

# Teen Soup



## Achieving a Healthy and Appetizing Entrée That Attracts Teens and Parents

**Workshop Objective:** Review goals, settings, characteristics, elements, and delivery systems for YM in an effort to plan for the optimum outcomes for individual parish settings.

**Standards and Competencies Addressed:** Standard Four: The LEM engages in **pastoral activity** that promotes the various goals of ministry. YM Specialized Competencies: 4.7, 4.8, 4.10.1, 4.10.1-4.10.8



**Resource List for Information displayed and discussed:**

*Renewing the Vision: A Framework for Catholic Youth Ministry* (USCCB)

YouthWorks, Section Three, *Youth Ministry Today* (CMD)

*Challenge of Adolescent Catechesis*, Chapter IV, A Framework for Adolescent Catechesis (NFCYM, NCDDRE, USCCB Desk of Youth and Young Adult Ministry, Department of Education, 1986)

Effective Youth Ministry Practices in Catholic Parishes (St. Mary's Press, NFCYM)

Guidelines for the Celebration of Adolescent Confirmation within the context of Ministry with Youth (DOW)



### Pantry Check-up for Teen Soup

For now and at least the next five years, the sacrament of Confirmation will be celebrated with high school students. High school students have many needs for ministry and formation, most of which have little to do with the immediate preparation for Confirmation. How are we doing with our ministry with and for adolescents?

The eight components of a comprehensive ministry for youth, as articulated in the USCCB document, *Renewing the Vision: a Framework for Catholic Youth Ministry*, are listed below. Please take a few minutes to evaluate how your parish programming efforts for grades 9-12 might be rated today. Zero means “nothing’s happening” and 3 means “going great.”

|                        |         |  |
|------------------------|---------|--|
| Catechesis             | 0 1 2 3 | Teens learn about and practice their faith through a variety of approaches, courses, groups, events.   |
| Community Life         | 0 1 2 3 | Teens are welcomed, known, valued and involved in nearly all aspects of the parish community.  |
| Pastoral Care          | 0 1 2 3 | Teens experience guidance, direction, referrals and healing to assist them with family problems, peer pressure and risk taking behaviors.                    |
| Prayer and Worship     | 0 1 2 3 | Teens experience all kinds of personal and community prayer forms and have many opportunities to both plan and celebrate community prayer.                   |
| Advocacy               | 0 1 2 3 | The parish constantly advocate for policies and programs which benefit teens and their families. Teens are led to advocate for themselves and others.        |
| Evangelization         | 0 1 2 3 | Teens hear the good news proclaimed in ways that relate to their lives and are involved in the outreach to others who are not active in the faith community. |
| Justice and Service    | 0 1 2 3 | The adult faith community apprentices youth in doing justice and service; youth are schooled in Catholic social teaching when doing justice and service.     |
| Leadership Development | 0 1 2 3 | Both adults and youth are constantly formed in leadership theory and skills for the faith community. Older teens lead peers, younger teens and children.     |

### Shopping List for a Healthy Mixture



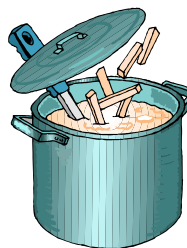
Advocacy  
Community Life  
Justice and Service  
Pastoral Care

Catechesis  
Evangelization  
Leadership Development  
Prayer and Worship

### Cooking Methods Characteristic of a Full Flavored Ministry

Developmentally Appropriate  
Intergenerational  
Collaborative

Family Friendly  
Multicultural



### Flexible and Adaptable Programming Adds the Spice



Diversity of settings  
Some Age-specific efforts  
Some family-centered efforts  
Some intergenerational efforts  
Some community wide efforts  
A balanced mix of programs, activities, and components  
A variety of approaches to reach ALL adolescents and families  
Some small group and small community experiences  
Some home-based programs, activities, and resources  
Some one-on-one efforts  
Some independent or self-directed programs  
A variety of scheduling options and program settings to respond to busy, committed teens  
Good use of technology for communication and implementation



### Some Main Ingredients for Your Teen Soup

Catechetical opportunities for younger adolescents (11 to 15 yrs) may include courses, classes, or workshops for young adolescents (11-15) on topics such as:

- The Story and Mission of our Church
- Jesus and His Gospel Message
- Morality and Moral Decision Making
- Personal Growth: Spiritual Identity, Prayer
- Relationships and Responsibility
- Christian Service
- Sexuality



Catechetical opportunities for older adolescents (14-19 yrs) may include courses, classes, seminars, study groups for older adolescents on topics such as

- Faith and Identity
- The Four Gospels
- Hebrew Scriptures
- Jesus of Faith and History
- Justice and Peace (Catholic Social Teaching)
- Love and Lifestyles (Christian sexuality and intimacy; vocations)
- Morality (adult conscience, moral dilemmas, critical thinking)
- Paul and his Letters
- Prayer and Worship
- YES Groups (Youth Engaging Scripture)
- Confirmation Preparation



**Ideas:** Provide a variety of learning events and opportunities which will allow the youth the best possible teachers, sponsors and guides: mini courses, one-day events, multi-week courses, camp or institute styled formats, pre or post Sunday liturgy reflections, small group meetings, home based and web courses. Intergenerational events encourage mature behavior; peer group formats encourage support and acceptance. Both are necessary. For more information on topics and content suitable for younger and older adolescents see *The Challenge of Adolescent Catechesis: Maturing in Faith*. All learning must prove relevant to teen life and choices.

# Care and Feeding of the Cooking Team

Give Your Parish a Score for the Program Year (Strong = 1, Good = 2, Mediocre = 3, Weak = 4)

\_\_\_ Orientation (providing job descriptions, expectations, communication, organization, and laying the foundation of good community with hospitality and sharing)

\_\_\_ Theological and Ministry Education (providing background related to the ministry assignment through books, articles, in-services, conferences, videos, etc.)

What did you teach your adults about Christ, the sacraments, discipleship, etc.?

What did you teach your adults about adolescents, youth ministry, family?

\_\_\_ Skill Development (providing opportunities for proficiency in listening, developing lesson plans, planning liturgies, planning prayer, using music, providing for youth safety, limiting liability, etc.)

\_\_\_ Spiritual Growth (providing a retreat, spiritual reading, opportunities sharing)

\_\_\_ Community Building (providing opportunities for cooperation, sharing, celebration, appreciation)



leading discussion, scripture, using

for prayer and faith

## From the Test Kitchens – What we know for sure from research:



- Youth Ministry has a transforming effect on youth
- Teens involved in Youth Ministry attend mass more than peers or parents
- Teens involved in Youth Ministry display fewer “at risk” behaviors
- Teens involved in Youth Ministry have other positive faith practices and a prayer life
- Youth Ministry thrives when integrated into the full life of the parish
- Youth Ministry helps youth become active leaders for the parish
- Traditional faith formation programs have little or no effect on teens’ faith
- Parents’ practice of the faith is the most significant indicator of teens’ faith practice

