

Adapting Youth Ministry Trips & Events

Check out the *Retreat/Event obstacle/solution doc* as well, found on the *Navigating 2020 resource page*.

Priorities for Youth Ministry

1. How do we introduce Gen Z to a lived relationship with Jesus Christ? (Heart to Heart)
2. How do we help Gen Z belong? (Person to Person)
3. How do we challenge Gen Z to grow spiritually? (Call/Form/Send)

Call - Form - Send through Retreats

1. Pre-"Call" Events/Retreats
 - a. Build Trust & Relationship
 - b. Hospitality, belonging, fun are key
 - c. Hook to keep them coming back
 - d. Show how Christianity can "fit" with life
 - e. No explicit talk, proclamation (but still pray!)
 - f. Length: a few hours to a few days
 - g. Examples
 - i. Adventure Days
 - ii. YM outings/"fun" events
2. "Call" Events/Retreats
 - a. Assimilate teens into Christian community
 - b. Participants have some openness to living the Christian life
 - i. Teens trust the Church & leaders enough to give a real hearing to the proclamation of the Gospel message (*kerygma*)
 - c. Explicit proclamation of the *kerygma*
 - i. Without use of Church-jargon
 - d. Invitation/Opportunity to respond to *kerygma*
 - i. Eucharistic Adoration
 - ii. Prayer Ministry
 - iii. Confession
 - e. Clear handoff to discipleship follow-up
 - f. Length: multiple days
 - g. Examples
 - i. Steubenville Conference
 - ii. TEC retreats
 - iii. Mission/Service Trips (most)
3. "Form" Events/Retreats
 - a. Participants have made a decision to follow Jesus as a disciple and are working to live the habits of discipleship

- b. Continued preaching of the *kerygma* through a particular lens/topic
 - c. Formation in the habits of a disciple
 - d. Recharge opportunities to reflect and reset our Christian habits
 - e. Sacramental and prayer rhythm (Holy Mass, Confession, Adoration, communal and individual prayer times)
 - f. Can include small group community or can be individual
 - g. Length: a few hours to a week(s) long
 - h. Examples:
 - i. Confirmation Retreats
 - ii. NCYC
 - iii. Mission Trips
 - iv. Days/Evenings of Recollection/Reflection
 - v. Some Camps/Conferences
4. "Send" Events/Retreats
- a. Participants are living several of the habits of disciples
 - b. Practical and spiritual formation for mission
 - i. Corporal & Spiritual Works of Mercy
 - c. Includes prayer & Sacramental rhythm
 - d. Length: a few hours to a week(s) long
 - e. Examples:
 - i. Mission Trips
 - ii. Leadership Camps/Conferences
 - iii. Training Days

Planning Intentional Retreats - Questions to Ask

1. Who is the intended audience? What stage of discipleship are they in?
 - a. How can you include the right "elements" in your retreat.
2. What kind of retreat are you planning?
 - a. Are you inviting the "right" teens to this opportunity?
 - b. If not, how can you change it? Offer more early-stage (Pre-Call/Call) opportunities?
3. How will you move teens to different stages of discipleship in between retreats?
 - a. Small Groups? One-on-One mentoring?
4. How can you plan retreats to serve multiple stages of discipleship?
 - a. Have senior leaders (Send) lead talks/small groups for middle school retreats (Pre-Call/Call)
 - b. Form small groups on mission trip with teens in similar stages of discipleship. Equip SG leaders to process at a developmentally-appropriate level.
 - c. Have committed teens (Send) invite peers who are not raised Catholic to Pre-Call and Call events/retreats