

LEADER'S GUIDE

A CaFE Resource

Youth CaFE Leader's Guide

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1. INTRODUCTION

plugged in-**YOUTH CaFE** is an exciting new resource designed for teenagers. It looks at the foundations of the Catholic faith in a lively and fun way and uses short relevant video clips within icebreakers, small group discussions and prayer response times.

plugged in-**YOUTH CaFE** can be used with an established youth group in a parish and is also an ideal tool to start a youth ministry. Beginning a new venture like this can be a daunting challenge so we have tried to include everything that you need to know in this Leader's Guide and there is comprehensive material for preparing the team included in the Leadership Preparation videos.

plugged in-**YOUTH CaFE** is also a very flexible resource for teachers and school chaplains for use in lessons, during the lunch break or as an extra curricula activity.

The **Y Church Report** published by the Northampton Diocese Youth Ministry team was an inspiration to us when producing Youth CaFE and we have tried to incorporate some of the suggestions and ideas from the report into this guide. We recommend that you read the report if you are trying to establish an effective youth ministry in your parish. (*See web-site www.nymo.org.uk to download a copy*).

Working with Young People:

When working with young people all the team must be aware of the current child protection policies applicable in your area. These should be considered well in advance of starting any youth ministry as they may involve police or other checks on the team which can take some time. Initially we suggest that you contact your parish or diocesan child protection representative to get the current guidelines and then produce a checklist for the team. We have included in **Section 11 Working with Young People** a sample of what this might look like. But please note that these are only general pointers that are available when this guide was written. The current guidelines vary from diocese to diocese. So before starting any youth ministry, please refer to your local contact.

CONTENTS OF THE PACK:

DVD 1	Two Sessions of Leadership Preparation input: 1. Youth Culture and Spirituality 2. Practicalities Sessions 1 – 4 of Youth CaFE: 1. Anyone Out there? 2. The Man was God 3. Born to Die 4. Get Plugged In
DVD 2	Sessions 5 – 6 of Youth CaFE: 5. Soul Food 6. Alive & Kicking Plugged In Trailer Raindown music video “Crucifying you” ¹ Testimonies 1. John Pridmore 2. Unda God’s Creation 3. Natalie 4. Charlotte Word on the Street
OR	
VIDEO 1	Sessions 1 – 6 of Youth CaFE: 1. Anyone Out there? 2. The Man was God 3. Born to Die 4. Get Plugged In 5. Soul Food 6. Alive & Kicking
VIDEO 2	Plugged In Trailer. Two Sessions of Leadership Preparation input: 1. Youth Culture and Spirituality 2. Practicalities Testimonies 1. John Pridmore 2. Unda God’s Creation 3. Natalie 4. Charlotte Word on the Street Raindown music video “Crucifying you”
AND	
CD	Tracks to play during the prayer response times and as background music ²
Leader’s Guide	All you need to know to run the course.
Sample Publicity:	Youth CaFE Poster Set of Youth CaFE Postcards Youth CaFE Drink Mat Youth CaFE Table Card Youth CaFE Invitation Card

¹ Produced by XT3 www.Xt3.com

² For full list of tracks and credits please see Appendix C

2. PREPARING THE TEAM

CHOOSING THE TEAM

To run *plugged in*-YOUTH CaFE in a parish you will need a small team of enthusiastic people who are good witnesses to a living faith, ideally some of these would be older teenagers. There is no doubt that young people are influenced by their peers and having team members who are young themselves and who have struggled with similar experiences and issues can be of great benefit. The size of the team will vary according to how many young people are expected and you should check with your parish or diocesan child protection officer for any guidelines given by your diocese on the number of adults that may be required.

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KEY POINT!!

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Try to get older teenagers on the team.

TWO LEADERSHIP PREPARATION SESSIONS SHOULD BE ORGANISED.

BEFORE THE FIRST PREPARATION SESSION

Before attending the preparation sessions it is suggested that everyone on the team who has passed their teenage years prepares by:

1. Reading a teenage magazine.
2. Watching a TV music channel.
3. Watching one of the soap operas that are popular with teenagers.

This might seem an odd thing to ask in preparation for starting a youth course, but it is important to gain an awareness of the world in which young people are living so that they can help them understand and live their faith more effectively.

BEFORE THE SECOND PREPARATION SESSION

Check on the local Child Protection Guidelines and find out what needs to be communicated to the team.

It would be a good idea for the leader to have a rough plan of the sessions (i.e. how many there will be and how long they will last). All the team should prepare by reading section 3 dealing with the practicalities of running the course.

THE FIRST LEADERSHIP SESSION

Youth Culture and Spirituality

Length of session:

Two hours

Aim of this session:

To help the team to look at the spirituality of young people, how this is affected by today's culture and the challenge this presents.

The First Leadership Preparation video input is about 20 minutes long with 3 break points for discussions. These are a very important feature in the preparation so do allow plenty of time for sharing between the clips.

If the team have not already seen it then start the first preparation session by showing the *plugged in*-YOUTH CaFE Trailer included in the pack.

► Show Clip 1

This looks at where young people are coming from, what their struggles are and what they hope for.

The key characteristics of youth culture are:

1. It is interactive
2. It is issue driven
3. Image conscious
4. There is much uncertainty.

? Discussion Questions:

Has anything that you have heard or anything in your preparation for this session given you any surprises?

What is your experience of youth culture today?

What do you think are the main issues facing young people today?

► Show Clip 2

This looks at where spirituality fits into the constantly changing youth culture of today and what young people want from the church.

Young Catholics today are looking for:

1. Identity
2. Clear Communication
3. Role models
4. Community
5. Something real

? Discussion Questions:

Have you come across the 'pick and mix' spirituality that was mentioned?

What is your understanding of this middle group that Jenny talked about?

Looking at each of the five needs that have been highlighted what do you feel that your team and your parish can offer young Catholics?

► Show Clip 3

Looking at what makes an effective youth leader. Seven tips for effective youth ministry:

1. Be yourself
2. Be open and honest
3. Be relevant.
4. Get them involved.
5. Make it fun.
6. Prepare in prayer.
7. Don't be afraid.

? Discussion Question

What are the strengths that I bring to youth ministry?

In what areas do I need to grow to be a more effective youth leader?

What do I hope to gain from running this course?

Together, read through sections 4 'Tips for the team' (p23) and 5 'Tips for leading table group discussion' (p27) of the manual.

► Show Clip 4

Looking at team prayer.

Leave time at the end of this session for intercessory prayer for the success of the course, as it will be most effective if it is surrounded by prayer. Suggest that the team start praying for each other and for the young people who will be coming.

Ask the team to read through the practicalities section in this guide before the next preparation session.

THE SECOND LEADERSHIP SESSION

Practicalities

Length of session:

Two hours

Aim of this session:

To give the team the opportunity to look at the practicalities of running *plugged in*-YOUTH CaFE.

► Show Clip 1

This features young people saying how they would like the course to be run.

? Discussion Question:

What do you think are the most important things that the young people mentioned?

► Show Clip 2

This gives more guidance on running the course.

? Planning the Practicalities - The Preparation Checklist

If you have not read the Practicalities Section that follows, it would be worth reading through each section and working through the following checklist:

1. When and where will your course run?
2. When and where will you meet to prepare each of the sessions?
3. Who will organise prayer support and lead team prayer?
4. Who will order/ organise publicity?
5. When, where and how will publicity be distributed/ announced?
6. Who will front (MC) the sessions?
7. Who will lead the table group discussions?
8. Who will set up the room?
9. Who will clear up afterwards?
10. Who will be responsible for getting everything needed for the sessions?
11. Who will organise refreshments?
12. How will refreshments be paid for?
13. Who will be responsible for setting up/ running the DVD/ Video/ Projector?
14. Who will lead the prayer responses?
15. Who will be responsible for playing the CD during chill out and prayer times?
16. Who will organise the sacrament of reconciliation?
17. Who will organise the Mass?
18. Who will organise the away day, including consent forms?
19. What follow up could you suggest?
20. What child protection guidelines do the team need to know?

At the end of the session finish with a time of intercessory prayer for the course.

3. PRACTICALITIES

PLAN AHEAD

plugged in-YOUTH CaFE is very flexible. It is designed to be run in many different situations. In a parish setting it would ideally be spread over six weeks with possibly a seventh week added for a social and to present the follow-on options.

There are some suggested weekly session plans in Section 6 of this Guide. Each week there are ideas for icebreakers, small group discussion questions and prayer response times. These are all planned to fit around the video clips. Remember these are just ideas and if the team come up with better ones, please feel free to use them! Also be sensitive to the age of your group. We have tried to suggest icebreakers that could appeal to all ages but older teenagers may not appreciate some of the games that would appeal to the younger ones.

In the suggested session plans for each week we have included the possible timings for a 2 hour session but this is flexible and can be adjusted as appropriate. Many groups are using the clips in 90 minute sessions by reducing the time allowed at the beginning and end of the meetings and having slightly shorter discussion and activity times. In sessions 3 and 5 we recommend ending the session with Reconciliation and Mass respectively, and if this can be arranged then it is worth arranging a 2 hour session for these weeks.

The **detailed planning** for each week of the course is best done in the week before the session. If the team can get together for a short time to plan and pray this should keep each week's activities fresh in their minds and allows them to adapt the course as they go along, learning from what went well.

A good tip is for the leaders to try out the games beforehand. Some may seem complicated when you first read them and it would be good to make sure that you understand them before you try to explain them to others (usually they are easier to describe vocally than in writing!)

Also meeting regularly before the sessions helps the team to support each other.

PRAYER

Involve the parish by asking for special prayer for

plugged in-YOUTH CaFE.

Perhaps with:

- ❖ A special intention at Mass.
- ❖ Include it in the Bidding Prayers.
- ❖ Ask all the parish prayer groups to pray.
- ❖ Write a prayer card and hand copies out after Mass.
- ❖ Involve the sick and the housebound by asking them to be prayer sponsors.

✱

KEY POINTS!!

✱

Team need to commit to regular prayer.
Involve the parish.

PUBLICITY

Getting the young people to come will be one of the most challenging aspects of running *plugged in*-YOUTH CaFE! In the Y Church Report young people have said that youth groups are seen as 'naff', but clearly when the barrier of 'naffness' is overcome such groups prove very valuable. Advertising the course and all the publicity related to it must therefore be seen to be 'cool'.

- ❖ Emphasise the friendship and fun aspect alongside the spiritual content.
- ❖ Stress that it is based on lively DVD input designed for their age group.
- ❖ Involve young people in "spreading the word" by inviting friends.
- ❖ Don't ask for commitment up front but invite them to the first session then hopefully they will return.
- ❖ Target those who may not have made friends in the community e.g. new comers to the parish or school.
- ❖ Try to reach those who rarely, if ever, come to church.
- ❖ Make use of every opportunity to reach young people (where do they gather?)
- ❖ Ask young people their advice on where to publicise.

Invitation cards have been produced for the course. These are designed so that you can print your course details on a label and stick it on the back. Please see Appendix for details of how to print the labels. The Youth CaFE web-site (www.youthcafe.org) is printed on these and a short trailer of the course can be viewed from this web-site.

The publicity pack has a sample of these invitations. It would be great to get some young people to hand these out personally at the end of Mass (give everyone a few to pass on to their friends!) But don't be tempted just to put them into the parish newsletters as they are unlikely to reach the target audience.

Another way to advertise the course is to set up a TV or computer at the back of Church after Mass, or a projector in the dining room at break and lunch time, to **show the trailer** that is included in the pack.

Having a young person give a **short presentation at the end of Mass** could be very helpful to encourage others to attend. Make sure that whoever is presenting has seen some of the video input and the session plans so that they know what they are talking about and can give an honest opinion of what it is like.

Here are a few things that they should say:

What it is :

A fun, new way for teenagers to explore their faith.

Developed with a lot of input from Catholic teenagers.

A course for them and about them.

Based on lively DVD input.

A great opportunity to make new friends and chill out with your friends

Not heavy or boring.

What they think of it.

What age group it's being run for.

Where & when it is running.

There's no commitment – encourage people just to come and see.

It's also a good idea to have someone at the back at the end of Mass to hand out invitation cards and in case anyone wants to ask any questions.

Maybe get someone to collect the mobile phone numbers of those interested so that they can text a reminder before the first session.

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KEY POINTS!!

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Stress the fun element.

Think hard about how you get people to come.

Ask advice from the teenagers on your team.

Text reminders.

Personal Invitation is vital.

WEEKLY HAND OUTS

Postcards have been produced for those who come on *plugged in -YOUTH CaFE*. Each week there is a different Image and Scripture quote for them to take away and meditate on. These are ideal for their notice boards or as bookmarks.

THE SESSIONS

It is important that every effort is made to make the young people feel as comfortable as possible when coming to *plugged in-YOUTH CaFE*.

Don't forget that young people will only come back if it is **fun**! They have lots of other commitments and demands on their time, even at this age with social activities, homework, sport, music practice, part-time jobs, and soap operas! Church groups will be seen as optional and will be the first to be dropped if they are seen as a chore. So the MC and all the team should try NOT to be parental or like a school teacher as this can be off putting. It is essential for the team to be themselves and to show that they care about the individuals.

A **relaxed atmosphere** can be achieved by the way that the room is set up when they arrive. If the session opens with an activity that involves all the group then lay out the tables at one end of the room (preferably near the door) or around the edge so that any early birds can sit down and chat. Don't forget that everyone should be able to see the television or screen clearly, this may mean turning their chairs around for some and it may involve pulling out the TV or screen and projector later in the session.

- ❖ Set up tables with 6 to 8 chairs around each.
- ❖ Cover each table with white banqueting roll or paper table cloths.
- ❖ Decorate the tables with *plugged in-YOUTH CaFE* drinks mats and a table centre piece (the three fold card giving the topics covered in the six sessions).
- ❖ On each table have a bowl of unwrapped sweets (Maltesers are a firm favourite) for them to eat during the session.
- ❖ Use *plugged in-YOUTH CaFE* posters to decorate the walls
- ❖ Have dimmed lighting – desktop spot lights around the hall give a good effect.
- ❖ When they arrive and during the chill times have background music. The CD in the pack is ideal for this or play other 'cool' Christian music (see Section 7 for some suggestions of Christian bands) but don't forget to give it some volume!!

You will need a leader up front to **MC** the meetings who can say a brief welcome, a short opening prayer and explain the games and prayer responses clearly. Also each table should have a designated **table leader** from the team (sections 4 and 5 contain tips for Table Leaders). The young people will want to stick together on a table with their friends, but this can be difficult if too many go on the same table. So try to arrange it so that 2 or 3 friends can sit together but split up larger groups. A good table group size would be no more than 8 young people, plus 1 or 2 leaders. Keeping the table groups the same throughout the course is also recommended, for ease of discussion and sharing.

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KEY POINTS!!

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Create the right atmosphere.
Be yourself. Make it fun!!

GAMES

Beginning each session with a time of games and ice breakers is an integral part of Youth CaFE. Each session guide has suggested ice breakers and alternatives can be found in section 8.

Tips for using ice-breakers:

- ❖ Be well prepared and have everything to hand that you will need
- ❖ Try to vary the activities – don't be predictable
- ❖ Try not to refer to the games as 'ice-breakers', this can create a self-consciousness about the 'ice' that can be counter-productive!
- ❖ Make sure the activities enable everyone to be involved, be especially aware of disabilities, and the clothes people are wearing!!
- ❖ Explain the activities carefully and clearly. Make sure those taking part understand.
- ❖ Have a practice run if there is any doubt.
- ❖ Make sure the ice-breakers are fun and not too competitive.
- ❖ Be enthusiastic!

REFRESHMENTS AND CHILL TIME

We recommend that you have some refreshments available, such as drinks, crisps and cake, when the young people arrive, to help create a welcoming atmosphere. During the sessions there is also an opportunity for the young people to 'chill out', where they can top up drinks etc. The welcome time and the 'chill time' are great opportunities to encourage interaction between the table groups. Have some music playing, but be aware that this could be an awkward time for some if they don't know anyone else so you need to watch that no-one is excluded.

EQUIPMENT

Make sure that you have a DVD or video player, a large TV and CD player. If you are expecting a large number then it would be worth while trying to get hold of a video projector, amplifier and screen (or you could project onto a plain wall or sheet). Check that it is all working before you start the sessions.



KEY POINT!!



Check out the equipment, make sure it works!!

THE SACRAMENT OF RECONCILIATION AND MASS

We recommend that the Sacrament of Reconciliation is offered at the end of session 3 and a Mass could be offered at the end of session 5 (See the Session plans for more details). Check well in advance with your priest if these are possible.

For a larger group it would be good to get more than one priest for the Sacrament of Reconciliation so that no-one is put off by having to wait too long and make sure that you talk through with the priests how the session will run.

If you are holding a Mass plan this well in advance and involve the young people as much as possible. They could help with the readings, prayers, music and decorating the space (make sure that you give them plenty of notice so they can prepare or practise). A small intimate Mass in the hall may be a new experience for many and holding it by candlelight is a favourite with young people.

If you offer Mass or Reconciliation you may need to allow extra time for these particular sessions depending on the size of the group.

* **KEY POINTS!!** *

Check it out with your priest.
Involve as many people as you can in the Mass.
Make sure it's 'youth friendly'.

ISSUES RAISED BY THE SESSIONS

Some of the testimonies on video may raise issues such as divorce, abuse and bereavement. Think through how any discussion on these will be handled should they come up. The table groups are not the best place to handle these big issues if someone has been touched personally and so you should decide as a team beforehand the best way to handle a situation where a young person wants to discuss something personal and how you can best help them. Your local child protection officer should be able to give you advice.

THE AWAY DAY

Groups bond better if they are taken out of their normal environment and different friendships can be made and so we recommend, if it is possible, that for one of the sessions (Week 4 lends itself to this) you reschedule the meeting to a weekend (either Saturday or Sunday) to take the young people out for an afternoon and then have the session input in the evening.

It will be up to your team to decide how you do this. One idea is to go for a burger or pizza then go bowling, ice skating or play quaser laser before returning to the parish hall for the session. You might then end the evening with fish and chips all round. Whatever you decide to do make it fun and include plenty of food!

Remember to warn those attending well in advance and keep reminding them! If they have other commitments and can't make the daytime activity, do encourage them to come to the evening session. If you have their mobile phone numbers you could text a reminder.

You will need to get parental consent if you are taking the group out of the normal surroundings. Get written permission from parents or carers. The details could be put on a letter with a tear-off slip to be returned to you.

* **KEY POINTS!!** *

Plan your day well in advance.
Warn them well ahead of time.
Pack lots into it.
Ensure consent forms have been completed.
Check everyone knows details, times/meeting place etc.

FOLLOWING UP *plugged in*-YOUTH CaFE

It is important that you plan in advance something to offer as follow-up for those who have been on *plugged in*- YOUTH CaFE. If you are using it to start youth ministry in your parish you should have a longer term vision for that ministry. It may be helpful to contact your local diocesan youth officer for guidance and suggestions and find out about any training opportunities.

Catholic Evangelisation Services are constantly updating their range of resources and are planning to develop follow on material for Youth CaFE. Check out their web-site www.faithcafe.org for the latest news.

Where possible anything that is offered should be organised as much as possible in the same style for continuity – don't forget the fun element!

Here are some suggestions to follow *plugged in*-YOUTH CaFE:

- ❖ Run *plugged in*-YOUTH CaFE again for a different group and invite those who have already attended to help.
- ❖ Get together to follow up on the issues and questions raised by *plugged in*-YOUTH CaFE.
- ❖ Run Youth Alpha (see www.alpha.org/youth/runningacourse for more details).
- ❖ Set up Youth SVP or get involved in a local social action project.
- ❖ Form a Gospel Choir.
- ❖ Form a Drama Group.

- ❖ Organise periodic youth events perhaps with neighbouring parishes – book a speaker, a Christian drama group or a Christian band.
- ❖ Run another similar resource for young people.
- ❖ Find out about Christian Youth events in your area.
- ❖ Older teenagers may want to meet to look at the weekly Mass readings to see what they are saying to their age group.

(See section 10 for more ideas and information)

Young people really want to belong but may not want a long-term commitment so try to offer short term options where possible.

There is no one way to follow up *plugged in -YOUTH CaFE*, but generally young people are looking for involvement, leadership and practical responsibilities within a fun atmosphere. Remember to ask the guests what they would like, but have some ideas up your sleeve so you can put forward feasible suggestions.

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KEY POINTS!!

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Think well ahead what you can offer.
 Young people want involvement, challenge and fun!
 Ask them.

AN EXTRA SESSION

It would be a great idea to add a seventh session to the course. This could be a celebration party where you could repeat some of the ice breakers or try some of the alternative ones suggested. You could ask the young people to help provide the food and drink and this would be a good opportunity to tell them about other things that are happening or follow up activity that is planned.

4. TIPS FOR THE TEAM

1. When working with young people don't try to be anyone other than yourself. Youngsters will see through any attempt to be "cool" or "trendy" but if you **love and respect them** and give them your time you will gain their respect.
2. It is essential to have an MC / leader at the front. They have the responsibility of **introducing the sessions** and ensuring that the meetings keep to time. They should allow the sessions to flow naturally e.g. the activity should not be introduced by saying "We are now going to have an ice-breaker" but perhaps just ask the group to bring their chairs to form a circle. The MC / Leader should work with the team to plan and co-ordinate each of the weekly sessions.
3. **Prepare well** for the sessions in advance and make sure that you have everything that you need to hand when you need it. This will give an air of authority and control and will show that you care about the group and their welfare. Arrive in good time to set up the room, check the temperature and pray with the team before the session.
4. Table leaders are there to help people chat and to help with the activities. They should take part as much as possible in all the activities as the key aim for them is to **build relationships** with their table group.
5. **Pray for the young people in the group regularly** and let them know that you are praying for them. It helps them to know that you care for them personally and sets a good example. Maybe you could ask them to pray for others in the group.
6. **Remembering people's names** is very important, it shows that they mean something to you. They will want to know that you care about them before they will begin to care about you and the course you're involved in running. To help with this you might ask everyone, including the team to write their names on a sticky label to wear (at least for the first few sessions).
7. Ensure that the young people are given **clear expectations on behaviour** but at some stage you may have to discipline someone in the group. It is best to do this away from the crowd if possible to avoid humiliation. Also never punish the group for the misdemeanour of an individual.

8. *plugged in* -**YOUTH CaFE** has been designed for young people who have a shorter attention span than adults. When planning your sessions remember this and organise a number of **short activities** and responses around the video input. Don't expect to spend too long on any one activity, we would recommend 10 minutes maximum.
9. **Do not assume** that every one is happy to read aloud. If you want something read out then ask them privately first, then let everyone know you have done this so they won't be worried that you might spring it on them next time!
10. Choosing teams for an activity can be a mine field. Find ways to **choose teams without hurting any feelings**. One way, for a physical game, is to line boys up in height order and do the same for the girls. Count them off into the number of teams you need. This way you will get an even spread of sizes in each team. Another time you could arrange them in alphabetical order of their first names.
11. **Don't forget** that you are working with young people. They are experiencing enormous changes at this age and some times they will feel like a child trapped in an adult's body and at other times like an adult trapped in a child's body. So **be patient** with them. This can be a very frustrating and erratic time for them.
12. **Trust that God is with you and ask the Holy Spirit to give you patience, wisdom and guidance.**

5. TIPS FOR LEADING TABLE GROUP DISCUSSIONS

1. The aim of the table group sharing time is to:
 - ❖ **Build relationships within the group**
 - ❖ **Allow questions to be asked**
 - ❖ **Discover the answers together**

2. To lead a *plugged in*-YOUTH CaFE discussion group, you need to be a **good listener** and be willing to **help young people explore** their faith. This may involve you holding back from putting forward your own perspective. It is usually much more effective and life changing for someone to work something out for themselves through considering the issues rather than by being told the answers. The aim of the small group sharing time is to have a free flowing discussion where everyone gets a chance to contribute and to be heard.

3. It is very useful for the table leader to have **seen the video presentations in advance** and looked at the suggested questions (in the weekly session plans in Section 6). They should also prepare some supplementary questions if they think that they will be needed. It would be useful to identify something of their own faith story relating to the topic that they might **be able to share to open the discussion**, but they should keep it very short! This is not a time to add extra teaching unless asked by one of the group to explain something.

4. The table leader is **not expected to know all the answers** and should not be frightened to say that they do not know something. They should offer to find out the answer before the next session and then either follow it up with the team or the parish priest or it may mean looking it up in the Bible or the Catechism and take the answer back to the group in the following session.

5. **The table groups must be a safe and supportive environment where they are free to question and express themselves.** The table leader should request that anything that is shared is kept confidential to the group. But be aware that this is not enforceable with this age group and so care should be taken in the unlikely event that someone starts sharing deep or serious issues. The table leaders must be familiar with the guidelines regarding child protection issues that may be raised.

6. Try and encourage the table groups to **stay together** throughout the course to help them get to know each other better and make sharing in the discussion times easier. If new people are added to the groups once the course has started make sure that they are welcomed and introduced to everyone around the table.

7. Don't be afraid of silence but give the group space to think. Always try to ask **open ended questions** – “What do you think?” or “How do you feel about that?” are good examples. Remember that the guests should do more talking than the leaders although the leaders will have to introduce the sharing and draw the discussion to a close

8. **Do not presume** levels of faith or knowledge. Many people have doubts or a poor understanding of their faith even if they have been brought up within a Catholic family and have been going to church all their lives.
9. Always try to **respect everyone's opinions** and don't criticise or argue with them. Most young people can handle being challenged but not being made to look stupid. So don't express surprise or condemnation at any idea expressed however "wacky" but try to calmly express the truth and ideally with the help of others on the table explain why the idea is not one worth holding on to. There are a number of ways that you can begin to do this
 - ❖ Say "Have you thought about...."
 - ❖ Share part of your own faith story to illustrate your point.
 - ❖ Ask what the others think and then gradually try to guide the discussion away from wrong teaching.
 Young people do not learn by being "talked at" but want to discover the truth for themselves.
10. Even at this age **some participants may be argumentative**. It is helpful to draw out how they arrived at their position rather than just disagreeing with it. e.g. "Why do you think that?"
11. Try to **encourage contributions by all group members** but in the first few sessions don't force anyone to speak or to take part in the activities unless they want to. Towards the end of the course they should be encouraged to join in more and drawn into the discussions.
12. Although some young people will moan about their friends and family be careful to **always remain impartial**. No matter what they say friends and family are very important to them!
13. **Be flexible** regarding the suggested questions for discussion. Sometimes the discussion may move away from the chosen topic but so long as the tangent is related to the topic of the week, or the issues being raised are important for the group, it will occasionally be best just to let the tangent happen. If not, try to steer the discussion back again. Before asking the suggested questions, you may also want to give people a moment to react to what they've seen, so that they're not frustrated that they don't get the chance to share something.
14. As in all situations **body language is important**. By sitting in an open and relaxed way and looking at whoever is speaking the table leader shows that they are interested.
15. Try to get to know the people in your table group, **be interested** in their family situation and their hobbies, this shows that you care and it will also help you to support them.

6. WEEKLY SESSION PLANS

SESSION 1 Anyone out there?

As this is the first session more time can be spent on ice-breakers and helping them to feel comfortable. We have suggested various activities and games for the sessions. Some of these are quite physical and if you have any young people with disabilities try to adapt the games to include them, or choose different games from section 8.

☺ **MC – Welcome the group, briefly introduce yourself and the team. Say a short opening prayer. Initiate games.**

✱ **Big Group Icebreaker 1: Switch** (suitable for 10 or more people)

Everyone sits on a chair in a circle with one person standing in the middle (start with one of the team). The person in the middle says something that is true about themselves (e.g. I am wearing a blue jumper, I have four letters in my first name). Everybody who the statement applies to must get out of their chair and sit on a different chair but not the chair next to their original one. The person in the middle sits on one of the empty chairs and the one left without a chair at the end has to stand in the middle and make the next statement. To slow people down you could suggest that they take “fairy steps” across the middle i.e. move with small steps by placing the heel of the leading foot against the toe of the trailing foot for each step.

✱ **Big Group Icebreaker 2: Follow the Leader** (suitable for 10 – 50 people)

One person leaves the room and a secret leader is chosen. The person returns and watches as the group does whatever the leader does – clapping, sitting in a certain way, making a noise, rubbing hands etc. The person has three guesses to guess who the leader is.

☺ **MC: Move into their table groups**
(For more information see the notes on table groups in section 3- Practicalities).

☺ **Table leader: Introduces themselves and welcomes the table group**

✂ **Table Icebreaker: Name Game** (suitable for 6 – 12 people)

Each table has a large plastic bottle and they take it in turns to spin it. The person the bottle points to has to say their name and one fact about themselves. Spin again and the next person has to recall the last person's name and fact and then add their own, and so on.

▶ **Show Video Clip 1**

❓ **Table Group Discussion 1**

❓ We've heard some young people asking question. What questions do you have about your faith that you hope will be answered by this course?

(The aim is not to answer all the questions in this discussion. However, it's important to try and remember what the questions were, so that near the end of

the course you can follow up this session, asking if their questions have been answered and helping them to look for the answer. You could ask them to write down their questions if this would help.)

 **Chill Time – serve drinks and crisps, play background music**

▶ **Show Video Clip 2**

? **Table Group Discussion 2**

? Do you believe that there is someone out there? Why?

? Have there been times when you have been aware of God in you life?

☺ **MC - Explain the Prayer Response**

† **Prayer Response.**

Preparation: Have lyrics of ‘Shine’ ready for everyone (see the next section ‘Material for the Prayer Responses’) and place a large lit candle on the floor at the front where everyone can see it.

- Give each person a small piece of blank paper, a pen and a sheet with the lyrics of the song “Shine”.
- Play track 1 from the CD in the pack and ask them to listen to the words of the song, pick out a word or phrase and make it into their prayer for today.
- Ask them to then write down the prayer on the blank sheet and when they have done this to go to the front and put it on the floor around the candle. (Prime one of the table leaders to go up first if no-one responds).
- When they have placed their prayer next to the candle suggest that they go back to their seats and say the prayer quietly until the music ends.

☺ **MC: Give out the postcards for session 1 and suggest that they might like to put them on their notice boards or in their Bibles and reflect on them during the week.**

Suggested additional resource: John Pridmore’s book “From Gangland to Promised Land”. It tells the full story of his conversion.

Suggested Timetable for Session 1 (Adjust according to your group):

7:30	Arrivals & refreshments
7:40	Welcome & introduction
7:45	Big group ice breakers
8:00	Table group ice breaker
8:10	Show Clip 1
8:20	Table group discussion
8:40	Refreshments & chill time
8:50	Show Clip 2
9:00	Table group discussion
9:10	Prayer Response
9:20	Announcements slot if needed
9:30	Finish

SESSION 2 The Man was God

☺ **MC: Welcome the group especially any newcomers, briefly introduce yourself and the team. Say a short opening prayer. Initiate games.**

✳ **Big group Icebreaker: Splat** (Suitable for 10 – 30 players)

Everyone stands in a circle with one person in the middle (the Splat master!). The one in the middle mimes holding a splat gun and shooting at someone in the circle, whilst shouting “Splat”. The person being shot at ducks and the people either side have to splat (i.e. mime shooting and call “Splat”) each other over the ducking person. The slowest of the pair is out and has to leave the circle. When there are only 2 people left they go back to back for a duel. The Splat Master counts from 1 – 10 missing out a number. When the number is missed out those in the dual turn to splat each other. The fastest one wins.

With a small group this could be played 2 or 3 times.

☺ **MC: Move into their table groups**

☺ **Table leader: Greets the table group and asks how their week has been. Ask if they have remembered anything from last week’s session. Did they have any reflections on it afterwards?**

✳ **Table Icebreaker: Gotcha** (suitable for 6 or more people)

Around the table everyone takes their right index finger and places it into the left palm of the person on their right. When the table leader calls ‘Gotcha’ everyone has to pull their right index finger away before the person on their right grabs it, whilst also trying to catch the finger of the person on the left.

▶ **Show Video Clip 1**

? **Table Group Discussion 1**

? If you were introducing Jesus to someone, how would you describe him?
? Fr Stan talked about ‘who’s Jesus when you’re partying?’ How does Jesus fit into your life? Are there places where it’s easy to see him, and places where it’s harder to see him?

☺ **Chill Time – serve drinks and crisps, play background music**

▶ **Show Video Clip 2**

? Table Group Discussion 2

? UGC talked about there being lots of distractions, and it being hard to make room for Jesus. If that's true for you, what are some of the things which most distract you from your faith? (*Your group may have covered this in the first discussion*).

? If Jesus shows us what God is really like, do you think you have a right image of God?

☺MC - Explain the Prayer Response

† Prayer Response.

Preparation: Make small cards showing various names of Jesus, with short scripture passages on the back (see 'Material for the Prayer Responses') and put posters with these names of Jesus on them around the walls before the session.

- Have everyone sit in a circle with the cards on the floor in the middle.
- Play track 2 of the CD "What Name Shall We Give Him?" and ask them to think about the names on the posters and choose the name that they would most like to know Jesus by.
- When they have chosen they can pick up a small card with that name on it, take it back to where they were sitting, and read and think about the Scripture on the back of the card. (N.B you will need lots of each card in case they all choose the same one!)

☺MC Give out postcards for this session, remind them to reflect during the week, on what they've heard. Ask them to come again and, if you're planning reconciliation for next week, to be really prompt!

NB Try to find 2 readers who will prepare the examination of conscience (see 'Material for the Prayer Responses') for the following week.

Suggested additional resource: The Xt3 web-site is a great UK-based multimedia youth site, with a fast-growing worldwide community. It offers chat rooms, forums and messaging. www.xt3.com

Suggested Timetable for Session 2 (Adjust according to your group):

7:30	Arrivals & refreshments
7:40	Welcome & introduction
7:45	Big group ice breakers
8:00	Table group ice breaker
8:10	Show Clip 1
8:20	Table group discussion
8:35	Refreshments & chill time
8:45	Show Clip 2
8:55	Table group discussion
9:10	Prayer Response
9:20	Announcements slot if needed
9:30	Finish

SESSION 3 Born to Die

☺MC: Welcome the group, especially any newcomers, say a short opening prayer.

✱ **Big group Icebreaker: Bridge building** (suitable for 8 or more)

Assemble in table groups or groups of 4 if you're working with a small number of people, at one end of the room. Give each group a couple of chairs, upturned buckets, plastic boxes etc, so that they have one item per member of group. The aim is to get to the other end of the room without touching the floor (this will involve 2 people occasionally standing on one item together and passing the spare item along the line). This can be a race between the groups, and to make it harder you can reduce the number of chairs etc.

☺ MC: Move into their table groups

☺Table Leaders: Greets the table group and asks how their week has been "What has been the best thing that has happened to you this week?"

✂ **Table Icebreaker: Hand Slap** (suitable for 6 – 12 people)

Everybody places their hands on the table, in such a way that the hands are alternate (i.e. 'my hand, my neighbours hand, my hand, my other neighbours hand'). The leader starts by slapping the table. The next hand clockwise then slaps the table, and so it continues. If someone slaps twice in quick succession the direction changes. Mistakes or hesitations result in the hand being removed from the table and the game. The last 2 hands in are the winners.

▶ **Show Video Clip 1**

❓ **Table Group Discussion 1**

❓ What does the cross mean for you?

❓ How do you understand sin?

❓ Natalie recognised why she was involved in certain sins (trying to block out her pain). Can you identify situations or feelings in your own life that might trigger off sin? (Most people will need a moment to think about that).

☺* **Chill Time – serve drinks and crisps, play background music**

▶ **Show Video Clip 2**

? Table Group Discussion 2

- ? How easy or hard is it to believe that everything can be forgiven?**
 - ? Can anyone share any positive experiences they've had of Confession?**
 - ? How do you feel about going to Confession?**
- (Finish with the table leader encouraging them to go to Reconciliation)

☺MC - Explain the Prayer Response

† Prayer Response with the Sacrament of Reconciliation

(When planning this session see the notes in The Practicalities Section)

Preparation:

Mark out a cross on the floor using masking tape, make it large enough to enable group members cover it with tea lights. Have a fire proof baking tray and a large candle near the cross. Provide a tea light nearby for each person.

Arrange a separate room, or corner off a section of the room where Confessions will be heard – where possible, make this comfortable and attractive. Ask 2 readers to prepare the examination of conscience (see 'Material for the Prayer Responses')

Give everyone a small piece of paper and a pen.

- Stress that Reconciliation is not obligatory but be as encouraging as possible.
- Let them know that the priest will help them if they are not sure.
- Have an Act of Contrition available for those who want it, explain what it is and when to use it.
- Encourage any non-Catholics to go to talk to the priest if they wish.
- Ask if any of the young people have any questions, and give them a final encouragement!
- Play background music (tracks 3 – 8 of the CD are recommended).
- Start with an examination of conscience.
- Invite everyone to write down any of their sins which have come to mind, assure them that these are private and will not be read. Give a couple of minutes for people to do this.
- When they are ready this can be taken to the priest when they go to Confession or can be set alight from the large candle and burnt over a fire proof metal baking tray whilst silently asking for forgiveness.
- Whichever they do invite them afterwards to light a tea light from a large candle and set these out in the shape of the cross on the floor.

NB If you are working with a large group and few priests, we recommend that you have some 'interactive prayer stations' where young people can pray whilst waiting before or after Confession. For example, you could put out some Bibles with suggested references to appropriate passages; some paper and coloured pencils or pens for people to write a prayer or draw a reflection; have images or appropriate Bible verses on a power point presentation or play the bonus music video 'Crucifying You.'

† Prayer Response without the Sacrament of Reconciliation

Preparation:

Mark out a cross, on the floor using masking tape, make it large enough to enable group members cover it with tea lights. Have a fire proof baking tray and a large candle near the cross. Provide a tea light nearby for each person

Ask 2 readers to prepare the examination of conscience (see 'Material for Prayer Responses')

Give everyone a small piece of paper and a pen.

- Play background music (tracks 3 – 8 of the CD are recommended).
- Start with an examination of conscience.
- Invite everyone to write down any sins that have come to mind, assure them these are private and will not be read. Give a couple of minutes for people to do this.
- When they are ready this can be set alight from the large candle and burnt over a fire proof metal baking tray whilst silently asking for forgiveness.
- Afterwards they can light a tea light from the large candle and set these out in the shape of the cross on the floor.

☺MC: Don't forget to give out the postcard for this session! Remind everyone of the times of Confession in your Parish, and encourage them to go every now and then (especially important if you didn't have Reconciliation as part of the session). Thank them for coming and encourage them to come to the next session.

Suggested Timetables for Session 3: (Adjust according to your group)

With Reconciliation:

7:30	Arrivals & refreshments
7:35	Welcome, introduction & Big group ice breakers
7:45	Table group ice breaker
7:50	Show Clip 1
8:00	Table group discussion
8:10	Refreshments & chill time
8:20	Show Clip 2
8:30	Table group discussion
8:40	Prayer Response
9:20	Announcements / chill time
9:30	Finish

Without Reconciliation:

7:30	Arrivals & refreshments
7:40	Welcome & introduction
7:45	Big group ice breakers
8:00	Table group ice breaker
8:10	Show Clip 1
8:20	Table group discussion
8:35	Refreshments & chill time
8:45	Show Clip 2
8:55	Table group discussion
9:10	Prayer Response
9:20	Announcements / chill time
9:30	Finish

SESSION 4 Get Plugged In

This session would ideally be run as part of an away day (see section 3 for ideas of how this might work)

☺**MC: Welcome the group and say a short opening prayer.**

✳ **Big group Icebreaker: Angels, Punks and Babies** (Suitable for 10 or more players)

Divide the group into two teams. Explain that the game is basically like stone, paper, scissors: angels beat the punks, punks beats babies and babies beat angels. Agree on gestures for angels, punks and babies. Ask each team to decide secretly what they will be and then the two teams line up face to face. On a count of three everyone mimes the character their team has chosen. The team that beats the other must chase them to a predetermined 'safety' line. (If they choose the same character then it moves onto another round). Individuals that are tagged switch teams. Repeat the instructions a few times and repeat the game as many times as you like!

☺**MC: Move into their table groups**

☺**Table Leader: Greets the table group and asks how their week has been. Has anything important happened since they last met.**

✳ **Table Icebreaker: Blow football** (suitable for 6 – 10 people)

Split the table group into 2 teams and give everyone a straw to play blow football. Either lay out on the table a piece of paper with the outline of a football pitch (a rectangle with 2 goal areas where a goal is scored if the "ball" lands in one of the goal areas) or if using rectangular tables then a goal could be scored by the ball going over one edge of the table. Use a dried pea or a screwed up piece of paper as a ball. If the "ball" goes out of play it starts again at the centre spot.

▶ **Show Video Clip 1.**

❓ **Table Group Discussion 1**

❓ Sofie talked about praying about her dance and wanting God to be part of every part of her life. Do you think God is interested in every part of your life? Are there areas where you've not thought to invite him into before?

❓ Sofie talked about some of the ways she sees the Holy Spirit at work in her life. How do you understand or experience the Holy Spirit?

❓ Have you been Confirmed? Do you want to be? Why? Why not?

 **Chill Time – serve drinks and crisps, play background music**

► **Show Video Clip 2.**

? Table Group Discussion 2

? Fr Tony talked about people having problems with boyfriends, girlfriends, parents, money etc, and needing the help of the Holy Spirit. Can you see areas in your own life where you need God’s help?

? How can we ask The Holy Spirit to help us? Have you ever thought about doing that? If not, how would you feel about doing that?

©MC – Explain the Prayer Response

† Prayer Response

Preparation:

Cut out 1 star shape per person, on plain paper (see the next section ‘Material for Prayer Responses’ for the template).

Have several bowls of water ready (large baking dishes that look nice or can be made to look nice, work really well!). Arrange them in a display that the group can sit around (this can be on the floor).

Try it out for yourself before the session so that you can explain confidently: take one star, fold all the points into the middle, place the folded star onto the water. The star should then slowly open up.

Have the ‘Come Holy Spirit’ prayer and suggestions of ways we can grow (see ‘Material for the Prayer Responses’) visible to everyone (on OHP, powerpoint, poster or small cards).

- Give everyone a star and a pen.
- After the explanation play track 9 of the CD ‘Sweet, Sweet, Spirit’.
- Each person should take a star and write at the centre something that they would like to grow in (to help them put a list of suggestions on each table).
- Then the points of the star should be gently folded over into the middle to cover the writing and put into a bowl of water. Encourage them to pray for the help of the Holy Spirit while they do this.
- When the song finishes invite everyone to pray the ‘Come Holy Spirit’ prayer aloud together:

“Come Holy Spirit and fill my heart
Let me know your love
Help me to live life to the full
And to take your life into the world”

©MC Give out postcards for this session, thank everyone for coming and encourage them to pray to the Holy Spirit every day this week.

NB If you are celebrating Mass together next session, make sure you have volunteers who will prepare the readings, the music and decorate the space.

Suggested Timetable for Session 4 (Adjust according to your group):

7:30	Arrivals & refreshments
7:40	Welcome & introduction
7:45	Big group ice breaker
8:00	Table group ice breaker
8:10	Show Clip 1
8:20	Table group discussion
8:35	Refreshments & chill time
8:45	Show Clip 2
8:55	Table group discussion
9:10	Prayer Response
9:20	Announcements / chill time
9:30	Finish

SESSION 5 Soul Food

It would be ideal to finish this session with a short intimate Mass for the group.

☺**MC Welcome the group and say a short opening prayer.**

✳ **Big group Icebreaker: The Key Game** (suitable for 10 – 50 people)

Before the session a key for each table group is hidden somewhere in the room. One person from each table group is taken to one side and blindfolded while the others on the table are told where the key is. The blindfolded people all start from the same place. They then have to ask their table group members in turn for help to enable them to reach the key. Each person can only give one instruction each time they are asked e.g. ‘Turn right’ or ‘Take 2 steps forward’. The first group to get their key wins.

☺**MC: Move into their table groups**

☺**Table Leader: Greet the table group and ask how their week has been and how their faith has helped them since the last session.**

▶ **Show Video Clip 1.**

? Table Group Discussion 1

? How do you feel about Mass? For example do you like it, love it or despair of it?!

? What stops you from really getting involved in Mass? (for example what might make you whisper responses rather than say them loudly?)

☺*** Chill Time – serve drinks and crisps, play background music**

▶ **Show Video Clip 2.**

? Table Group Discussion 2

? Do you think that you can you be a Christian on your own? Why? Why not?

? Tony talked about things that helped his faith, for example meeting Christians in a different setting and asking God to show himself. What has helped you or does help you grow in faith?

? Has this session effected how you think about Mass and the Church?

☺**MC Explain the Prayer Response**

† Prayer Response Without Mass

Preparation:

Have a strip of wallpaper or lining paper attached to one wall and give everyone felt pens (don't forget to check that the ink doesn't go through onto the wall!)

- Play either track 10 of the CD ‘F.A.M.I.L.Y.’ by Fr Stan, or track 16 ‘Love Endures’ by Crossbeam.
- Ask people to think of prayers for their Catholic communities, whether it be the Church in general, their parish, their school or their own family, which they can then write on the wallpaper.
- At the end of the music pray the “Our Father” together.

† Mass

Try to be creative with the liturgy. Simple things can make a big difference for example, use of music, lighting etc. The prayer response above could be used as the intercessions.

It is also worth asking your priest if he’d be able to explain some parts of the Mass during the celebration.

©MC Don’t forget the postcards! Thank everyone for coming, and encourage them to go to Sunday Mass, and reflect on what they’ve heard during this session.

Suggested Timetables for Session 5 (Adjust according to your group):

With Mass

7:30	Arrivals & refreshments
7:40	Welcome, introduction & ice breaker
7:50	Table Intro
7:55	Show Clip 1
8:05	Table group discussion
8:15	(Stop eating!!) Show clip 2
8:25	Table group discussion
8:35	Prepare for Mass
8:45	Mass
9:30	Finish

Without Mass

7:30	Arrivals & refreshments
7:40	Welcome & introduction
7:45	Big group ice breaker
8:00	Table group welcome / chat
8:10	Show Clip 1
8:20	Table group discussion
8:35	Refreshments & chill time
8:45	Show Clip 2
8:55	Table group discussion
9:10	Prayer Response
9:20	Announcements / chill time
9:30	Finish

SESSION 6 Alive and Kicking

☺MC Welcome the group and say a short opening prayer, move straight into their table groups.

☺Table leader: Greets the table group and asks how they've been.

✱ **Table Group Icebreaker: The Tower Game** (suitable for 4 or more people)

Give each table group a few newspapers and a roll of sellotape. Using just those items they have to make the tallest tower they can. This exercise is timed and the table group that builds the tallest tower wins!

▶ **Show Video Clip 1.**

? Table Group Discussion 1

? Charlotte shared what had been difficult for her, is there anything that you find hard about being a young Christian? (Sub question, if needed: If there isn't anything hard, does that mean our faith isn't having an impact on our lifestyle?)

? How do you experience peer pressure?

? Fr Stan talked about the 'bounce back' - when we fall, God picks us up. Can you relate to that?

☺* **Chill Time – serve drinks and crisps, play background music**

▶ **Show Video Clip 2.**

? Table Group Discussion 2

? How could you as young Christians support each other?

? What gifts have you got...and how can you make a difference?

? Do you think God has a plan for your life? What do you think it is?

☺MC **Explain the Prayer Response**

Prepare: Give everyone (including the team) a copy of the final reflection (see 'Material for the Prayer Responses') and a pen.

† Prayer Response

- Ask everyone to fill in the reflection sheet while you play track 11 from the CD 'Let my Life be Like a Love Song', assure them that what they write will not be looked at, and they can take it home with them.
- When the song finishes ask them to get into twos and as much as they are happy to, to share their reflections with each other. (Really encourage them in doing this as this is their chance to share their story.)
- Play track 15 'I Will Hold On', while they are sharing.
- Finish by asking them to pray for each other. Judge what would be best for your group, and either: ask them to pray for each other in their pairs, in light of what each other has shared *or*, gather in a circle, place their hands on the shoulders of the person next to them and ask them to repeat each line of the following prayer after you:

Lord, Thank you for our friends (repeat)
We pray for one another (repeat)
That we will have all that we need to follow you. (repeat)
Give each one of us strength and courage (repeat)
To make a difference in the world around us (repeat)
Amen.

©MC: **Take some time to talk about follow up, and if appropriate to get ideas and arrange another meeting, (see section 10 for ideas). An evaluation may be helpful either now or when you next meet** (see the Evaluation form at the end of this Section).

Thank them all for coming. Make sure you have contact details for each of them and assure them that you will be in touch about follow up. Give out postcards for this session.

Suggested Timetable for Session 6 (Adjust according to your group):

7:30	Arrivals & refreshments
7:40	Welcome & introduction
7:45	Table group ice breaker
8:05	Table group welcome / chat
8:10	Show Clip 1
8:20	Table group discussion
8:35	Refreshments & chill time
8:45	Show Clip 2
8:55	Table group discussion
9:10	Prayer Response
9:20	Announcements / chill time
9:30	Finish

WEEKLY CHECKLISTS

EACH WEEK

For refreshments you will need cans or bottles of drink and/or teas and coffees, (depending on the age group!), bags of crisps or cakes. For the tables we suggest that you put out bowls of unwrapped sweets, like Maltesers or something similar (wrapped sweets are likely to be noisy).

Check the equipment, i.e. TV, DVD or video player, CD player.

Have some lively Christian background music playing for their arrival and during the chill times. The CD included in the pack is ideal for this or use something from the suggested artists, (see section 7).

SESSION 1 ANYONE OUT THERE?

Table Ice breaker: 1 plastic bottle per table.

Prayer Response: Large candle.
Small pieces of paper and pens for everyone (check that all the pens work).
Copies (1 per person) of the lyrics for the song “Shine” (photocopy from the next section)

SESSION 2 THE MAN WAS GOD

Prayer Response: Small cards showing various names for Jesus, with short Scripture passages on the back (photocopy from the next section). Posters with these names of Jesus on them, stuck around the walls.

SESSION 3 BORN TO DIE

Icebreaker: For each group – chairs, buckets, plastic boxes, planks of wood etc. depending on size of group and what is available.

Prayer Response: Paper and pens and a tea light for everyone.

If offering Reconciliation:

Ask the parish priest if he and other priests are available.
Some printed copies of a simple Act of Contrition
(photocopy from the next section)
A fireproof baking tray
A candle and a box of matches
A cross marked out with tape on the floor

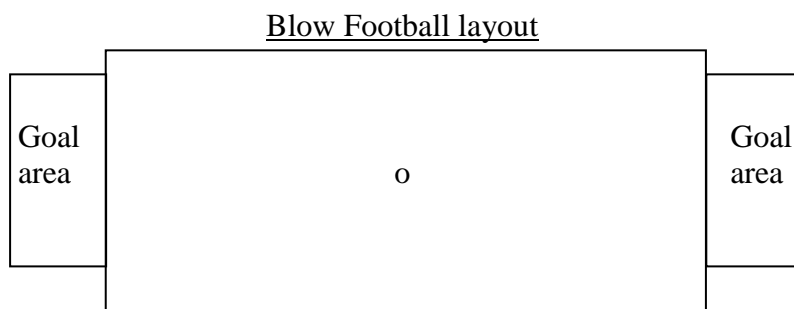
If not offering Reconciliation:

A fireproof baking tray
A candle and a box of matches
A cross marked out with tape on the floor

SESSION 4 – GET PLUGGED IN

If offering as part of a day out, make sure everyone knows the details well in advance. Make sure parental consent forms have gone out.

Icebreaker: Each table needs straws, dried peas and a drawn out football pitch on paper.



Prayer Response: Large Bowls of water.
Copies of the prayer to the Holy Spirit and a list of attributes they may want to grow in. Cut out stars, one for each person and a few to experiment with (photocopy from the next section)

SESSION 5 – SOUL FOOD

Mass is recommended after this session - check with the parish priest if this is possible. Set up as much as you can before people arrive so there is not too much of a gap between the session and the start of Mass. Ask the readers the week before and give them a copy of their readings so that they have time to practise. See if there are any musicians among the young people who would like to help organise the music. Try to be creative. See if you can include a small drama or maybe someone could perform a suitable Rap. If you can have Mass in the Hall (which can be different to normal) consider having it by candle light or use fairy lights draped around the room.

Ice-Breaker: A key for each table is hidden before the session and you need a blindfold for each table group

Prayer Response: A long piece of wallpaper or lining paper attached to a wall
Pens for everyone

SESSION 6 – ALIVE AND KICKING

Icebreaker: A number of newspapers and a roll of sellotape for each table

Prayer Response: Reflection sheets for everyone (photocopy from the next section)

Evaluation: Evaluation sheets for everyone (to be used here or in next session, photocopy from the next section).

SESSION 7 – CELEBRATION PARTY

If offering this additional session include lots of food and drink

Check with the icebreakers what you will need

Evaluation sheets for everyone (if not used in previous session)

MATERIAL FOR THE PRAYER RESPONSES

Individual pages are not titled, so that you can photocopy and use them as they are.

SESSION 1 ANYONE OUT THERE?

Lyrics to 'Shine'

SESSION 2 THE MAN WAS GOD

Names of Jesus

Scripture passages

(Laid out so that you can photocopy double sided and be ready to cut up)

SESSION 3 BORN TO DIE

Examination of Conscience,

Acts of contrition

SESSION 4 – GET PLUGGED IN

Areas for growth (taken from fruits of the Spirit, Galatians 5: 22-23, and gifts of the Spirit, Isaiah 11:2)

Prayer to the Holy Spirit (for individuals),

Prayer to the Holy Spirit (for OHP)

Template for star

SESSION 6 – ALIVE AND KICKING

Reflection sheet

Evaluation form

Shine your light on us
That all may see your goodness
Shine your face on us
That all may see your Glory

*Answer me when I call
You are my only prayer
When darkness is all around
I know you will be there*

*Many are asking who can show us something real
Longing for hope beyond the pain of what we feel
So I will go down on my knees and say*

Shine your light on us
that all may see your goodness
Shine your face on us
That all may see your glory

*I want to be close to you
That my life would tell your story
I want to be one with you
Changed by the light of your glory*

Taken from the album "Holy"
Performed by Marc James and Tre Shepherd
Used with permission of Vineyard Songs (UK/ Eire)

BROTHER

GUIDE

FRIEND

PROTECTOR

RESCUER

HELPER

COMFORTER

"His unchanging plan has always been to adopt us into his own family by bringing us to himself through Jesus Christ. And this gave him great pleasure"

Ephesians 1: 4-5

"For I know the plans that I have for you," says the Lord. "They are plans for good and not for disaster, to give you a future and a hope."

Jeremiah 29:11

"No eye has seen, no ear has heard and no mind has imagined what God has prepared for those who love him."

1 Corinthians 2:9

"My God is my rock in whom I find protection. He is my shield, the strength of my salvation and my stronghold."

Psalms 18:2

"I will rescue those who love me. When they call on me I will answer. I will be with them in trouble."

Psalms 91:14-15

"I am the vine, you are the branches. Those who remain in me and I in them will produce much fruit."

John 15:5

"The Lord hears his people when they call to him for help. He rescues them from all their troubles. The Lord is close to the broken hearted."

Psalms 34:17 - 18

Examination of Conscience

Reader 1:

When we are preparing for the Sacrament of Reconciliation, it helps to look at how we treat others, ourselves and God. As we read the questions to help us reflect, take a moment in silence to find your own answer.

Reader 2:

How do I treat myself? *(pause: count 5 seconds)*
Do I look after myself? *(pause: count 5 seconds)*
Do I accept myself *(pause: count 5 seconds)*
Do I hurt myself in any way? *(pause: count 5 seconds)*

Reader 1:

How do I treat others? *(pause: count 5 seconds)*
Do I put people down? *(pause: count 5 seconds)*
Do I talk behind people's backs? *(pause: count 5 seconds)*
Have I betrayed anyone's trust? *(pause: count 5 seconds)*
Have I stolen anything? *(pause: count 5 seconds)*
Have I hurt anyone in any way? *(pause: count 5 seconds)*

Reader 2:

How do I treat God? *(pause:count 5 seconds)*
Do I disrespect him by using his name as a joke or a swear word?
(pause:count 5 seconds)
Have I ignored God? *(pause:count 5 seconds)*
Have I denied my faith to others? *(pause:count 5 seconds)*

An Act of Contrition

O my God, because you are so good,
I am sorry that I have sinned against you
and with the help of your grace
I will not sin again.

An Act of Contrition

O my God, because you are so good,
I am sorry that I have sinned against you
and with the help of your grace
I will not sin again.

An Act of Contrition

O my God, because you are so good,
I am sorry that I have sinned against you
and with the help of your grace
I will not sin again.

An Act of Contrition

O my God, because you are so good,
I am sorry that I have sinned against you
and with the help of your grace
I will not sin again.

Love

Joy

PEACE

Patience

Wisdom

Understanding

Courage

Self-control

Kindness

Faithfulness

Gentleness

Prayer to the Holy Spirit

Come Holy Spirit and fill my heart
Let me know your love
Help me to live life to the full
And to take your life into the world

Prayer to the Holy Spirit

Come Holy Spirit and fill my heart
Let me know your love
Help me to live life to the full
And to take your life into the world

Prayer to the Holy Spirit

Come Holy Spirit and fill my heart
Let me know your love
Help me to live life to the full
And to take your life into the world

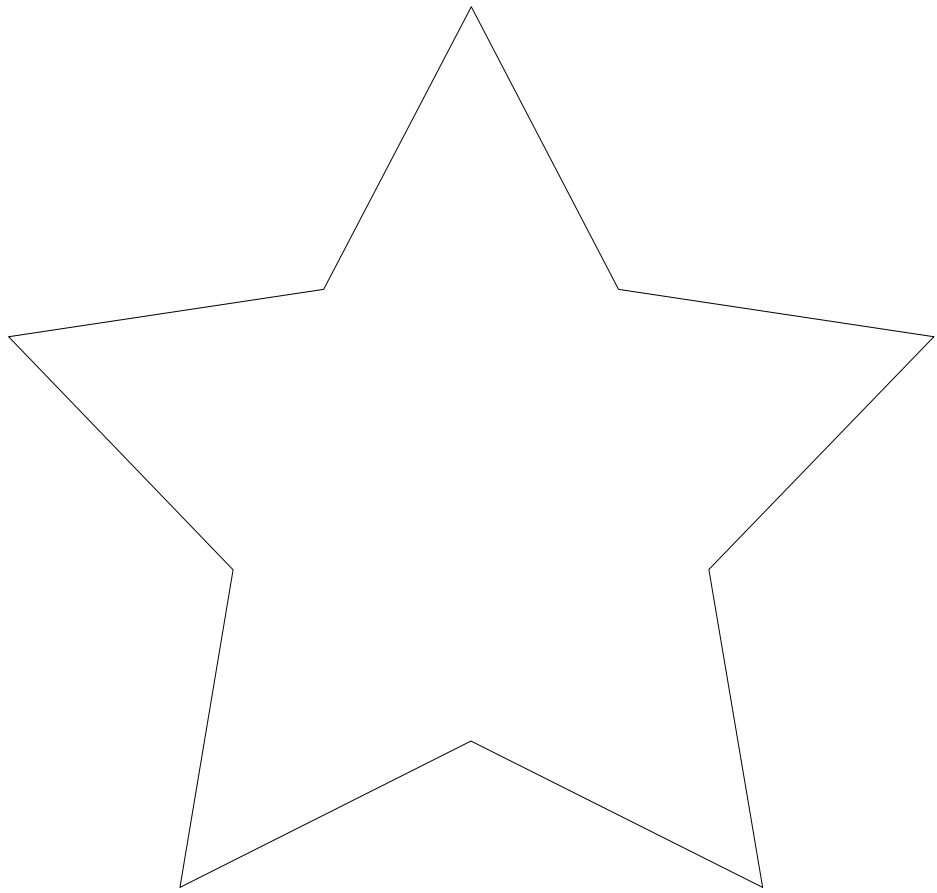
Prayer to the Holy Spirit

Come Holy Spirit and fill my heart
Let me know your love
Help me to live life to the full
And to take your life into the world

Come Holy Spirit,
And fill my heart.
Let me know your love.
Help me to live life
To the full,
And to take your life
Into the world.

Amen

Template for Prayer Response star:



Reflecting on Youth CaFE

What have I enjoyed most about Youth CaFE

How has my faith changed? (eg: do I see God or the Church differently now? If so, how?)

Were there moments when I most experienced God?

Are there challenges I can see for me in living out my faith?

If I could remember one good thing from what I've heard or experienced at Youth CaFE, what would I want it to be?

EVALUATION

Youth CaFE Evaluation:

Name (optional):

Phone number (optional):

Which sessions did you attend?

Please rate the following:

(1 = never again please!! 5 = totally great, *has* to be regular feature of follow up)

Welcome with refreshments & chatting	1	2	3	4	5
Games	1	2	3	4	5
Teaching on faith (in this case DVDs)	1	2	3	4	5
Small group discussion	1	2	3	4	5
Prayer times	1	2	3	4	5
Opportunity for Confession	1	2	3	4	5
Celebrating Mass together	1	2	3	4	5

What I want to continue:

Is there a particular topic you would appreciate more teaching/ discussion on?

If you would like to see something continue, would you be prepared to help organise it?

(If yes, say which things and make sure your name and number is at the top!)

What would you hope to get out of continuing to meet as a group?

Any other comments?

Would you consider helping to run Youth CaFE for other young people?

7. USEFUL RESOURCES

Useful Resources for Youth Ministry:

Christian Music by:

Emmaus	(soft rock)	www.emmaus.ie/band
Crossbeam	(soft rock)	www.crossbeam.co.uk
CJM	(contemporary liturgy)	www.cjmmusic.com
UGC	(rap)	www.undasound.com
Delirious	(rock)	www.delirious.co.uk
Matt Redman	(soft rock)	www.mattredman.com
Vineyard	(soft rock)	www.vineyardmusic.com
Phatfish	(pop and dance)	
Third Day	(rock)	
Jaci Velasquez	(pop)	
World Wide Message Tribe	(rap)	
Tim Hughes	(soft rock)	
Hillsongs	(soft rock)	

Books

Testimonies

‘From Gangland to Promised Land’ by John Pridmore & Greg Watts

‘Changed’ by Tara Holmes (a number of testimonies of changed lives including John Pridmore and Natalie).

Youth Ministry Good Practise

‘What every Volunteer Youth Worker should know’ by Danny Brierley

‘Essential Youth’ by Andy Hickford

‘Distinctive Worship’ by Andy Flannagan

Youth Ministry Resources

‘Lights, camera, faith’ by Peter Malone

‘Videos that Teach’ by Doug Fields and Eddie James published by Zondervan

Sharing faith

‘Pass it on’ by Michelle Moran

DVDs

Everybody Got 2 Suffer - Music and lyrics by Fr. Stan Fortuna
(web site: www.francescoproductions.com)

Raindown - Music and lyrics by Raindown
(web site: www.Xt3.com)

A number of DVDs and videos are available from OSBD “Images for worship”
(web-site: www.osbd.org)

Magazines

‘Youthwork’ Ideas, resources and guidance for Christian youth ministry
(www.youthwork.co.uk)

Websites

For Teenagers exploring faith

www.lifeteen.org

www.rejesus.co.uk

Youth Ministry resources

www.youthwork.co.uk

www.yfcmettle.com

8. ALTERNATIVE ICE BREAKERS

If the ice breakers in the weekly session plans are not suitable for any reason here are a few alternatives that could be substituted.

Tangle (suitable for teams of 6 – 10 people)

Everyone stands in a circle and each person puts their right hand into the circle and joins hands with one other person preferably not someone next to them. Repeat with the left hand but taking hold of a different person's hand. There must be no clumps of three hands joined together. The aim is then to untangle the group without letting go of each other's hands.

Tick Tock (suitable for 6 – 12 people)

Players sit in a circle. The table leader has a pen (or other object) and hands it to the person on their right (player 1) saying "This is a tick." Player 1 says "A what?" and the leader repeats "A Tick" before letting go of the pen. Player 1 then offers it to the person on their right (player 2) saying, "This is a tick". Player 2 says, "A what?" to player 1 who says, "A what?" to the leader. The leader then says "A tick" back to player 1 who says it back to player 2 and player 2 takes the pen. This continues round the circle. Each time the pen is offered to the next person the question must go back to the leader.

After playing it through once or when the group has got the hang of it. Another pen or object can be introduced and while the "Tick" is being passed to the right the leader starts to pass another to the left saying "This is a Tock" etc. The fun starts when the two meet in the middle!

Zip, Zap Biddle-IP (suitable for 6 – 20)

Everyone is in a circle. The idea is to pass an invisible high energy plasma ball around the room. Pass the ball to the person next to you saying, "Zip" and pass the ball across the circle by saying "Zap" and making eye contact with the person being passed to. After a Zap the person being passed to must Zip. A person receiving the ball from a Zip can block the pass by crossing their arms across their chest and saying, "Biddle-ip" then the person with the ball has to pass it to the other side. You cannot "Biddle ip" a Zap pass. Try introducing more than one invisible ball.

Body Hou –Ha (suitable for 10 – 20 people)

Everyone stands in a circle. One person makes a noise and body movement. The person to the left immediately imitates them. The noise and body movement runs round the circle until it comes back to the original person who repeats it. The next person then makes a noise and movement of their own and that goes around the circle.

I packed my bag for school (suitable for 6 – 24 people)

Sit in a circle. The first player says, “I packed my bag for school and took an apple (or any other object that begins with ‘A’). The next player repeats the sentence, including the ‘A’ word and adds a ‘B’ word. Each successive player recites the sentence with all the preceding items and adds one of their own. If someone gets stuck it passes to the next person.

Balloon Volleyball (suitable for 6 – 24 people)

Play volleyball with a balloon and using a row of chairs in the middle as the net. Teams have to keep the balloon in the air and not let it touch the floor. A team scores when the balloon touches the floor in the opponents half. To add extra interest, or if you have large teams use more than one balloon.

Fruit Salad (suitable for 10 or more people)

Version 1: Everyone sits in a circle and the leader divides them into four equal teams by going round the circle assigning to each of them a fruit: orange, apple, pear or banana. To start the leader stands in the middle and is “it”. They call out a fruit. All those who have been assigned that fruit have to get up and quickly take the place of someone else assigned that fruit. While this is happening the person who is “it” runs to sit on one of the empty chairs. The last person who does not have a chair to go to is “it” next time and stands in the middle. As well as calling out an individual fruit “it” can call “fruit salad” when everyone has to find a new chair.

People Juggling (suitable for up to 10 - 50 people)

Everyone stands in a circle. The leader calls out someone’s name and remains still until the person called responds with a simple, “yes”. When they hear the word yes the leader moves to take that person’s place. After saying, “yes” the person called calls out someone else’s name and waits for them to say yes before moving to take their place. This continues with people moving in a continuous stream but they must wait for the yes before moving.

Tissue Race (suitable for 16 – 50 people)

Divide the group into teams of 8 – 10 and line them up in a straight line. Give each team member a straw and give a tissue to each team. The first member starts by sucking on their straw and places the tissue on the end of the straw. The object of the race is to pass the tissue down the line from straw to straw. If the tissue falls on the floor it has to go back to the beginning of the line.

9. USING THE COURSE IN SCHOOLS

plugged in-YOUTH CaFE can be a way of enabling young people in a school or college setting, to explore their faith further in a relaxed, informal environment. It can also be a time when young people with a faith identify one another and begin to support one another.

There are a number of ways *plugged in-YOUTH CaFE* can be used:

- ❖ In the lunch break
- ❖ As a breakfast club (bacon sandwiches or Danish pastries pull the crowds in!)
- ❖ After school
- ❖ In PSHE
- ❖ General RE
- ❖ Clips can be used in RE lessons or assemblies

The suggested session plans in Section 6 assume that the sessions will run for 2 hours, but this will not be appropriate in a school or college. Below is a suggested timetable for 6 x 30 minute sessions:

12:30	Welcome Show clips 1 & 2
12:50	Table group discussion closing with a prayer
13:00	Finish

(This would be even more effective if the group could meet beforehand and eat their lunch together)

With a very short lunch time (say 30 minutes), the course could also be run over 12 sessions, as shown below:

12:30	Eat together
12:40	Show clip 1
12:50	'buzz' in very small groups, possibly pairs.
12:55	Prayer
13:00	Finish

(A simple prayer could conclude week 1 of each session, while the suggested prayer time is used on the second week)

Scripture study or discussion sessions could also be based on the four testimonies or on the Word on the Street clips included as bonus material on the second DVD or video. For example, the Word on the Street clips last between 5 and 8 minutes each, and the format for a session could be that the passage is read from different versions of the Bible, then after watching the dramatisation, appropriate, relevant questions could be discussed.

10. IDEAS FOR FOLLOW UP

1. **Youth Alpha**

Youth Alpha is a 10 week basic Christian course designed for teenagers. It includes food, worship, a talk and small group discussions. It is a more informal version of the Alpha course using the same teaching content but presented differently. Each session can be broken down into bite size chunks with suggestions for interactive games, video clips, music and stories aimed at young people. (See www.youthalpha.org for more details.)

2. **Pizza and video night**

Use recent secular films to lead into discussion of different themes. Provide pizza and popcorn and comfy seating. A gentle time of prayer at the end can pick up some of the issues raised. There are session suggestions in the “Lights, camera, faith” series by Peter Malone that give a film suggestion for each Sunday in the Lectionary and also various books available with suggestions (e.g. Videos that Teach by Doug Fields and Eddie James). See www.nymo.org/films for a fact sheet from the Northampton Youth Team

3. **Justice & Peace / Fundraising Group**

Young people are passionate about causes they can relate to and often want to express their faith in a practical way. This kind of group might spend some of their time looking at development issues, perhaps using some of the excellent resources produced by CAFOD. “Youth topic” sheets are sent out regularly from CAFOD or they can be downloaded from www.cafod.org.uk/youth.

4. **Youth Mass**

Think about giving over one of the Masses to young people on a regular basis (say once a month). An evening Mass works well as they don’t have to get up early and there could be a meeting afterwards. You can use modern hymns and worship songs that are suitable for all ages. By introducing drama or creative arts (e.g. banners), thinking about ways that the bidding prayers and offertory might reflect the theme of the day and involving young people in the liturgical ministries they may be able to share something of their spirituality in the Mass.

5. **Sports**

Lots of young people are interested in sport and it can be a way for them to link into a local church community. There are Catholic football leagues in various towns and dioceses but if this is too difficult to organise you could just arrange a visit to the local sports centre for an evening or day. Just make sure that your insurance covers the activities that you want to do and that you have parental consent forms for all involved.

6. **Youth SVP**

This taps into the desire of young people to “do something”. It provides a group that is practical, sociable and prayerful. Groups are run by a young leader (with support from an adult facilitator) and projects can vary from visiting nursing homes, to helping in soup kitchens or primary schools. For more information check out the Youth SVP website www.youthsvp.org.uk.

7. Young Leaders

Once young people get to their mid-teens, they may be ready to get involved in a deeper way and take on some responsibilities. You could encourage those who are ready, to help in the youth programmes, with the children's liturgy, First Holy Communion and Confirmation programmes. Using young leaders in these sessions gives them very useful experience and they provide good role models for the younger children. But please check your local guidelines when considering the ratio of adults to young people as to what age group counts as "adult".

8. Social events

These can be a good way of binding a group together especially if it is difficult to get to the cinema or bowling rink where you live. In this case a social event can be a real service and will often attract large numbers. But make sure that you have enough adults on the trip and signed consent forms.

9. Liturgical ministry

Getting your young people on to the ordinary rota of readers and extraordinary ministers of Communion (not just for a youth Mass) says that they are considered a full part of the community. They can also be asked to welcome, collect the offering or be part of the music group or choir. Having young people visible in the celebration of the Eucharist makes other young people feel welcome.

10. Prayer Group

Older teenagers may want to meet regularly for prayer. 'Youth 2000' and the 'Oases' have been very successful in re-presenting some of the traditional devotions of the Church for young people. For more details see: www.youth2000.org or www.oases.org.uk.

11. Serving the community

To help young people feel properly part of their parish, invite them to get involved in some of the work in the parish community. This could be anything from having a stall (or other responsibility) at the parish bazaar, to taking a turn at cleaning the church now and then. Young people often talk about "giving something back" and you can provide an opportunity for this and raise the profile of the group in your congregation at the same time.

12. Summer Camps

Many dioceses and youth organisations hold summer camps for Catholic teenagers. Ask your Diocesan youth representative for details of any in the area.

13. Gospel Choir

Many young people enjoy singing and a Gospel choir gives them the opportunity to praise God with lively music and allows them to express themselves in worship more freely. A good Gospel choir can be invited to sing during a Mass, for local groups e.g. the elderly or disabled and it can also be used to raise money for Charity.

11. WORKING WITH YOUNG PEOPLE

The main advice that we can give is to comply with and implement your Diocesan Child protection and Health and Safety policies and procedures. Using your local guidelines please make up a checklist like the one below for all members of the team.

Sample Checklist

- Ensure that there are a minimum of two leaders always present. In groups of more than 20 there should be one additional leader for every 10 (or part of 10) young people maintaining the balance of gender. With activities away from the normal meeting place the ratio should be 1:7.
- Leaders of the same gender as the young people need to be present.
- All volunteers should have completed the necessary child protection forms and have clear defined roles.
- Leaders need to think and act carefully to avoid situations which could lead to difficulties of embarrassment, accusations or temptations. e.g. one leader and one young person being together 'in private'.
- Ensure leaders know what to do in the case of suspected or alleged abuse.
- Ensure that there is an adequate insurance cover, especially for activities away from the normal meeting place.
- Keep a register of young people attending
- Ensure that any premises used are safe and well maintained.
- Ensure that there is a first aid kit and that it is checked frequently.
- Be aware of where the nearest telephone is for emergencies and know where the fire extinguishers and alarms are and also emergency exits.
- Ensure that where minibuses and/or private cars are used there is adequate insurance and any necessary permits.
- Plan carefully:
 - Leaders need to clarify and agree objectives
 - Risks and safety factors need to be considered
 - Young people with special needs may require further consideration.

If you are unsure, please liaise with your Parish/Diocesan child protection representative.

12. CONTACT DETAILS

CaFE RESOURCES

For any queries about *plugged in*-YOUTH CaFE or any other CaFE resources or to order additional material please contact:

**Catholic Evangelisation Services,
PO Box 333,
St Albans,
Herts AL2 1EL.**

Tel: 0845 050 9428 Int: +44 207 717 9133

E:Mail: info@faithcafe.org

Web Site: www.faithcafe.org

You can also visit our Youth Web Site where you can read additional information for leaders, such as 'frequently asked questions': **www.youthcafe.org**

OTHER RESOURCES

For books and CDs contact:

Good News Books and Audio.

Tel 01582 571011

E-Mail: orders@goodnewsbooks.net

Web-Site: www.goodnewsbooks.net

CHILD PROTECTION ISSUES

If you require advice about any aspect of Child Protection Policy then please contact your Diocesan Child Protection Co-ordinator (your parish priest should have their details).

For more information in the UK contact the Catholic Office for the Protection of Children and Vulnerable Adults 0121 233 1963.

APPENDIX A

Printing Procedures

Printing Labels for the Course Invitations

The labels for the course invitations should be Avery L7160 size. These are arranged in sheets of 3 labels across and 7 down (i.e. 21 per sheet). These are available from Transform 01883 370364 or sales@1025transform.co.uk if you do not have a local supplier.

The wording you will need will depend on your circumstances but try to be concise and emphasise the fun element. Also using an unusual font will make them look more attractive.

To produce the labels in Microsoft Word:

1. Open a new document in Word and type up the information that you would like to print on your labels (see below for an example) then highlight the text.
2. Select the Tools option in the Toolbar at the top of the screen, in later versions of Word you will need to click on “Letters and Mailings” to select “Envelopes and Labels” from the sub-menu that it displays.
4. Click the checkbox for full page of the same label. Then select options.
5. Under the title Label Products select Avery A4 and A5 size then scroll through until you can click on L7160 – Address. (At this point you can select another label size if you have not got the suggested size).
6. Click Ok which returns to a different menu. Select New Document and a page of the right sized labels will be created for you in Word, you may need to then highlight the whole page and select centre, left or right justify text, from the Toolbar.

Sample Label using Kristen ITC font 9pt

<p>Faith exploration for young Catholics. DVD, music, refreshments and fun. Six sessions on Tuesdays 7:30 – 9pm Starting 17th September At the Sacred Heart Church Hall Tel: 876910</p>
--

APPENDIX B

Details of The Music

Youth CaFE CD

- 1. Shine** Sung by Marc James. Written by Marc James and Tre Shepherd. From the Album “Holy”. Used with permission of Vineyard Songs (UK/ Eire)
- 2. What Name Shall We Give Him?** Sung by Emmaus. Written by Eanna Hickey From the Album “Community Praise”. ©Emmaussongs/IMRO. Used with permission
- 3. I Have Been Redeemed.** Written and sung by Wendy O’Connell. From the Album “Holy”. Used with permission of Vineyard Songs (UK/ Eire)
- 4. Great is Your Name.** Written and sung by Marc James. From the Album “Beautiful”. Used with permission of Vineyard Songs (UK/ Eire)
- 5. Jesus Meet Me.** Written and sung by Marc James. From the Album “Winds of Worship Live from Nottingham”. Used with permission of Vineyard Songs (UK/ Eire)
- 6. Trust Surrender.** Sung by Emmaus. Written by Ronan Johnston From the Album “Come to Me”. ©Emmaussongs/IMRO. Used with permission.
- 7. Come to Me** Sung by Emmaus. Written by Ronan Johnston From the Album “Come to Me”. ©Emmaussongs/IMRO. Used with permission
- 8. We Have a Hope in Jesus.** Sung by Emmaus written by Eanna Hickey / Ronan Johnston. From the Album “Community Praise” . ©Emmaussongs/IMRO. Used with permission.
- 9. Sweet Sweet Spirit.** Sung by Emmaus. Written by Ronan Johnston. From the Album “Community Praise”. ©Emmaussongs/IMRO. Used with permission.
- 10. F.A.M.I.L.Y. remix.** Written and Sung by Fr. Stan Fortuna From the album “Sacro Song II”. Copyright Francesco Productions 2002 Used with permission.
- 11. Let My Life be Like a Love Song.** Sung by Nigel Briggs. Written by Tom Slater and Brenton Brown. From the album “Holy”. Used with permission of Vineyard Songs (UK/ Eire)
- 12. All I believe is you.** Sung by Crossbeam From the album “All I believe is you”. ©Icon Music. Used with permission.
- 13. Lift your hands.** Sung by UGC. ©Undasound Entertainments2005 in conjunction with The Digital Horde. Used with permission.

14. The J -Jam. Sung by UGC ©Undasound Entatainments2005 in conjunction with The Digital Horde. Used with permission.

15. I Will Hold On. Written and sung by Nigel Briggs. From the album “Winds of Worship Holy live from Nottingham”.
Used with permission of Vineyard Songs (UK/ Eire)

16. Love Endures. Sung by Crossbeam. From the album “All I believe is you”.
©Icon Music. Used with permission.

Music clips used in the series:

Everybody Got 2 Suffer. Music and lyrics by Fr. Stan Fortuna. © Francesco Productions 2004. From the DVD “Everybody Got 2 Suffer”

Crucifying You. Music and lyrics by Raindown © 2005 Xt3 Ltd.
From the DVD “Raindown”

Unda God’s Creation Music and lyrics by UGC
© Undasound Entatainments 2005 in conjunction with The Digital Horde
From the DVD “Rap Star”

H.D.H.D. Music and lyrics by Fr. Stan Fortuna
© Francesco Productions 2002
From the CD “Sacro Song II”

Check out the following web-sites for more details of the artists and albums mentioned:

www.vineyardmusic.com - Vineyard

www.francescoproductions.com – Fr Stan Fortuna’s resources

www.emmaus.ie/band - Emmaus

www.undasound.com – UGC

www.crossbeam.co.uk – Crossbeam

www.xt3.com – Raindown

APPENDIX C

Thanks

We would like to thank the following who helped in the production of this video series:

One Small Barking Dog who filmed & edited the series.

310 The Custard Factory

Gibb Street

Birmingham B9 4AA

Tel: 0121 683 6040

Web: www.osbd.org E: info@osbd.org

Jon Birch - artwork & animation (info@birchmultimedia.com)

Transform - printing

PO Box 2178

Caterham CR3 6ZT

Tel: 0800 197 1025 mikeg@1025transform.co.uk

We would like to thank the following who allowed us to use their material in the production:

Fr Stan Fortuna for his valuable contribution and the following songs:

Everybody Got 2 Suffer

Music and lyrics by Fr. Stan Fortuna

© Francesco Productions 2004

From the DVD “Everybody Got 2 Suffer”

The Zipper Zone and

Never Been Born

Music and lyrics by Fr. Stan Fortuna

© Francesco Productions 1998

From the CD “Sacro Song”

F.A.M.I.L.Y. Remix

H.D.H.D.

Music and lyrics by Fr. Stan Fortuna

© Francesco Productions 2002

From the CD “Sacro Song II”

Plugged In:

Music and lyrics by Fr. Stan Fortuna

© Francesco Productions 2005

Website: www.francescoproductions.com

Rob Lacey for **Word on the Street**

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