



Gathered Youth Session to Prepare for Pilgrimage

<u>Schedule</u>	<u>Supply List</u>
<p>7:00pm – Gather 7:10pm – Introductions 7:15pm – Community Builder 7:35pm – What is a Pilgrimage? 7:40pm – Opening Prayer 7:45pm – Small Group Discussion 8:05pm – What to Look Out for at City of Saints 8:10pm – Group Activity 8:35pm – Announcements (Group Information) 8:45pm – Closing Prayer 9:00pm – Dismissal</p>	<ul style="list-style-type: none"> ▪ Prayer Table (bible, crucifix, candles, saint images, etc.) ▪ Name Tags with Markers, Pens, Pencils ▪ Items for Group Activity <ul style="list-style-type: none"> ○ Index cards if making prayer cards ○ Event wrist bands if making prayer bands ○ T-shirts, paint, trash bags if making T-shirts ▪ Music – for community builder ▪ Snacks and drinks for hospitality ▪ Copies of prayers, outlines, and small group discussion questions ▪ AV equipment: projector, screen, etc.

Session Outline

7:00 - MGM (MEET, GREET, AND MINGLE)

Welcome teens to your gathering. Have them make a name tag for themselves. Offer refreshments to teens as they come in and encourage them to interact with each other.

Note: If you would like to divide teens into small groups, have name tags be different colors, or place stickers, etc. to designate small groups.

7:10 PM INTRODUCTIONS

Introduce and team members or chaperones will be attending the conference. Make sure participants know each other. Introduce the purpose of gathering for this evening session.

7:15PM COMMUNITY BUILDERS

Option 1: CIRCLE SHARING (passive icebreaker to learn about each other one to one)

Have the participants make 2 circles: an inner circle facing outward and an outer circle facing inward so that each person has a partner directly across from him/her. Explain that one of the circles will be given a direction to move in order to pair up with a different person. The pairs take a moment to introduce themselves and then are given a question to answer. Announce the following directions pausing for the pairs to do their introductions followed by these or other boundary breaking questions to answer.

Note: Try to arrange the movements so the participants are meeting new people with each move.

Questions:

- Inner circle move two to the right. [Pause] What's your favorite pizza topping?
- Outer circle move three to the right. [Pause] What color is your bedroom? Who picked the color?
- Inner circle move five to the left. [Pause] If you could be an animal, which one would you be and why?
- Outer circle one to the right. [Pause] How many people are in your family?
- Inner circle move four to the left. [Pause] What's the last movie you saw?
- Outer circle two to the right. [Pause] Would you rather wash the dishes or do the laundry?

Option 2: INTRODUCTION DANCE OFF (active and interactive icebreaker to meet people by pairing for dance "steps")

Participants find a partner, make introductions, and clasp both hands together facing one another. The leader then calls out the "dance steps" for the partners to follow while keeping hands clasped for every move. Mix up the dance steps to get the young people moving interacting. Start music. Use these dance steps or others you create:

- Front to Front: partners face each other while holding hands
- Back to Back: partners twist so their backs are together while holding hands
- Side to Side: partners stand shoulder to shoulder with one set of hands clasped above their heads and the other set clasped at their waists.
- Other Side to Side: partners twist so their other shoulders are together and reverse their hand position.
- Bow to Your Partner: partners unclasp hands, take a small step back from each other and bow at the waist toward each other.
- Do-Si-Do: partners lock arms at the elbow and spin around while skipping.
- Kick Line: participants stand in a line with arms on each other's shoulders and kick in unison (call out a number for the participants to form groups, for example: kick line for 10).
- Switch: separate from your partner and find another new partner, introduce yourself, and then follow the dance directions.

Note to Leader: Try to arrange the movements so the participants are meeting new people with each move.

7:35 PM WHAT IS A PILGRIMAGE

Gather teens back together in a large group. Show PowerPoint Presentation – PDF version - about what a pilgrimage is.

7:40 PM PRAYER

Note to Leader: Try to be creative with the way the prayer is read. This could be read by one person, alternate between two people, or given to several youth to read a paragraph each.

God, merciful Father, in your Son, Jesus Christ,
You have revealed your love
and poured it out upon us
in the Holy Spirit, the Comforter.

We entrust to you today
the destiny of the world
and every man and woman.

We entrust to you, in a special way
young people of every language, people and nation:

Guide us and protect them as they walk
the complex paths of the world today
and give them the grace to reap abundant fruits
from their experience of the City of Saints Teen Conference.

Heavenly Father, grant that we
may bear witness to your mercy.
Teach us how to convey the faith to those in doubt,
hope to those who are discouraged,
love to those who feel indifferent,
forgiveness to those who have done wrong
and joy to those who are unhappy.

Allow the spark of merciful love
that you have enkindled within us
become a fire that can transform hearts
and renew the face of the earth. Amen

Mary, Mother of Mercy, *pray for us.*

Saint James the Apostle, patron of pilgrim travelers, *pray for us.*

Saint Kateri Tekakwitha, young faithful witness from our native land, *pray for us.*

Saint Therese of Lisieux, patroness of missionaries and advocate for youth, *pray for us.*

Saint Pope John Paul II, advocate for youth, *pray for us.*

**Prayer adapted from the WYDUSA Pilgrim Prayer Guide*

7:45 PM SMALL GROUP DISCUSSION

Note to Leader: After the presentation of “What is a Pilgrimage” and prayer, lead the youth into small group discussions. You may already break them into small groups by using colored name tags or assigning them ahead of time. Have a facilitator designated to lead discussions and to make sure everyone has an opportunity to share.

You may give the teens some quiet time to go over the questions and fill out the questions before sharing in the group or you may have the facilitator lead by asking the question aloud and prompting the teens to share.

Questions for Reflection:

- Why have you decided to make this journey to the City of Saints Teen Conference?
- Do you have any hopes motivating you to go on this journey?
- What kinds of sacrifices have you made to be on pilgrimage?
- What are your intentions for this pilgrimage?
- Are there habits or other areas of your life that you can offer to the Lord as you make this pilgrimage?
- Is there a longing in your heart you wish to bring to the Lord today?

**Adapted from the WYDUSA Pilgrim Prayer Guide*

8:05PM WHAT TO LOOK FOR AT THE CONFERENCE

Note to Leader: Take time to prepare the youth for attending City of Saints Teen Conference. Challenge the youth to take time to notice things on this pilgrimage. It would be a great idea for the group leader to take this list with you to the conference to remind the youth of what to notice as you are on pilgrimage.

What To Look For, What To Notice:

- Be aware of the feelings you have starting the journey.
 - Are you excited, tired, uncertain, prayerful, indifferent or anxious?
- When you enter the pilgrimage site, what do you initially notice?
- When you are in sessions or break out talks, be aware of the four of your five senses as you enter the space:
 - What do you see?
 - What sounds do you hear?
 - What do you smell?
 - How does the space feel to the touch?
- Allow the Lord to enter in your heart.
- What imagery do you notice in this space?
- How will you remember this space? Is there a particular image, prayer, message, or person that you will use to commemorate this experience?

**Adapted from the WYDUSA Pilgrim Prayer Guide*

8:10PM GROUP ACTIVITY

Note to Leader: Choose from the following activities to do with your teens:

- Prayer Partner cards
 - Create a list of teens as prayer partners ahead of time. This should be random so the youth do not just pick their friends as a partner.
 - Have teens create prayer cards for their partner using index cards and markers. Have the teens take them home to pray for their prayer partner before, during, and after City of Saints Teen Conference.
 - Have the prayer partners sit together and share a few things they would like prayer for during the pilgrimage (perhaps in the morning and evening each day)
 - Have the teens create the cards while still sitting with their prayer partner.
- Event wrist prayer bands
 - Have teens create a prayer wrist band to wear before the pilgrimage.
 - Have the teens list everyone who is going to go on the pilgrimage on their wrist band.
 - Or have them create a prayer or drawing on the wrist band.
- Group T-shirts
 - Have teens bring a t-shirt to decorate.
 - You may decide on the design ahead of time (which is highly suggested)
 - Use t-shirt paints or t-shirt markers to create designs

8:35 PM ANNOUNCEMENTS

After you have completed your group activity, bring youth together to go over any details you would like to cover before attending City of Saints Teen Conference.

For example:

- Packing list
- When to meet at the parish/school
- What to expect when arriving
- Discuss housing and meal accommodations with the group
- Encourage participation in the Plaza and our Sacred Space
- Decide as a group if you would like to attend the Mass and Eucharistic Procession on Friday at 3pm.

8:45pm CLOSING PRAYER

Note to Leader: Have copies of the closing prayer for each person. You may choose to designate a reader for the first line of each prayer.

Prayer for Young People by Rev. Austin H. Fleming

Where can I go when the night is dark and I stumble along the way?

I will go up to the house of the Lord, my God, whose light turns the night into day.

Where can I go when my heart is low and my spirit wounded with pain?

I will go up to the house of the Lord, my God, to the God who gives joy to my youth!

Where can I go when my heart is full, overflowing with thanks and praise?

I will go up to the house of the Lord, my God, whose peace is the joy of my days.

Where can I go when my heart is healed and mended with comfort and love?

I will go up to the house of the Lord, my God, whose grace gives me strength from above.

Where can I go when my heart is at peace and filled with the spirit of truth?

I will go up to the house of the Lord, my God, to the God who gives joy to my youth!

Where can I go to give of myself in return for all I've received?

I will go up to the house of the Lord, my God, who calls me to serve those in need.

Where can I go to pour out myself as God's love is poured out for all?

I will go up to the house of the Lord, my God, whose love bids me answer the call.

Where can I go for life worth the living, for love strong in word, deed, and truth?
I will go up to the house of the Lord, my God, to the God who gives joy to my youth!

Leader: Jesus, our Brother, our Hope, our Refuge,

Be with us as we prepare to journey together on this pilgrimage to City of Saints. Open our hearts, our ears, our minds to what You want us to experience! We ask you to draw us closer to You! We ask this in your holy Name! Amen

**Prayer adapted from the WYDUSA Pilgrim Prayer Guide*

9:00 PM DISMISSAL

OPENING PRAYER

God, merciful Father, in your Son, Jesus Christ,
You have revealed your love
and poured it out upon us
in the Holy Spirit, the Comforter.

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the destiny of the world
and every man and woman.

We entrust to you, in a special way
young people of every language, people and nation.

Guide us and protect them as they walk
the complex paths of the world today
and give them the grace to reap abundant fruits
from their experience of the City of Saints Teen Conference.

Heavenly Father, grant that we
may bear witness to your mercy.
Teach us how to convey the faith to those in doubt,
hope to those who are discouraged,
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forgiveness to those who have done wrong
and joy to those who are unhappy.

Allow the spark of merciful love
that you have enkindled within us
become a fire that can transform hearts
and renew the face of the earth. Amen

Mary, Mother of Mercy, pray for us.
Saint James the Apostle, patron of pilgrim travelers, pray for us.
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Leader:

Jesus, our Brother, our Hope, our Refuge,
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