 1 Samuel 1:24-2:10
 - 1 Samuel 3:1-18
 - 2 Samuel 7:18-29
 - 1 Kings 8:27-30
 - 1 Kings 8:54-61
 - 1 Chronicles 16:37-43
 - Nehemiah 8:1-12
 - Judith 9:1-2
 - Job 7:1-21
 - Psalm 68
 - Psalm 140
 - Psalm 144
 - Psalm 150
 - Proverbs 16:3
 - Matthew 3:13-17
 - Matthew 6:1-18
 - Matthew 8:8
 - Matthew 26:26-29
 - Mark 9:14-29
 - Luke 11:5-13
 - Luke 18:1-8
 - John 6:1-14
 - John 14:27
 - 1 Corinthians 11:23-26
 - James 5:13-20
 - Revelation 7:9-17

Small Group Discussion or Faith Sharing

Small group discussion or small faith sharing groups help young people to make connections between faith and their daily lives. Either led by trusted adults or by trusted peer ministers, these groups allow older teens to make the connections that will allow them to deepen their faith in God and deepen their trust and life in the Church.

These small group discussion or faith sharing sessions can take on a variety of forms. They can be lectionary based as in our diocesan RENEW format, or can begin to tackle areas such as abuse, anger, prayer, computer chat rooms, adolescent sexual activity, cheating on tests, suicide, stealing and other vital topics of adolescent life.

Videos, Computers and Music

As catechists our responsibilities are to use the all the gifts that God has given us to help our students to embrace the faith at where they are. The contemporary medias of the twentieth and twenty-first centuries are wonderful gift for the passing on of our faith. “For the new evangelization to be effective, it is essential to have a deep understanding of the culture of our time, in which the social communications media are most influential.” (*Ecclesia in America*, 72) Jesus told stories of his time that the people could relate to; so must we.

Catechesis can be done having students analyze their videos, music, and websites. They can create topical music videos on contemporary moral issues. Students can be encouraged to live their faith within the context of their lives by having Christ touch every aspect of it. This is where faith becomes real and alive.

The Role of Confirmation in this Catechetical Model

As stated in the *Guidelines for the Sacrament of Confirmation* (June; 2002) there is a difference between the immediate (or proximate) catechesis for the sacrament of Confirmation and the on-going formation/religious education of high school students that occurs at the local parishes. The catechesis for the Sacrament of Confirmation “is separate from and in addition to” any catechesis that is being done in the parish for high school youth. (page 1)

The catechesis for the Sacrament of Confirmation that has been set-forth in the *Guidelines for the Sacrament of Confirmation* is only for the immediate preparation for the sacrament. It can be done in six to eight sessions prior to the reception of the sacrament. Youth in grades nine through twelve needs to be receiving on-going formation in the Catholic faith as part a comprehensive parish based youth ministry program.

The process for the reception of the sacrament of Confirmation should not be the only catechesis and/or youth ministry program for youth in the life of the parish. With Confirmation taking place in grade 9 or 10, we give youth the signal that their formation is complete upon being confirmed, if confirmation is not separate from and in addition to the parish youth ministry program.

Catechesis on the Call to Justice and Service

By virtue of our Baptism into Christ Jesus, and affirmed in the sacrament of Confirmation, Christians are called to live a life of service. The letter of James reminds us that faith and works go hand in hand (2:14-26). Our faith comes alive by the works we do for the least of our sisters and brothers, for what we do to them we do to Christ (Mt. 25:40). A life of service therefore is essential to the life of discipleship that we are called to live daily as committed Christians.

A commitment to justice and service is essential to any parish-based youth ministry program. But students need to do more than just “do service.” High school students need to have an understanding of why they do service and the Church’s long standing tradition of justice and service to the alienated, marginalized, outcast and oppressed. A quality catechesis for high school students and adults on this call to justice and service, it can be found in the *Guidelines for the Sacrament of Confirmation* (pp. 14-17).

RECOMMENDED AND APPROVED TEXTS

The following texts have been reviewed by the Office of Lifelong Catholic Formation/Education and approved for use in parishes in the Diocese of Beaumont. These texts deal with the faith themes listed on pages 5 and 6 of these guidelines in an adequate and appropriate manner for use with older adolescents. A list of supplemental resources can be found on pages 17 and 18 of these guidelines. This list will be updated on a yearly basis.

- **Ave Maria Press** (www.avemariapress.com)
 - *The Church: Our Story – Catholic Tradition, Mission and Practice* (Patricia Morrison Driedger)
 - *Called to Love – Your Christian Vocation* (Mary Kathleen Glavich, S.N.D.)
 - *Catholic Social Teaching – Learning and Living Justice* (Michael Pennock)
 - *Your Life In Christ – Foundations of Catholic Morality* (Michael Pennock)
 - *Exploring the Religions of the World* (Nancy Clemmons, S.N.J.M.)
 - *Friendship in the Lord Series* (Michael Pennock)
 - *The Sacraments: Celebrating the Signs of God’s Love*
 - *Discovering the Promise of the Old Testament*
 - *Being Catholic – Believing, Living, Praying*
 - *The Catholic Church Story*
 - *Forming A Catholic Conscience*
 - *Jesus, Friend and Savior*
 - *Living the Message of the New Testament*
 - *Growing in the Catholic Faith*
 - *Developing Faith: A Mini-course Series for Teens* (Kieran Sawyer, S.S.N.D., Gen. Editor)
 - *Decide to Forgive*
 - *Everyone’s Problem: Addiction & Recovery*
 - *In the Beginning*
 - *Jesus, Should I Follow You?*
 - *Sacraments: A Way of Life*
 - *The Church at 21 (Centuries)*
 - *What’s so Important About Self-Esteem?*
 - *What’s Special about Being Catholic?*
 - *Why Pray?*

- **Harcourt Religion Publishers** (www.harcourtreligion.com)
 - *Believing: Exploring the Catholic Faith* (Michele McCarty)
 - *Catholics Believe* (Rev. Michael Savelesky, Ph.D., and Rev. Dwayne Thoman)
 - *Christian Vocations* (Michele McCarty)
 - *Deciding* (Michele McCarty)
 - *Journey through the New Testament* (Janie Gustafson, Ph.D.)
 - *Journey through the Old Testament* (Janie Gustafson, Ph.D.)
 - *Justice and Peace* (Joseph Stoutzenberger)
 - *Morality: An Invitation to Christian Living* (Joseph Stoutzenberger, Ph.D.)
 - *Religions of North America* (Rev. Dwayne Thoman and Robert Santos)
 - *Sacraments: Celebrations of God’s Life* (Joseph Martos)
 - *The Church Through History* (Rev. Maurice O’Connell and Joseph Stoutzenberger)
 - *The Mystery of Suffering and Death* (Janie Gustafson, Ph.D.)
 - *Women Shaping Church History* (Lynn Figueroa)

- **Resources for Christian Living Publications** (www.rclweb.com)
 - Catholic and Capable – Skills for Spiritual Growth (Michael Carrotta)
 - *How to Live Our Catholic Faith*
 - *How to Handle Emotions*
 - *How to Live a Moral Life*
 - Understanding the Catechism (Michael Pennock)
 - *Creed*
 - *Prayer*
 - *Liturgy and Sacraments*
 - *Morality*

- **The Center for Learning** (www.centerforlearning.org/religion.htm)
 - Discipleship in the Catholic Tradition
 - *Discipleship*
 - *Personhood*
 - *Hebrew Scriptures*
 - *Christian Scriptures*
 - *Jesus*
 - *Church*
 - *Sacraments*
 - *Conscience*
 - *Social Justice*
 - *Life Commitments*
 - *Faith*

- **Saint Mary's Press** (www.smp.org)
 - *A Promise in the Storm: Grieving and Dying with Hope* (Nancy Marrocco)
 - *Celebrating Sacraments* (Joseph Stoutzenberger)
 - *Christian Justice: Sharing God's Goodness* (Julia Ahlers and Michael Wilt)
 - *Creating a Christian Lifestyle* (Carl Koch)
 - *Growing in Christian Morality* (Julia Ahlers, Barbara Allaire, and Carl Koch)
 - *Jesus of History, Christ of Faith* (Thomas Zanzig)
 - *Prayer Ways* (Carl Koch and contributors)
 - *The Catholic Church: Journey, Wisdom, and Mission* (Carl Koch)
 - *Understanding Catholic Christianity* (Thomas Zanzig and Barbara Allaire)
 - *World Religions: A Voyage of Discovery* (Jeffrey Brodd)
 - *Written on Our Hearts: The Old Testament Story of God's Love* (Mary Reed Newland)
 - *Horizons – A Senior High Parish Religious Education Program* (Thomas Zanzig and Marilyn Kielbasa); Levels I, II, III, and IV.

Lectionary Based Alternative For High School Catechesis

The Office of Lifelong Catholic Formation/Education recognizes that some smaller parishes and missions need to use a different catechetical approach. Therefore, we suggest an alternate approach of lectionary-based catechesis with age appropriate teachings on the basics of our Catholic faith that would provide for learning together as a larger group and for small group work. Since this approach is lectionary-based, different material would be covered for each year of the three-year cycle (A, B, and C). Lectionary-based catechesis needs to be supplemented with teachings in Catholic Doctrine, in order to give the youth a true understanding of Catholic teaching and a sufficient background of Catholic beliefs and practices.

The acceptable lectionary-based programs listed in alphabetical order, are:

Harcourt Religion Publishers (<http://www.harcourtreligion.com>)

- **Seasons of Faith** (published 1993)

Resource Publications, Inc (<http://www.rpinet.com/>)

- **Celebrating the Lectionary: Youth – ages 11-15** (Published yearly)
- **Celebrating the Lectionary: Youth – ages 15 and up** (Published yearly)

Saint Mary's Press (<http://www.smp.org>)

- **Sharing the Sunday Scriptures with Youth – Lectionary-Based Resources for Youth Ministry (Cycles A,B & C)**

The acceptable supplemental doctrinal texts to use with a lectionary-based catechetical approach, are:

Harcourt Religion Publishers (<http://www.harcourtreligion.com/>)

- **Believing: Exploring the Catholic Faith** (Michele McCarty) Barbara Allaire)
- **Catholics Believe** (Rev. Michael Savelesky, Ph.D. and Rev. Dwayne Thoman)

Resource Publications, Inc (<http://www.rpinet.com/>)

- **Understanding the Catechism** (Michael Pennock)
 - *Creed*
 - *Prayer*
 - *Liturgy and Sacraments*
 - *Morality*

Saint Mary's Press (<http://www.smp.org/>)

- **Understanding Catholic Christianity** (Thomas Zanzig and Barbara Allaire)

SUPPLEMENTAL RESOURCES

A Guide to Planning Youth Retreats (American Bible Society), 2000

Auer, Jim, *Getting High, Feeling Low?* (Liguori, MO: LiguoriPublications), 2002. Pamphlet for High School Students addressing the issues of drugs and getting high.

Auer, Jim, *Is It All Over when It's Over* (Liguori, MO: LiguoriPublications), 2002. Pamphlet for High School Students addressing death and the afterlife.

Auer, Jim, *What About Sex?* (Liguori, MO: LiguoriPublications), 2002. Pamphlet for High School Students addressing the myths and opinions of sex that young people encounter in their daily lives.

Auer, Jim, *Why Can't I Just Say or Do What I Want?* (Liguori, MO: LiguoriPublications), 2002. Pamphlet for High School Students addressing the issues of freedom.

Borchard, Therese Johnson, *The Way of the Cross for Teenagers: Walking with Jesus to Calvary* (Dayton, OH: Hi-Time*Pflaum), 1999.

Bradbury-Haehl, Nora, *Scripture Walk Senior High Discipleship* (Winona, MN: Saint Mary's Press), 2000.

Calderon-Stewart, Lisa Marie, *Lights for the World- Training Youth Leaders for Peer Ministry* (Winona, MN: St. Mary's Press), 1995

Calderone-Stewart, Lisa-Marie, *PrayerWorks for Teens* – Four Book Series (Winona, MN: Saint Mary's Press)

Cannon, Chris, *Great Retreats for Youth Groups- 12 complete faith-building weekends* (Grand Rapids, MI: Youth Specialties), 1994

Conversations with Teens – Catholic Perspectives (Dayton, OH: Hi-Time*Pflaum), 2001. This is a series of mini-courses to attempt to get a dialogue started in the areas of *Images of God, Forgiveness and Healing, Dealing with Emotions, Sexuality, Respect for Others, The Death Penalty, Becoming a Moral Person, Family Crises, Serving Others, and Dealing with Death.*

Deehr, Kate, *Teens Scripture & Values – 10 Activity-Centered Lessons & Prayer Services* (Dayton, OH: Hi-Time*Pflaum), 1997.

deVries, Dirk, *Quick Takes for Teens – Easy, On-the-Spot Resources for Youth Ministry* Vol. 1-4, (Denver, CO: Living the Good News), 1996.

Dotterweich, Kass P., *Prayer Services for Teens: 34 Resources for Special Reasons and Church Services* (Dayton, OH: Hi-Time*Pflaum), 1999.

Dotterweich, Kass P., *Making Connections: 25 Stories for Sharing Faith with Teens* (Dayton, OH: Hi-Time*Pflaum), 2000.

Doyle, Aileen A, *More Youth Retreats. Creating Sacred Space for Young People* (Winona, MN: St. Mary's Press), 1989

Dues, Greg, *Why Go to Mass: Reasons and Resources to Motivate Teenagers* (Mystic, CT: Twenty-Third Publications), 1994.

Finley, Mitch, *Let's Begin with Prayer – 130 Prayers for Junior and Senior High Schools* (Notre Dame, IN: Ave Maria Press), 1997.

- Fushek, Fr. Dale, Phil Baniewicz, and Tom Booth, *Plug-in to Life: Strategies and Resources for Catholic Youth Ministry from Life Teen* (Notre Dame, IN: Ave Maria Press), 1998.
- Givens, Steve, *A Time and Place for Healing – The Sacrament of Penance for Teens* (Dayton, OH: Hi-Time*Pflaum), 2000.
- Gustin, Marilyn, *Discovering God's Word – An Introduction to Scripture* (Woodland Hills, CA: Benziger Publishing Company), 1995.
- Hakowski, Maryann, *Sharing the Sunday Scriptures with Youth – Lectionary Based Resources for Youth Ministry, Cycle A* (Winona, MN: Saint Mary's Press), 1998.
- Hakowski, Maryann, *Sharing the Sunday Scriptures with Youth – Lectionary Based Resources for Youth Ministry, Cycle B* (Winona, MN: Saint Mary's Press), 1996.
- Hakowski, Maryann, *Sharing the Sunday Scriptures with Youth – Lectionary Based Resources for Youth Ministry, Cycle C* (Winona, MN: Saint Mary's Press), 1997.
- Hanson, Linda, *Poverty Project: 20 Ready-to-go Session Plans 34 Reproducible Handouts on Catholic Social Teaching and Infomercial Design* (Saint Paul, MN: Good Ground Press and Sisters of Saint Joseph of Carondelet), 1999.
- Holderness, Ginny Ward, *Teaming Up: Shared Leadership in Youth Ministry* (Louisville, KY: Westminster John Knox Press), 1997.
- Jessie, Karen, William Griffin, Barry Katrichak, and Cheryl Rose, *Senior High Retreats* (Villa Maria, PA: The Center for Learning), 1989.
- Link, Mark, *Path Through Catholicism* (Allen, TX: Resources for Christian Living), 2000.
- Malone, Peter MSC and Rose Pacatte, FSP, *Lights Camera...Faith! A Movie Lover's Guide to Scripture – A Movie Lectionary – Cycle A* (Boston, MA: Pauline Books & Media), 2001.
- Marmouget, C. Rosemary, *Scripture Alive: Role-Plays for Youth* (Winona, MN: Saint Mary's Press), 1997.
- Mercadante, Frank, *Growing Teen Disciples: Strategies for Really Effective Youth Ministry* (Notre Dame, IN: Ave Maria Press), 1998.
- McBride, Alfred O.Praem., *Fr. McBride's Teen Catechism* (Huntington, IN: Our Sunday Visitor Books), 1996.
- Moore, Joseph, *CONNECT – A Program for Adolescent Catechesis* (Parsippany, NJ: Silver Burdett Ginn Inc.), 1996. Topics in this series include: Human Sexuality, The Church, Personal Growth, Morality & Decisions, Good News, Relationships, Friends with Jesus, The New Testament, Moral Maturity, Catholic Life, Hebrew Scriptures, Justice & Peace.
- McCarty, Robert J., *Teen to Teen – Responding to Peers In Crisis* (Winona, MN: Saint Mary's Press), 1996.
- Mulhern, Kathy, *Finding God in the Crazy of Life – Prayers and Meditations on Tough Issues for Today's Teens, Books One through Five* (Denver, CO: Living the Good News, Inc.), 1996.
- Olla, Debbie, *Retreats for Teens: Planning Strategies and Teen-Tested Models* (Dayton, OH: Hi-Time*Pflaum), 2001.
- Pichler, Tony and Chris Broslavick, *Service Projects for Teens: 20 Plans that Work* (Dayton, OH: Hi-Time*Pflaum), 2001.

- Quinn, Mark and Mark Scott, *Step by Step Through Scripture: Reproducible Worksheets on the Old and New Testament* (Notre Dame, IN: Ave Maria Press), 1999.
- Reynolds, Brian, *A Chance to Serve: Peer Ministers' Handbook* (Winona, MN: Saint Mary's Press), 1983.
- Regan, S. Kevin, *Teen Prayer Services – 20 Themes for Reflection* (Mystic, CT: Twenty-Third Publications), 1992.
- Regan, S. Kevin, *20 More Teen Prayer Services* (Mystic, CT: Twenty-Third Publication), 1994.
- Riedel, Patty Hupfer, *Getting Started: 100 Icebreakers for Youth Gatherings* (Dayton, OH: Hi-Time*Pflaum), 2000.
- Rubly-Burggraff, Roberta, *Magnum Opus! My Own Journal* (Dayton, OH: Hi-Time*Pflaum), 1999.
- Sawyer, Kieran, *The Risk of Faith and Other Youth Ministry Activities* (Notre Dame, IN: Ave Maria Press), 1988.
- Sawyer, Kieran, *Time Out! Resources for Teen Retreats* (Notre Dame, IN: Ave Maria Press), 1998.
- Scully, Michael, OFM. Cap., *Jesus in the Modern Media – Reaching Teens through Film and Music*, vol. 2000 (Dayton, OH: Hi-Time*Pflaum), 2000.
- Scully, Michael, OFM. Cap., *Jesus in Modern Media - The Message of Film, 6* (Dayton, OH: Hi-Time*Pflaum), 1999.
- Scully, Michael, OFM. Cap., *Jesus in Modern Media - The Message of Rock, 9* (Dayton, OH: Hi-Time*Pflaum), 1999.
- Scully, Michael, OFM. Cap., *Jesus in Modern Media - The Message of Rock 1997* (Dayton, OH: Hi-Time*Pflaum), 1997.
- Scully, Michael, OFM. Cap., *Jesus in Modern Media - The Message of Youth: A Resource Book for Parents and Workers with Youth* (Dayton, OH: Hi-Time*Pflaum), 1996.
- The Catholic Youth Bible* (Winona, MN: Saint Mary Press), 2000.
- Theisen, Michael and Nora Bradbury-Haehl, *Scripture Walk Senior High Youth Themes* (Winona, MN: Saint Mary's Press), 1999.