

The *Altaration* Leader's Guide outlines an eighty-minute session format, offering a suggested time for each step. The program, however, is easily adaptable by simply adjusting the time spent on particular components or by assigning suggested in-class activities as homework. The following outline offers a structure to adapt the program into either sixty- or 120-minute sessions.

The following free downloads are available at [CatholicFaithForTeens.com](http://CatholicFaithForTeens.com):

- A "Video Session and Segment Time" document, which lists the time for each segment and which can aid in planning small group discussion time.
- A list of suggested additional class activities, which can be incorporated into classes.
- A suggested forty-five-minute adaptation, which breaks each session into two forty-five-minute sessions.

SESSION ONE				
STEP #	STEP NAME	60-MINUTE CLASS	120-MINUTE CLASS	NOTES
1	Welcome and Opening Activity	8 min.	10 min.	
2	Letter from Mark Hart	* See Notes	2 min.	*Have students read the "Letter from Mark Hart" at home
3	Opening Prayer	2 min.	2 min.	
4	Dive-In	5 min.	5 min.	
5	Video Presentation and Journaling	25 min.	35 min.	
6	Small-Group Discussion	15 min.	20 min.	
7	Entering the Mystery	* See Notes	10 min.	*Have students read, "Entering the Mystery" at home.
OPTIONAL ADD-ONS	Prayer, Readings, and Additional Workbook Material	–	*25 min. See Notes	*For ideas, see the free download, "Additional Class Activities" at <a href="http://CatholicFaithForTeens.com">CatholicFaithForTeens.com</a> .
8	Challenge of the Week	2 min.	3 min.	
9	Wrap-Up	2 min.	3 min.	
10	Closing Prayer	1 min.	3 min.	

## SESSION TWO, THREE, AND FOUR

STEP #	STEP NAME	60-MINUTE CLASS	120-MINUTE CLASS	NOTES
1	Welcome, Prayer & Challenge of the Week Review	5 min.	5 min.	
2	Dive-In	5 min.	5 min.	
3	Video Presentation and Journaling	30 min.	30 min.	
4	Small-Group Discussion	15 min.	30 min.	
5	Entering the Mystery	* See Notes	10 min.	<i>*Encourage students to read "Entering the Mystery" at home.</i>
<b>OPTIONAL ADD-ONS</b>	Prayer, Readings, and Additional Workbook Material	–	*30 min. See Notes	<i>*For ideas, see the free download, "Additional Class Activities" at CatholicFaithForTeens.com.</i>
6	Challenge of the Week	2 min.	3 min.	
7	Wrap-Up	2 min.	3 min.	
8	Closing Prayer	1 min.	3 min.	

## SESSION FIVE

STEP #	STEP NAME	60-MINUTE CLASS	120-MINUTE CLASS	NOTES
1	Welcome, Prayer & Challenge of the Week Review	2 min.	5 min.	
2	Dive-In	1 min.	1 min.	
3	Video Presentation	*58 min See Notes	*58min. See Notes	<i>*This week's video (not divided into segments) is a one-hour "Walk through the Mass" with Fr. Mike Schmitz.</i>
4	Entering the Mystery	* See Notes	10 min.	<i>*Encourage students to read "Entering the Mystery" at home.</i>
5	Challenge of the Week	–	3 min.	
<b>OPTIONAL ADD-ONS</b>	Prayer, Readings, and Additional Workbook Material	–	*35 min. See Notes	<i>*For ideas, see the free download, "Additional Class Activities" at CatholicFaithForTeens.com.</i>
6	Wrap-Up	1 min.	3 min.	
7	Closing Prayer	1 min.	3 min.	