

SELF ACCEPTANCE, SELF KNOWLEDGE, SELF AWARENESS, SELF DISCOVERY, SELF ESTEEM, SELF GIVING

2019 - Year of Laity

A call to Holiness

YOUTH RESOURCE MANUAL

A youth resource manual that offers you possibilities to animate the young



Youth Commission
Catholic Bishops Conference
Papua New Guinea and Solomon Islands

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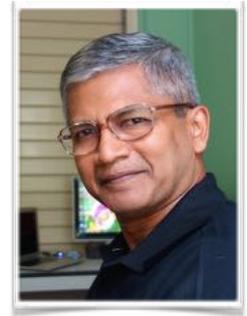
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We can change things

**Young people want a challenge,
they want to go beyond the ordinary,
they are eager for change and are ready to work to achieve it.
Once they achieve it, they want to share it with others.**



“Can we change things?” This was what Pope Francis asked the young people gathered for the World Youth Day in Krakow. And with one voice they all shouted: “Yes!”. That shout came from young and youthful hearts, which do not tolerate injustice, corruption and violence. They do not bow to a throw-away culture and do not give in to the globalisation of indifference.

At the World Youth Day in Panama in 2019, the last words of the Holy Father to the young people were: “We are on a journey. Keep walking, keep living the faith and always share it with others”. And do not forget, said the Holy Father, that “you are not the tomorrow, you are not the meantime, you are the Now of God”. Over 700,000+ young people applauded Pope Francis for his encouragement.

The Holy Father has invited young people to look beyond the narrow confines of their lived space to the world beyond them, a world of young people enslaved in the grip of addiction and vice, a world of young people who are searching for their identity and a world of young people who have lost all hope and the will to live.

Young people, are invited to reach out to your brothers and sisters and give them hope. This is our Catholic identity and our lived Catholic Faith.

Everyday, as our young people journey forth surmounting barriers, negotiating obstacles and charting new waters, into avenues that are new and challenging, they need guides and animators. The guides are the Shepherds of the Church, the Bishops of each diocese, the Priests of your parish and the youth animators.

This ‘Youth Resource Manual 2019’ has been compiled as a guide for our youth animators. The sessions give an outline and the animator who knows the group will adapt the session to suit the level of the group. I do hope you will find them useful.

My gratitude to Sr Rebecca Fernandes ond, Cl Jeevan Lewis sdb, Fr Cletus D’Souza sdb, Fr Brian Moras sdb, Fr Ferrington Rayen sdb, Fr Glenford Lowe sdb and several others who have contributed to this Youth Resource Manual - 2019.

This is a three year plan. In this year 2019, we have dealt with self. We plan to bring out a Youth Resource Manual to touch on Relationships in 2020 and the Sacrament of Marriage in 2021. Youth animators who would like to contribute to the coming issues are welcome to send in their sessions to CBC Youth Secretary, at youth@catholic.org.pg.

May we as animators encourage our young people as they take up the challenge to change our world. Let us begin with our countries Papua New Guinea and Solomon Islands.



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Synod on Youth 2018 3rd - 28th October 2018

Rome: The Synod on Youth was made up of 267 prelates and 72 auditors, of whom were 30 young people. The word "**listening**" was repeated constantly and was used in at least three different ways.

The first listening means attending to what young people say in order to find out their questions, their needs, their concerns. The bishops recognised before the synod started that there was no point in talking to young people about things they were not interested in. We meet young people's needs as they see them, not as the bishops see them. The Synod has recognised that young people are persons with knowledge and ideas and not empty vessels into which content is poured.

A **second approach to listening** is to hear what young people think about the Church in order to discover how the Church must change. The Bishops have been humbled by the sexual abuse crisis. They admit that the Church's traditional programs are not working. The Church needs reform. Young people are not just recipients of the church's ministries, they are active participants in their creation.

The **third kind of listening** as practiced by Brother Alois, at Taizé. We need to listen to young people to discover where the Spirit is alive in their lives. Our job is not to impose ideas on the young; but to help the young see the presence of the Spirit in their lives. This approach is radically different because it teaches the young to turn inward and listen to the Spirit within them. With this type of listening comes a relevant response at all levels.





Message

Bp Peter Baquero SDB, Bishop Deputy for Youth

Dear beloved young people,

We concluded the year 2018 in a very appropriate time when the Church took a special time to listen to the Young People through the recent Synod of Bishops meant for you. It is a wonderful opportunity to renew your relationship with God, with the Church and with one another.

I would like to make it our own the message of the Synod Fathers to the Young people:

“We wish to be sharers in your joy, so that your expectations may come to life. We are certain that with your enthusiasm for life, you will be ready to get involved so that your dreams may be realized and take shape in your history.” (XV Ordinary General Assembly of the Synod of Bishops).

As we have exhorted you in the beginning of this Year of Grace, *you are not only loved but also called to discover the dream God has set for you and be not afraid to follow it.* (cfr. CBC PNG-SI Pastoral Letter 2018)

I wish to invite you to allow Jesus to walk with you so that He may open your eyes of faith and in turn you can walk with other young people.

May our lives be moments of listening to God, listening to the Church and listening to one another. In this way, we may discover that fullness of Life and Love that God has set out for each one of us.



Message

Bp Rolando Santos CM, Bishop Deputy for Youth

As we come to the end of the Year of the Youth, it is wonderful that we can hold the National Youth Convention in the land where Blessed Peter To Rot was martyred and begin on the solemn feast of the Immaculate Conception of Mary, the perfect model of Christian holiness.

A national convention is always a blessed and happy occasion. It is a time to meet new people and build new friendships. It is a time to listen, to share and to learn from one another. It is a time to pray, to celebrate and build our faith, hopes and dreams. It is a time for renewal and commitment as we follow the witness of life of others, like Blessed Peter To Rot who was not afraid to sacrifice his life for what he believed, and who challenges us to choose the narrow road that leads to the fullness of life and love.

The convention will give special focus on the Eucharist, Penance and Marriage. The Eucharist is what unites us in a special way with Christ and provides us with the strength to complete the journey towards the Kingdom of Heaven. Penance is what repairs whatever spiritual wounds and weaknesses we may have and restores back our relationship with God. Marriage is a vocation to which most of our young people will probably be called so as to be a sign of the love of Christ in the world.

Through the intercession of Mary, our Immaculate Mother, may this convention bring many blessings to our youth participants, and challenge them to be holy and joyful missionary disciples of Christ in our world today.

SELF-ACCEPTANCE – Accepting our unique selves

Fr Ambrose Pereira sdb, CBC SOCOM and Youth Secretary and Sr Rebecca Fernandez OND, Youth Coordinator of the Archdiocese of Port Moresby

Youth Session: 24 to 30 persons; 2 hours; 15 to 26 years old; Registered members of the parish youth group. Please make sure that all mobile phones are switched off and kept far away. The hall is set with chairs for the youth group meeting with chairs in a circle. A note book or sheets of paper, pens, markers and a board will be needed for the session. Ensure that each person receives a name tag as they enter and that their names are registered as they come in. The youth animator greets and welcomes each person at the entrance of the room.

Welcome: The Youth animator welcomes the members of the group in these or similar words.
'Welcome to this youth session. I invite you to participate fully in every activity of our youth session. We commence with a moment of prayer'.

Prayer: Create an atmosphere of prayer. Silence is important. Invite all to close their eyes, sit straight and calm oneself down as they concentrate on their breathing. Thank God for persons, members of the family, members of the church, etc. Include in your prayer relevant aspects of the group. Conclude the prayer moment with a prayer in unison.

Song: It will be nice if there is an action song that all can sing together. If the group is meeting for the first time, you can sing: 'Hello, Hello, Hello' or some similar song that will enable the group to meet each other.

Introduction: Invite each one to introduce themselves – their name and a sentence about themselves. Each one of us has a unique life history. We remember exterior events of our life history. Some are pleasant and some are painful. These events were linked to parents, grandparents, relatives, friends and authority figures in school. Recall one event that you liked. Write it down on your sheet of paper. Pair up and share your event with the other person. Instruct the youth members to respectfully listen to the one who is sharing. A few questions and clarifications can follow. After 5 minutes two groups come together and each one shares. After 10 minutes the youth animator invites the youth members to share highlights from their different groups. Ensure that every person is able to respectfully listen to each other. Remind the members that they are not to speak about what has been shared to others outside the group.

Input: Our personal experiences of our childhood, our adolescence is unique. Comment on the different sharing of persons. Our unique experiences help us develop as historical beings. The greatest challenge of human life is to accept the unique way our life history has evolved and made us. If we do not do so, then we become neurotics and maladjusted to our human environment. We reject the way our life history has made us. When we accept ourselves as we are then it enables us to grow positively as physical, psychological, moral and spiritually healthy beings. This is self-acceptance. The best way to be a happy and healthy person is to learn and practice self-acceptance.

Interiorize: Invite questions and clarifications from the members of the group.
How will I put this into practice in the week that lies ahead of me? Share my practical resolution.

Prayer: The members of the group then get back into their groups of 4 and pray for the person on his or her right. They then say a prayer as a small group and then as the entire group.

Conclusion: The Youth Animator highlights important points from the session held. Reminders for the youth group and practical activities are made. A light snack or sweets can be distributed.

The room or the hall is cleaned and put back in place for the next parish activity.

SELF-ACCEPTANCE – Nurturing our Self-Acceptance

Fr Ambrose Pereira sdb, CBC SOCOM and Youth Secretary and Sr Rebecca Fernandez OND, Youth Coordinator of the Archdiocese of Port Moresby

Youth Session: 24 to 30 persons; 2 hours; 15 to 26 years old; Registered members of the parish youth group. Please make sure that all mobile phones are switched off and kept far away. The hall is set with chairs for the youth group meeting with chairs in a circle. A LCD projector and laptop is made available if required. A note book or sheets of paper, pens, markers and a board will be needed for the session. Ensure that each person receives their name tag as they enter and that their names are registered in the youth log book as they come in. The presence of the youth animator ensures that there is a connection between the youth members, session 1 and the session to unfold.

Welcome: The Youth animator welcomes the members of the group in these or similar words. 'Welcome to this youth session. I invite you to participate fully in every activity of our youth session to recall and nurture 'Self-Acceptance'. We commence with a moment of prayer'.

Prayer: Create an atmosphere of prayer. Silence is important. Ensure that all mobiles are switched off and are kept far away from the members. Invite all to close their eyes, sit straight and calm oneself down as they concentrate on their breathing. Thank God for parents, family members, their unique persons, members of the youth group, etc. Include in your prayer relevant aspects of the group. Recall the previous session. Conclude the prayer moment with a prayer in unison.

Song: Sing an action song that all know. 'God's love is so wonderful' or some similar song that will enable persons to relax.

Introduction: We recall the previous session. What can you remember? What did you share with the members of your group? Were you able to put into practice your resolution? Do you have any questions in regard to self-acceptance?

Input: By celebrating our unique way of being, we give glory to God and we love ourselves as God has made us carefully and wonderfully through the concrete circumstances of our lives. One person can read the passage (Job 10: 10-12).

Self-acceptance is the grateful recognition of our personality, talents, attitudes of the heart and spiritual gifts that have shaped our human existence. Please list 3 positive aspects of your personality, talents, abilities, attitudes of the heart and your spiritual gifts. Divide the group into small groups of 4 to 6 persons. Get into your group and share. Common sharing. Questions and clarifications.

Interiorize: Our human growth depends on how we have been raised by the members of our family, especially our parents. Parenting is very important in the process of our human growth. Parenting enables us to become the kind of persons we are. Good and kind parents communicate self-worth and encourage their children to develop their human potentialities in a supportive environment of trust, respect, compassion, love and peace. Reflect on the experience of growing up as a child. Share the experience in your group.

Critical parents instil blame, doubt, self-hatred and shame in their children. These children grow insecure, abused emotionally and maladjusted to their environment. They are negative about others and feel rejected if they are not smart or attractive. Invite comments and questions on what you have shared.

What will my task be for the week that lies ahead? How will I put what I have learnt into practice? What will be my resolution to nurture my self-acceptance?

Prayer: They then say a prayer as a small group and then as the entire group.

Conclusion: The Youth Animator highlights important points from the session held. Reminders for the youth group. A light snack or sweets can be distributed.

The room or the hall is cleaned and put back in place for the next parish activity.

SELF-ACCEPTANCE – Skills of Self-Acceptance

Fr Ambrose Pereira sdb, CBC SOCOM and Youth Secretary and Sr Rebecca Fernandez OND, Youth Coordinator of the Archdiocese of Port Moresby

Youth Session: 24 to 30 persons; 2 hours; 15 to 26 years old; Registered members of the parish youth group. Please make sure that all mobile phones are switched off and kept far away. The hall is set with chairs for the youth group meeting with chairs in a circle. A LCD projector and laptop is made available if required. A note book or sheets of paper, pens, markers and a board will be needed for the session. Ensure that each person receives their name tag as they enter and that their names are registered in the youth log book as they come in. The presence of the youth animator ensures that there is a connection between the youth members, the session previously held and the session to unfold.

Welcome: The Youth animator welcomes the members of the group in these or similar words.
'Welcome to our youth session. I invite you to participate fully in every activity of our youth session and to delve a bit more into understanding about 'Self-Acceptance'. Let's start with a moment of prayer'.

Prayer: Create an atmosphere of prayer. Silence is important. Ensure that all mobiles are switched off and are kept far away from the members. Invite all to close their eyes, sit straight and calm oneself down as they concentrate on their breathing. Lead them into a prayer of thanksgiving for their parents, family members, themselves, members of the youth group, etc. Include in your prayer relevant aspects of the group. Conclude the prayer moment with a prayer in unison.

Song: Sing an action song that all know. 'It's I who build community' or some similar song. Alternatively, you can play a party game – 'I love my fruit salad with (name three fruits)'. The names that have been called out have to change places, while the one in the center tries to get a place. Occasionally there could be a call for a mixed fruit salad, when all the members will change their places.

Introduction: We recall the previous session. What did you share with the members of your group? Were you able to put your commitment into practice? Are there any questions?

Input: There is duality all around us. A rose has thorns. A lily grows from marsh. An orchid from moss. A coin has two sides. Day follows night.... This duality is also translated in our lives. There is the good and the bad; the positive and the negative; the virtue and the vice. Elicit examples from the members and explain the above.

Interiorize: It is good that we dwell on the positive, on the good, on what is to our benefit. It is important that we discard the negative, the bad and what is destructive to each of us. By celebrating our strengths, we recognize our personal worth and we value our achievements in accomplishing our goals and the life difficulties we have overcome.

Self-acceptance helps us learn from our mistakes and to accept the issues of life we cannot change. They help us reconcile with our past and move on. By letting go of the past, they are more alert and more alive to seize the present moment. People who accept themselves do not allow self-judgment, self-hatred, blame and doubt to control their lives. They are positive and avoid negative talk, inner criticism and idealized goals.

Self-accepted persons handle their interpersonal relationships effectively and are guided by their goal in life. They are goal-oriented people. They are aware of their intrinsic worth and dignity. They have the ability to communicate intelligently, honestly and responsibly. They are open to their inherent needs. They take care of their survival and well-being. They grow through the love in relationships that they develop with others throughout life (parents, friends, co-workers, fellow human beings.)

What are my strengths that I need to dwell on?

What do I need to change in my life? Is it easy to make this change?

What is my goal in life? How do I treat people I interact with on a daily basis?

Prayer: They then say a prayer as a small group and then as the entire group.

Conclusion: The Youth Animator highlights important points from the session held. Reminders for the youth group. A light snack or sweets can be distributed.

The room or the hall is cleaned and put back in place for the next parish activity.

SELF-ACCEPTANCE – The Advantages of being a Self-Accepted person

Fr Ambrose Pereira sdb, CBC SOCOM and Youth Secretary and Sr Rebecca Fernandez OND, Youth Coordinator of the Archdiocese of Port Moresby

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Welcome: The Youth animator welcomes the members of the group. 'Welcome to this youth session. I hope you have enjoyed the sessions that we have dwelt on in the previous youth group meetings and have put them into practice. We will now dwell deeper in 'Self-Acceptance' and take a look at how this can help each one of us live our lives happily and well. We begin with a moment of prayer.

Song: Sing an action song that all can sing and dance together. Perhaps you can take, "This is the day" or some other song that will enable persons relax.

Prayer: Create an atmosphere of prayer. Silence is important. Ensure that all mobiles are switched off and are kept far away from the members. Invite all to close their eyes, sit straight and calm oneself down as they concentrate on their breathing. Thank God for parents, family members, their unique persons, members of the youth group, etc. Include in your prayer relevant aspects of the group. Recall the previous session. Invite a few members of the group to say a short prayer. Conclude this moment of prayer with a prayer in unison.

Introduction: What can you remember from the previous session? Were you able to put into practice your resolution? Do you have any questions?

Input: Complete the following:

1. I enjoyed - _____
2. I felt empowered when - _____
3. My parents are proud of me - _____
4. My best quality is - _____
5. The best part of my day was - _____
6. I'm looking forward to - _____
7. I achieved - _____



Interiorize: As you complete each statement, please say "Why", "What are your plans", etc.

The self-accepted person is aware of his finite being and he/she seeks completeness in reaching out to other human beings in creative interaction. By transcending the self, the self-accepted person searches for a Divine relationship in which the meaning of life is found. The self-accepted person finds in relationship with God forgiveness for his limitations and the promise of eternal life beyond death. - *Jean Marie Hyacinth Quenum, sj*

1. Self-acceptance is the road to happiness and a life free of self-hatred. By fully accepting oneself, the person leads a life free of guilt, of jealousy and of contempt of oneself.
2. The self-accepted person is kind, generous, emphatic, compassionate and constantly radiates a joy that will want others to come closer and enjoy his or her company. This is obviously seen in the way a person relates with others.
3. Self-acceptance means that you are happy with who and what you are but it does not mean that you give up any hopes of change or improvement.
4. Self-acceptance is a necessary first step towards self-improvement because you need to see the truth about yourself and accept it and then decide whether or not you can change.
5. Self-acceptance does not mean being happy with the present situation or standing still, you are still free to change what you can in complete honesty with your truth.
6. Invite the young people to share their experience and comment on what has struck them.

Conclusion: The Youth Animator highlights important points from the session held. Reminders for the youth group. A light snack or sweets can be distributed.

Prayer: They then say a prayer as a small group and then as the entire group.

The room or the hall is cleaned and put back in place for the next parish activity.

SELF-DISCOVERY – The Journey to Self-Discovery

Fr Ambrose Pereira sdb, CBC SOCOM and Youth Secretary and Cl Jeevan Lewis sdb, Practical Trainee @ Don Bosco Technical School, Gabutu

Youth Session: 24 to 30 persons; 2 hours; 15 to 26 years old; Only Registered members of the parish youth group. Please make sure that all mobile phones are switched off and kept far away. The hall is set with chairs for the youth group meeting with chairs in a circle to enable the participants to interact with each other. Ensure that each person receives their name tag as they enter and that their names are registered in the youth log book as they come in. The presence of the youth animator ensures that there is a connection between the youth members, the previous sessions and the session to unfold.

Welcome: The Youth animator welcomes the members of the group. 'Welcome to this youth session. I am sure you have enjoyed the youth sessions that we have had during our previous youth group meetings. Today we shall take on another aspect of self and we shall reflect on the issues that are around us. Let us begin with a moment of prayer. Invite one member to say a prayer on behalf of the other members of the group

Song: An action song that will bring the young people together. 'Tell me now' as it speaks about doing what is good and right.

Input: Put this question to the young members: What are the three basic stages of growth of a person. Await answers from the members. Appreciate and comment on each of them. Write down clearly: 1. Child 2. Youth and 3 Adult. Elaborate especially on the Youth stage. Stress the fact that this is the stage that the members are in. It is a stage of tremendous learning, great insight and excellent learning. However, all this is possible, if one is disposed and open to learn. Prepare them for the story to follow. The story can be read, dramatized or printed and distributed to the members of the group or leaders in each small group.

Story: A story of a young man's journey to self-discovery

<https://afrikatikkun.org/2017/11/09/a-story-of-a-young-mans-journey-to-self-discovery/>

This is a story of a young man's journey to self-discovery. Coming from a community where drugs and violence are a norm for young men his age, Prime Nchabeleng (17) chose a different path.

When a young boy reaches the critical pre-teen ages between 11-13 years, they look at male figures in their lives as role models but Prime took it upon himself to become his own man.

From an early age, his experience of men were close male relatives who constantly abused women. Not understanding this behaviour, he lost trust in men. He became reserved, aloof and lacked confidence. "I did not know what to do and felt helpless. I remember every time I wanted to protect these women, I was called names and told I was letting women control me", said Prime.

At the age of 14 he made a choice to reinvent himself and enrolled into an after school programme in Diepsloot where he found that many young people had similar ambitions and dreams. Soon after joining the programme he started making friends and interacting more with his peers. "When I first came to Afrika Tikkun I thought I was going to be judged but I have since learnt to be myself. And this has allowed other people to believe in me. In return, I have learnt who I am as a person", said Prime.

The turning point in the young man's life came when he attended an Afrika Tikkun camp. There, he learnt that being a man means that your behaviour should never be determined by how others treat you, but by the values you hold at your core.

He now attends the Child and Youth Development programme, as well as Physics and Math Saturday classes at the Wings of Life Centre. As a result, his Maths has improved and he has learnt to replace the negatives with positives by focusing on things he loves (cycling, spelling bee and dancing). Prime is dedicating his life to seeing the beauty that this world has to offer and this explains his dream of becoming an Astronomer.

Questions to reflect on:

1. What was the experience of Prime Nchabeleng as he became an adolescent?
2. What was his choice when he turned 14 years?
3. How does he spend his weekend?

Interiorize:

1. What are the similarities in our PNG society today?
2. What would you do as a young person in your family, community, school and parish?
3. What is your dream for yourself and your peers in the parish and the community?

Conclusion: It is important that the members are given the time necessary to share their thoughts. Remind them that it is important to listen to the views, comments and reflections of the other members of the group. Highlight the key points. Each one needs to take on something that he or she can discover for himself or herself. Ensure that the youth meeting is concluded with a **Prayer**, for themselves and the youth of the parish and the community.

A light snack or sweets can be distributed. The room is left in order.

SELF-DISCOVERY – On the road to Self-Discovery and Development

Fr Ambrose Pereira sdb, CBC SOCOM and Youth Secretary and CI Jeevan Lewis sdb, Practical Trainee @ Don Bosco Technical School, Gabutu

Youth Session: 24 to 30 persons; 2 hours; 15 to 26 years old; Only Registered members of the parish youth group. Please make sure that all mobile phones are switched off and kept far away. The hall is set with chairs for the youth group meeting with chairs in a circle to enable the participants to interact with each other. Ensure that each person receives their name tag as they enter and that their names are registered in the youth log book as they come in. The youth animator animates the youth members. He ensures that there is a connection between the previous sessions that have been conducted and the session to unfold.

Welcome: The Youth animator welcomes the members of the group. 'We have come to accept who we are and are now in the process of discovering and developing the persons we are. Today we will dwell on discovering and developing ourselves. Let us begin with a moment of prayer. Invite one member to say a prayer on behalf of the other members of the group.'

Game: A lively game that can evoke the sentiments of working together. It is called: 'Jump in' The members hold their arms together and listen to the leader. It could be one of these – Jump in; jump out, jump left or jump right. The action needs to be performed together. The leader then tells the group that they need to do the opposite of what they are told. A third variation could be two actions following each other. A fourth variation could be the opposite of the two instructions that are given.

Input: We live in our beautiful world. Nature is all around us. We need to stop and look and learn about what nature can teach us. What are the smallest little creatures that we see everywhere? What can they teach us?

1. Ants never Quit - If they are headed somewhere and you stop them, they will search for another route.
2. Ants plan for the difficult days to come – they are busy collecting food for the tsunami and for the rainy days.
3. When facing difficulties, ants dream of the bright days to come – They constantly remind themselves that winter will soon be over and they will be out again.
4. Ants constantly strive to achieve all they can – They are constantly working to do all they possibly can.

The 4-part philosophy is:

1. Never Give up
2. Look ahead
3. Stay Positive
4. Do all you can now

'Don't be encumbered by history, just go out and do something wonderful' – *Robert Noyce*

Reflection: Ants, the tiny little insects give us a lot to reflect on for ourselves and our lives.

1. What have you learnt from the ants?
2. Is your life and the life of your community similar to the work of the ants?
3. What has been your experience of life so far?
4. What will you put into practice?

Share your reflections in groups of 4 to 6 persons. The youth animator can then invite the different groups to share their insights, reflections and comments.

Conclusion: The Youth Animator highlights important points from the session held. Reminders for the youth group.

Prayer: They then say a prayer as a small group and then as the entire group.

A light snack or sweets can be distributed. The room or the hall is cleaned and put back in place for the next parish activity.



SELF-ESTEEM – Understanding High Self-Esteem

Fr Ambrose Pereira sdb, CBC SOCOM and Youth Secretary and Sr Rebecca Fernandez OND, Youth Coordinator of the Archdiocese of Port Moresby

Youth Session: 24 to 30 persons; 2 hours; 15 to 26 years old; Only Registered members of the parish youth group. Please make sure that all mobile phones are switched off and kept far away. The hall is set with chairs for the youth group meeting with chairs in a circle to enable the participants to interact with each other. Ensure that each person receives their name tag as they enter and that their names are registered in the youth log book as they come in. The youth animator animates the youth members. He or she ensures that there is a connection between the previous sessions that have been conducted and the session to unfold.

Welcome: The Youth animator welcomes the members of the group. Let us spend today on understanding how we view ourselves. Let us begin with a moment of prayer. Invite one member to say a prayer on behalf of the other members of the group.

Game: A lively game that can loosen and relax the group. Ping-pong is a good game that can help interaction. Ping is the name on the left and pong is the name on the right. You can start with one and then move to two and three. Spend just enough time to relax the group.

Input: Write out 5 sentences with I am Ask the members to share one that is most important to them. Highlight the positive ones and then open up the topic.

SELF-ESTEEM reflects a person's subjective evaluation for his or her own worth. It is a judgment of oneself as well as an attitude towards the self. It states beliefs (for example, "I am competent" "I am worthy") and emotions such as triumph, despair, pride and shame.

Warren (1991) states: Self-esteem has two components:

1. The ability to say that "I am important," and
2. The ability to say "I have something to offer to others and the world".

Self-esteem is the judgment, opinion or picture we have of ourselves. It is made up of all the experiences and relationships we've had in our lives. Everyone we've ever met has added something or taken away something from how we see ourselves. It can be changed, and changed at any age.

Interiorize: People with a **High Self-Esteem:**

- Like to meet new people
- Don't worry about how others will judge them
- Have the courage to express themselves
- Lives' are enriched with each new encounter
- Are nicer to be around
- Ideas are met with interest because others want to hear what they have to say.
- Are magnets to positive opportunities
- Have an "I THINK I CAN" attitude!

Think about persons who have had a positive effect on you and your life.

- You felt secure, safe, and trusting of your environment.
- You felt special or unique. You felt worthwhile.
- You felt important and appreciated by someone whose opinion you valued.
- You had a goal or purpose. You were successful in achieving what you wanted.
- You felt that you made a difference. You felt capable.

Reflection: Which of the above do you fit? Share your thoughts with a group of 4 persons.

Prayer: They then say a prayer as a small group and then as the entire group.

A light snack or sweets can be distributed. The room or the hall is cleaned and put back in place for the next parish activity.

SELF-ESTEEM – Understanding Low Self-Esteem

Fr Ambrose Pereira sdb, CBC SOCOM and Youth Secretary and Sr Rebecca Fernandez OND, Youth Coordinator of the Archdiocese of Port Moresby

Youth Session: 24 to 30 persons; 2 hours; 15 to 26 years old; Only Registered members of the parish youth group. Please make sure that all mobile phones are switched off and kept far away. The hall is set with chairs for the youth group meeting with chairs in a circle to enable the participants to interact with each other. Ensure that each person receives their name tag as they enter and that their names are registered in the youth log book as they come in. The youth animator animates the youth members. He or she ensures that there is a connection between the previous sessions that have been conducted and the session to unfold.

Welcome: The Youth animator welcomes the members of the group. Let us spend today on understanding how we view ourselves. We begin with a moment of prayer. Invite one member to say a prayer on behalf of the other members of the group.

Game: A lively game that can loosen and relax the group. Squeak, bunny, squeak. One person is blind folded and approaches anyone in the group and says squeak, bunny, squeak. Listening to the voice he or she must be able to guess the name of the person. Three chances to get it right.

Input: Question: What traits stand out in a person with low self-esteem? Write out the answers and explain them giving examples.

People with low self-esteem:

- Don't believe in themselves
- See themselves failing before they even begin
- Have a hard time forgiving their mistakes and remember it always
- Believe they can never be as good as others
- Are afraid to show their creativity because they will be ridiculed
- Are dissatisfied with their lives
- Spend most of their time alone
- Complain and criticize
- Worry about everything and do nothing
- Have an "I CAN'T DO IT" attitude



Some common signs of low self-esteem

- Exaggerated bragging
- Resorting to numerous attention-getting behaviors such as clowning, acting overly silly, teasing, complaining, exhibiting both verbal and physical aggression
- Very reactive to ups and downs of daily life
- Failure can be devastating, even on minor issues
- Being self-critical and always apologizing
- Easily influenced by peers
- Blaming
- Reluctance to learn new things or avoiding a challenge
- Over-reacting to things and situations
- Being unable to make choices or solve problems
- Putting themselves down

Reflection: Pick up the ones that fit you the most. What can you do about it. Share your thoughts with a group of 4 persons.

Prayer: They then say a prayer as a small group and then as the entire group.

A light snack or sweets can be distributed. The room or the hall is cleaned and put back in place for the next parish activity.

SELF-ESTEEM – Improve your Self-Esteem

Fr Ambrose Pereira sdb, CBC SOCOM and Youth Secretary and Sr Rebecca Fernandez OND, Youth Coordinator of the Archdiocese of Port Moresby

Youth Session: 24 to 30 persons; 2 hours; 15 to 26 years old; Only Registered members of the parish youth group. Please make sure that all mobile phones are switched off and kept far away. The hall is set with chairs for the youth group meeting with chairs in a circle to enable the participants interact with each other. Ensure that each person receives their name tag as they enter and that their names are registered in the youth log book as they come in. The youth animator animates the youth members. He or she ensures that there is a connection between the previous sessions that have been conducted and the session to unfold.

Welcome: The Youth animator welcomes every member of the group. We begin with a moment of prayer. Invite one member to say a prayer on behalf of the other members of the group.

Energizer: Move to different parts of the room to be with and chat briefly to and with other people.

- *Were born in the same region as you
- *Are currently living in the same suburb as you
- *Are going to the same school as you
- *Are in the same class as you
- *Share the same hobby or interest as you.

The energizer should loosen and relax the group and prepare them for the input.

Input: What can you do to improve your self-esteem. Share your thoughts. Every person wishes to feel positive and needs to reinforce his or her value as a person

There are five feelings that nurture high self-esteem:

1. A sense of Security: a feeling of trust or safety.
2. A sense of Selfhood: knowing who you really are.
3. Sense of Affiliation: a sense of belonging.
4. A sense of Mission: a feeling of purpose, direction and responsibility.

Here are a few steps you can take to improve your Self-Esteem:

- Forgive yourself of your past mistakes.
- Focus on your positive attributes.
- Follow the example of successful people.
- Exhibit a good attitude.
- Get plenty of rest.
- Practice your talents.
- Become physically fit.
- Learn new things every day.
- Improve your personal relationships.
- Dress neatly and dress well!



Interiorize:

Explain each of the above with examples that are relevant to the group.

Give a few minutes for questions and sharing.

Choose three important points that has struck you. Get into groups of four and share your thoughts and experience.

Prayer: They then say a prayer as a small group and then as an entire group.

A light snack or sweets can be distributed. The room or the hall is cleaned and put back in place for the next parish activity.

SELF-ESTEEM – Concluding thoughts

Fr Ambrose Pereira sdb, CBC SOCOM and Youth Secretary and Sr Rebecca Fernandez OND, Youth Coordinator of the Archdiocese of Port Moresby

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Welcome: The Youth animator welcomes every member of the group. We begin with a moment of prayer. Invite one member to say a prayer on behalf of the other members of the group.

Song: Get a lively action song so that the group comes together. Perhaps: 'With Jesus in my boat, I can smile at the storm'.

Prayer: Invite one member of the group to say a prayer on behalf of all the others.

Input: Why is it important to grow in Self-Esteem? Elicit answers and highlight the comments.

The key to success:

- Productive Behaviors: people perform better when they consider themselves competent.
- Work performance: "There's only one thing that counts in a business: building the self-esteem of your employees. Nothing else matters, because what they feel about themselves is what they give to your customers." - Robert Darwin
- Interpersonal Relations: "You will do unto others as you do unto yourself." - D.C. Briggs
- Psychological wellbeing: "If I were to search for the central core of difficulty is a people as I have come to know them, it is that in the great majority of cases, they despise themselves, regarding themselves as worthless and unlovable." - Carl Rogers.

Reviewing what we have learnt on Self-esteem

- Self-esteem comes from every experience of your life.
- How you view yourself affects everything you do in life.
- High self-esteem gives you a GOOD feeling about yourself.
- Low self-esteem distorts your view of yourself.
- Self-esteem can be improved!!!

Final thoughts

- You are a unique individual. No one else is like you in the whole world.
- This makes you special already!
- Our time in this world is limited.
- Make it happen for you so you leave your mark in this world!

Interiorize:

Give enough time for persons to share their thoughts and ask questions. Invite them to choose three important points that has struck them. Get into groups of four and share your thoughts and experience.

Prayer: They then say a prayer as a small group and then as the entire group.

A light snack or sweets can be distributed.

The room or the hall is cleaned and put back in place for the next parish activity.



SELF-KNOWLEDGE – The foundation of your life

Fr Ambrose Pereira sdb, CBC SOCOM and Youth Secretary and Sr Rebecca Fernandez OND, Youth Coordinator of the Archdiocese of Port Moresby

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Welcome: The Youth animator welcomes every member of the group. We begin with a moment of prayer. Invite one member to say a prayer on behalf of the other members of the group.

Song: Get a lively action song to energise and bring the group together.

Prayer: Invite one member of the group to say a prayer on behalf of all the others.

Input: What is Self-Knowledge? Give the members 3 minutes to write out their answers. Invite comments and answers from the group.

Self-knowledge is the Foundation on which to Build your Life. It is knowing yourself intimately. It involves knowing your thoughts and feelings how they came about, and how they influence your behaviour. It is about understanding your needs, desires, motivations, beliefs, views and values.

Self-knowledge is about observing and being perceptive in life. It is about being aware of our life and its importance. It is about being conscious of our place in life and its possibilities. It is about thinking about our life and wanting to get the most out of life, while at the same time wanting to contribute all we can.

Self-knowledge is simple. Knowledge of self.

Knowing yourself is a pursuit. It is a journey of discovery. It is a path. A path to realising who we are, what we are and our place in life.

The tool for self-knowledge is introspection, a looking within that focuses our attention on our thoughts, how they arise and disappear. This is best done in a quiet environment where you have time to watch and analyse your own thoughts. A busy life does not exclude this possibility of introspection or self-reflection but it does make it less likely that you will do so.

Interiorize:

Give enough time for persons to reflect on the input, clarify and ask questions.

What do you hold dear in your life?

Reflect on your values and your beliefs.

Get into groups of four and share your reflections.

Prayer: They then say a prayer as a small group and then as the entire group.

A light snack or sweets can be distributed.

The room or the hall is cleaned and put back in place for the next parish activity.

creative
YOUTH

SELF-KNOWLEDGE – Who am I?

Fr Ambrose Pereira sdb, CBC SOCOM and Youth Secretary and Sr Rebecca Fernandez OND, Youth Coordinator of the Archdiocese of Port Moresby

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Welcome: The Youth animator welcomes every member of the group. We begin with a moment of prayer. Invite one member to say a prayer on behalf of the other members of the group.

Song: Get a lively action song to energize and bring the group together.

Prayer: Invite one member of the group to say a prayer on behalf of all the others.

Input: Self-knowledge is important as it helps you to understand yourself better. With better self-understanding, you are able to be in control of your own life. Self-knowledge is also helps you to find answer to the more insightful and spiritual question - "Who am I?"

What three words describe you? How do your friends describe you? How do the members of your family describe you? Are these similar or different? Why? Share your thoughts in your small group. Share the highlights of your discussions with the entire group. The animator can then comment and invite reflections.

Interiorize: In the light of the above, reflect on the following:

- Be yourself
- Be proud to be you
- Look after yourself and your life
- Give yourself time in life to experience your inner self
- Find purpose and meaning in life by discovering the real person inside
- Enjoy the experience of you that your life brings each day
- Don't worry if not all things go your way, that is life
- Don't just take from life but give also, contribute to the lives of people around
- Act from your heart and give of your best in healthy, wholesome endeavours
- Allow your endeavours to be for the common good



How can you put these into practice? Share what you are reflected upon. Get into groups of four and share your reflections.

Prayer: They then say a prayer as a small group and then as the entire group.

A light snack or sweets can be distributed.

The room or the hall is cleaned and put back in place for the next parish activity.

SELF-KNOWLEDGE – Who am I?

Fr Ambrose Pereira sdb, CBC SOCOM and Youth Secretary and Sr Rebecca Fernandez OND, Youth Coordinator of the Archdiocese of Port Moresby

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Welcome: The Youth animator welcomes every member of the group. We begin with a moment of prayer. Invite one member to say a prayer on behalf of the other members of the group.

Song: Get a lively action song to energize and bring the group together.

Prayer: Invite one member of the group to say a prayer on behalf of all the others.

Input: What are your values? What are the things that are important to you? What are your beliefs? Who helped shape your values and beliefs?

Using what you have learned about yourself, write a short personal vision statement. A vision statement is a broad, inspirational message about what you are trying to achieve. Your vision statement should encompass your personal values and beliefs. Your vision statement does not have to be long, it can just be an accurate and a true reflection of who you are.

An example would be: "I will always be true to family, friends and myself".

Interiorize: I'M SPECIAL

I'm special. In all the world there is nobody like me. Since the beginning of time there has never been another person like me. Nobody has my smile. Nobody has my eyes, my nose, my hair, my hands, my voice, I'm special.

Nobody anywhere has my tastes for food or music or art. No one sees things just as I do. In all of time there has been no one who laughs like me, no one who cries like me. And what makes me laugh and cry will never provoke identical laughter and tears from anybody else, ever. No one reacts to any situation just as I would react. I'm special.

No one in the universe can reach the quality of my combination of talents, ideas, abilities and feelings. Like a room full of musical instruments, some may excel alone, but none can match the symphony of sound when all are played together. I'm a symphony.

Through all of eternity no one will ever look, talk, walk, think or do like me. I'm special. I'm rare.

I'm special. And I'm beginning to realize it's no accident that I'm special. I'm beginning to see that God made me special for a very special purpose.

He must have a job for me that no one else can do as well as I. Out of all the billions of applicants, only one is qualified, only one has the right combinations of what it takes.

That one is me. Because ...**I'M SPECIAL.**

Share your thoughts in small groups.

Prayer: They then say a prayer as a small group and then as the entire group.

A light snack or sweets can be distributed.

The room or the hall is cleaned and put back in place for the next parish activity.

SELF-KNOWLEDGE – Gods Perfect Knowledge of each person

Fr Ambrose Pereira sdb, CBC SOCOM and Youth Secretary and Sr Rebecca Fernandez OND, Youth Coordinator of the Archdiocese of Port Moresby

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Welcome: The Youth animator welcomes every member of the group.

Song: Get a lively action song to energize and bring the group together. Somebody touched me, could be a good prayer song for this session.

Prayer: Invite one member of the group to say a prayer on behalf of all the others.

Input: Psalm 139

- 1 You have searched me, Lord, and you know me.
- 2 You know when I sit and when I rise; you perceive my thoughts from afar.
- 3 You discern my going out and my lying down; you are familiar with all my ways.
- 4 Before a word is on my tongue you, Lord, You know it completely.
- 5 You hem me in behind and before and you lay your hand upon me.
- 6 Such knowledge is too wonderful for me, too lofty for me to attain.
- 7 Where can I go from your Spirit? Where can I flee from your presence?
- 8 If I go up to the heavens, you are there; if I make my bed in the depths, you are there.
- 9 If I rise on the wings of the dawn if I settle on the far side of the sea,
- 10 even there your hand will guide me, your right hand will hold me fast.
- 11 If I say, "Surely the darkness will hide me and the light become night around me,"
- 12 Even the darkness will not be dark to you the night will shine like the day, for darkness is as light to you.
- 13 For you created my innermost being; you knit me together in my mother's womb.
- 14 I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well.
- 15 My frame was not hidden from you when I was made in the secret place, when I was woven together in the depths of the earth.
- 16 Your eyes saw my unformed body; all the days ordained for me were written in your book before one of them came to be.
- 17 How precious to me are your thoughts, O God! How vast is the sum of them!
- 18 Were I to count them, they would outnumber the grains of sand - when I awake, I am still with you.
- 19 If only you, God, would slay the wicked! Away from me, you who are bloodthirsty!
- 20 They speak of you with evil intent; your adversaries misuse your name.
- 21 Do I not hate those who hate you, Lord, and abhor those who are in rebellion against you?
- 22 I have nothing but hatred for them; I count them my enemies.
- 23 Search me, God, and know my heart; test me and know my anxious thoughts.
- 24 See if there is any offensive way in me, and lead me in the way everlasting.

Interiorize: Reflect on the following:

1. What does God know about you?
2. Do you truly know yourself completely?
3. Do you feel restricted or protected by God's total knowledge of you?
4. What are some advantages of God knowing everything about you?
5. God knows your needs and provides just what you need at just the right time. How could this be a source of motivation in your life?

Share your thoughts in small groups.

Prayer: They then say a prayer as a small group and then as the entire group.

A light snack or sweets can be distributed.
The room or the hall is cleaned and put back in place for the next parish activity.



SELF-AWARENESS – A gradual growth of self

Fr Ambrose Pereira sdb, CBC SOCOM and Youth Secretary and Sr Rebecca Fernandez OND, Youth Coordinator of the Archdiocese of Port Moresby

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Welcome: The Youth animator welcomes every member of the group.

Song: Get a lively action song to energize and bring the group together.

Prayer: Invite one member of the group to say a prayer on behalf of all the others.

Input:

Who are you? Why you do things in the way that you do?

- Self-Awareness does not emerge in an individual at the time of his or her birth or any particular stage of his or her lifetime.
- It gradually develops from its initial stages into more and more complex form.
- It does not accomplish any final form in the course of human life.
- Self-Awareness is being in a state of knowing of the self, meaning we possess a clear perspective of our personality which includes our strengths, weaknesses, beliefs, desires, habits and emotions.
- The more you master this skill of Self-Awareness, the better you will arise in your life. In other words, we will begin to build a strong belief in Who we are, Why we are here, and What is our final purpose in life?

Interiorize:

How will you grow in Self-Awareness?

- Know what your prejudices are.
- Know your motivation and your needs
- Know what your responses can be.
- Be open to feedback from friends and family
- Be ready to listen attentively to feedback from your peers
- Be open to listen to feedback from yourself
- Listen carefully and work upon what you have learnt.

Share your thoughts in small groups.

Prayer: They then say a prayer as a small group and then as the entire group.

A light snack or sweets can be distributed.

The room or the hall is cleaned and put back in place for the next parish activity.



SELF-AWARENESS – Why and how to develop Self Awareness

Fr Ambrose Pereira sdb, CBC SOCOM and Youth Secretary and Sr Rebecca Fernandez OND, Youth Coordinator of the Archdiocese of Port Moresby

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Welcome: The Youth animator welcomes every member of the group.

Song: Get a lively action song to energize and bring the group together.

Prayer: Invite one member of the group to say a prayer on behalf of all the others.

Input: What is Self-Awareness? Answer the following:

Who you really are? Why you do things in the way that you do? How do you care about what people think and feel. What are your Feelings + Interactions + Thoughts + Actions?

Exercise: The central questions would be:

Awareness of Purpose

- What is important in my life?
- What motivates me?

Awareness of Skills

- What are my greatest strengths?
- What are my greatest weaknesses?

Awareness of Passion?

- What passion do I have?

Awareness of Gratitude

- What am I grateful for?

Awareness of Legacy

- What shall be my legacy?

Awareness of fears

- What fears do I have?

Awareness of Distractions

- What distracts me in life?
- What do I avoid doing?

Awareness of Ego

- How important is my ego?
- How important do I consider myself as a human being?

Awareness of Lessons

- What am I learning from my experiences?

Awareness for Change

- Am I willing to change my life?



Interiorize: When we are aware of who we are, aware of what drives us and makes us unique, what makes our life worth living and interesting and what we can learn from our experiences, we have laid the foundation for a new life. A life as a better human being. **“Knowing others is intelligence. Knowing yourself is true wisdom” - Lao Tzu**

- Look at yourself objectively
- Keep a Journal
- Write down your goals, plans and priorities
- Perform daily self-reflection
- Practice meditation and other mindfulness habits
- Ask trusted friends to describe you
- Ask for feedback at work

Share your thoughts in small groups.

Prayer: They then say a prayer as a small group and then as the entire group.

A light snack or sweets can be distributed.

The room or the hall is cleaned and put back in place for the next parish activity.

SELF-GIVING – Reach out and share

Fr Ambrose Pereira sdb, CBC SOCOM and Youth Secretary and Fr Cletus D'Souza sdb, Province of Mumbai, Youth and Catechetical Coordinator

Youth Session: 24 to 30 persons; 2 hours; 15 to 26 years old; Only Registered members of the parish youth group. Please make sure that all mobile phones are switched off and kept far away. The hall is set with chairs for the youth group meeting with chairs in a circle to enable the participants to interact with each other. Ensure that each person receives their name tag as they enter and that their names are registered in the youth log book as they come in. The youth animator animates the youth members. He or she ensures that there is a connection between the previous sessions that have been conducted and the session to unfold.

Welcome: The Youth animator welcomes every member of the group.

Prayer: Invite one member of the group to say a prayer on behalf of all the others.

Input: We all know that the more we give the more we receive. Each one of you have been kind, generous and self-giving. You have shared your time, talents and your treasures. The more we give, the more we share the greater is the joy and the happiness that we experience. God has blessed us with abundant gifts. The beauty of nature all around us is a constant reminder to each one of us to give and share what God gives us in abundance.

Let's now listen to a beautiful song that speaks to us of giving. It is entitled 'Tree Song'.

I saw a tree by a riverside,
one day as I walked along
Straight as an arrow and pointing to the sky
Growing tall and strong

How do you grow so tall and strong?
I said to the riverside tree;
This is the song
that my tree friend sang to me:

I've got roots flowing down to the water
I've got leaves growing up to the sunshine
And the fruits that I bear
is the sign of life in me.

I am shade from the hot summer sunshine
I am nest for the birds of the heavens
I'm becoming what the Lord of the trees
has meant me to be - **A strong young tree.**

I saw a tree in the city streets
Where buildings block the sun
Green and lovely like a sea
It gave joy to everyone.
How do you grow in the city streets?
I said to the downtown tree
This is the song
that my tree friend sang to me:
I've got roots flowing down to the water
I got leaves growing up to the sunshine
And the fruits that I bear
is a sign of life in me.

I am shade from the hot summer sunshine
I am nest for the birds of the heavens
I'm becoming what the Lord of the trees
has meant me to be - **A strong young tree.**

Interiorize: What line or image do you like from this song? How is it connected to your life?

Get into groups and share. The animator then invites different members to share. Highlights are then explained and deepened. How can you put into practice what you have learnt. Give suggestions for a youth group activity that will reach out to people. Plan out the details and organize the event as a reach out program for the youth group.

Prayer: They then say a prayer as a small group and then as the entire group.

A light snack or sweets can be distributed.

The room or the hall is cleaned and put back in place for the next parish activity.



SELF-GIVING – The Pencil Parable

Fr Ambrose Pereira sdb, CBC SOCOM and Youth Secretary and Fr Brian Moras sdb, Province of Mumbai, Youth Animator

Youth Session: 24 to 30 persons; 2 hours; 15 to 26 years old; Only Registered members of the parish youth group. Please make sure that all mobile phones are switched off and kept far away. The hall is set with chairs for the youth group meeting with chairs in a circle to enable the participants to interact with each other. Ensure that each person receives their name tag as they enter and that their names are registered in the youth log book as they come in. The youth animator animates the youth members. He or she ensures that there is a connection between the previous sessions that have been conducted and the session to unfold.

Welcome: The Youth animator welcomes every member of the group.

Prayer: Invite one member of the group to say a prayer on behalf of all the others.

Ice-breaker: Play an ice-breaker to bring the group together. The participants need to choose an adjective that goes with the first letter of their name. eg. I'm Henry and I'm happy; I am Aruna and I'm amazing; continue till all have said a line about themselves.

Input: Write out a brief description of yourself.

What are your external qualities? What are your internal qualities?

Today we shall use a parable for our reflection on ourselves and see how we can leave a legacy.

We shall reflect on: **The Pencil Parable.**

In the beginning, the Pencil Maker spoke to the pencil saying, "There are five things you need to know before I send you out into the world. Always remember them and you will become the best pencil you can be".

1. You will be able to do many great things, but only if you allow yourself to be held in someone's hand.
2. You will experience a painful sharpening from time to time, but this is required if you are to become a better pencil
3. You have the ability to correct any mistakes you might make.
4. The most important part of you will always be what's inside.
5. No matter what the condition, you must continue to write. You must always leave a clear, legible mark no matter how difficult the situation.

The pencil understood, promising to remember and went into the box fully understanding it Maker's purpose. Now replacing the place of the pencil with you; always remember them and never forget, and you will become the best person you can be.

1. You will be able to do many great things, but only if you allow yourself to be held in God's hand. And allow other human beings to access you for the many gifts you possess.
2. You will experience a painful sharpening from time to time, by going through various problems, but you'll need it to become a stronger person.
3. You will be able to correct mistakes you might make or grow through them.
4. The most important part of you will be always be what's on the inside.
5. On every surface you walk, you must leave your mark. No matter what the situation, you must continue to serve God in everything.

Everyone is like a pencil, created by the Maker for a unique and special purpose. By understanding and remembering, let us proceed with our life on this earth having a meaningful purpose in our heart and a relationship with God daily.

Interiorize: Reflect on each of the lines. What speaks to you most? How is it connected to your life? Get into groups and share. The animator then invites different members to share. Highlights are then explained and deepened. How can you put into practice what you have learnt? Give a few moments for each one to write out a practical resolution that they can put into practice.

Prayer: They then say a prayer as a small group and then as the entire group.

A light snack or sweets can be distributed.

The room or the hall is cleaned and put back in place for the next parish activity.

SELF-GIVING – The Giving Tree

Fr Ambrose Pereira sdb, CBC SOCOM and Youth Secretary and Fr. Cletus D'Souza sdb, Catechetical Animator

Youth Session: 24 to 30 persons; 2 hours; 15 to 26 years old; Only Registered members of the parish youth group. Please make sure that all mobile phones are switched off and kept far away. The hall is set with chairs for the youth group meeting with chairs in a circle to enable the participants to interact with each other. Ensure that each person receives their name tag as they enter and that their names are registered in the youth log book as they come in. The youth animator animates the youth members. He or she ensures that there is a connection between the previous sessions that have been conducted and the session to unfold.

Welcome: The Youth animator welcomes every member of the group.

Prayer: Invite one member of the group to say a prayer on behalf of all the others.

Ice-breaker: The participants sit in a circle. The leader says: 'The sun shines on young people wearing blue'. They change places. The one without a chair comes to the center. Play the game till all the young people have moved around.

Input:

THE GIVING TREE.

Once there was a tree.... And she loved a little girl. And everyday the girl would come and she would gather her leaves and make them into crowns and play king of the forest. She would climb up her trunk and swing from her branches and eat apples. And they would play hide seek. And when she was tired, she would sleep in her shade.

And the girl loved the tree ... very much. And the tree was happy.

But time went by, and girl grew older. And the tree was often alone. Then one-day the girl came to the tree and the tree said:

"Come child, come and climb upon my trunk and swing from my branches and eat my apples and play in my shade and be happy.

But the girl said:

"I am too big to climb and play. I want to have fun. I want some money. Can you give me some money?"
"I am sorry, but I have no money. I have only leaves and apples. Take my apples girl, and sell them in the city. Then you will have some money and you will be happy."

And so the girl climbed the tree and gathered her apples and carried them away. And the tree was happy.

But the girl stayed away for a long time... and the tree was sad. And then one day the girl came back and the tree shook with joy and she said: "Come girl climb up my trunk and swing from my branches and be happy."

"I am too busy to climb the trees. I want a house to keep me warm. I want a husband and I want children, and so I need a house. Can you give me a house?"

"I have no house. The forest is my house, but you may cut off my branches and build a house, then you will be happy.

And so the girl cut off her branches and carried them away to build her house. And the tree was happy. But the girl stayed away for a long time... And when she came back, the tree was so happy, she could hardly speak. She whispered. "Come girl. Come play."
"I am too old and sad to play. I want a boat that will take me far away from here. Can you give me a boat?" "Cut down my trunk and make a boat. Then you can sail away... and be happy." And so the girl cut down her trunk and made a boat and sailed away. And the tree was happy, happy... but not really.

After a long time the girl came back again. And the tree said: "I am sorry girl, but I have nothing left to give you. My apples are gone."

"My teeth are too weak for apples

"My branches are gone, you cannot swing on them..."

"I am too old to swing on the branches."

"My trunk is gone, you cannot climb..."

"I am too tired to climb"

The tree sighed and said:

"I am sorry; I wish I could give you something" ...

"I don't need very much now, just a quiet place to sit and rest. I am very tired."

Straightening herself up as she could, the tree said:

"Well, an old stump is good for sitting and resting.

Come girl, and sit down. Sit down and rest."

And the girl did. And the tree was happy.

Interiorize: Questions for Reflection

Did the tree love the girl? How can you make it out?

Did you like the behaviour of the girl? Why?

How much should we give and for how long?

Can you apply this parable to your own life? Give examples.

Mention five people whose lives can be compared to the giving Tree.

Prayer: They then say a prayer as a small group and then as the entire group.

A light snack or sweets can be distributed.

The room or the hall is cleaned and put back in place for the next parish activity.

SELF-GIVING – Going beyond

Fr Ambrose Pereira sdb, CBC SOCOM and Youth Secretary and Fr. Ferrington Rayen sdb, Youth Animator

Youth Session: 24 to 30 persons; 2 hours; 15 to 26 years old; Only Registered members of the parish youth group. Please make sure that all mobile phones are switched off and kept far away. The hall is set with chairs for the youth group meeting with chairs in a circle to enable the participants to interact with each other. Ensure that each person receives their name tag as they enter and that their names are registered in the youth log book as they come in. The youth animator animates the youth members. He or she ensures that there is a connection between the previous sessions that have been conducted and the session to unfold.

Welcome: The Youth animator welcomes every member of the group.

Prayer: Invite one member of the group to say a prayer on behalf of all the others.

Ice-breaker: The participants sit in a circle. The leader says: ‘The sun shines on young people wearing blue’. They change places. The one without a chair comes to the center. Play the game till all the young people have moved around.

Input: *Listen to this narration.*

The living water was tired of flowing underground. One day, it decided to bubble up as a clear and generous spring. People came from afar to drink such a living, pure, refreshing and healthy water. But alas! A company anxious to make a profit from such a spring bought the property on which it gushed forth, put up securely locked fences and imposed severe restrictions on those who wanted to drink from it. Gradually, only a small, elite group of very well-to-do people were able to go and quench their thirst there. Angry at all their restrictions, the spring decided to bubble up at another spot.

The company continued to sell the water, which had lost curative, life-giving qualities. However, not many people noticed. Only a few who were dissatisfied with the insipid water being sold to them set out to find the place where the spring of living water had decided to reappear. Happily, they found it.

But soon afterwards, for a second time, the land where the spring appeared was bought up; canals were built and regulations imposed. And once again the spring decided to go underground and show up elsewhere.

Where would You think it moved to?

Going beyond is not only crossing the geographical frontiers but God’s Kingdom needs missionaries of open minds and generous hearts who can look beyond the human horizons to consider the infinite possibilities and unexplored avenues.

- Go beyond the daily shallow humdrums, and Discover in depth God’s plan for You.
- Go beyond your personal interests listening to the many ‘calls’.
- Offer a sincere word, a friendly glance and a generous hand.
- Go beyond your cultural cocoon and recognize the supreme value in the other
- Go beyond sterile habits and build a visible solidarity
- Go beyond your own narrow visions and be open to the infinite
- Go beyond the certainty of reason and logic and open yourself to the mystery of each unique person.
- Go beyond the obligations, the rituals and fleeting emotions and anchor yourself in faith.
- Going beyond is nothing but to believe in the logic of the gospel

Going beyond is nothing but to believe in the logic of the gospel. Being like an Eagle that soars high beyond all human trivialities and immediate worries. It’s a sign of human freedom – free in Christ. We need courage to see the invisible in the visible. A cuckoo never builds its nest but occupies others’ nest. It’s not a responsible bird.

Am I a cuckoo looking at the faults of others or am I rising above human defects and perceiving the divine in the others? Share and take on a personal commitment to go beyond.

Prayer: They then say a prayer as a small group and then as the entire group.

A light snack or sweets can be distributed.

The room or the hall is cleaned and put back in place for the next parish activity.

COMMUNITY: AT SEA WITH GOD.....CULT TIME ELECTION

... an incredible journey in small boats with God

<p>1. MY BOAT</p> <ol style="list-style-type: none"> What is the shape of your boat? Where is your boat yard? Identify your spot of maintenance Do you like your boat? How is your central centre? ... Is channel 16 clear? How is your fuel supply? 	<p>2. CARGO & CREW</p> <ol style="list-style-type: none"> What are you loading & unloading? Necessary baggage!!! What is your stabilizing factor? What/ Who is your cargo? How is your cargo hold? How is your crew journeying? .. How is your spiritual clutter? .. 	<p>3. SETTING SAIL</p> <ol style="list-style-type: none"> Do you celebrate a new launch everyday? How do you leave harbour? Joyful/ painful? Identify your inner-laziness? Are you open to new ocean-disciplines? What are your life-lines?
<p>4. NAVIGATING THE HIGH SEAS</p> <ol style="list-style-type: none"> Determine your spiritual latitudes & longitudes How often do you set your life's clock? Find equilibrium amidst turbulence Identify your TRUE NORTH? .. Any True light house people? .. 	<p>5. PERILS OF THE DEEP</p> <ol style="list-style-type: none"> Review your inner ship log ... How do you handle your storm force in life? What are your destructive forces? ... Go higher, go deeper. Search for focus: Conserve energy: set targets; use bilge pumps; add ballast, free channel 16, stay cheerful, tell stories ... 	<p>6. GOING NO WHERE</p> <ol style="list-style-type: none"> When are you best-before? .. Is your boat 'sea-worthy'? .. Have you run aground? .. Is the crew getting tough? Is the ocean deserted? ... Have you lost your vision? Suffering from 'dilution of focus'? Are you running in circles? Ice-bound?

7. MOVING ON

Do you long for ultimate safety...Identify your anchors? ...Reflective prayer? ...Any soul-friends? ...A spiral journey? Always higher, qualified, better...Your SOUL FOOD.....
Where/ who is your final destination.....

Glenford Lowe sdb
Don Bosco Spiritual Adventures

The Boat	Cargo and Crew	Setting Sail	Navigating the High Seas	Perils of the Deep	Going Nowhere	Anchor and Moving On
<p>The Brendan Voyage</p> <ul style="list-style-type: none"> - Ireland to America - Polynesian Islands - Kano Tiki expedition - Thor Heyerdal <p>Shape of your Boat?</p> <ul style="list-style-type: none"> - Evolution - Family Tree - Tradition <p>The Spot of Maintenance</p> <ul style="list-style-type: none"> - Broken Body - Broken Mind - Heart, soul - Reconciliation <p>Do you like YOU??</p> <p>The Control Tower ...</p> <ul style="list-style-type: none"> - Decisions and critical choices - Deeper than our own consciousness <p>Listening and Discernment Maps and Charts</p> <p>Channel 16 SOS May day</p> <p>Compass of life</p> <p>Fuel Supply?</p> <p>Energy Balance</p>	<p>Loading & overloading</p> <ul style="list-style-type: none"> - Important unnecessary baggage <p>KEEL to stabilize?</p> <p>Your bottom-line</p> <p>The stabilizing factor</p> <p>Cargo? Do you carry fish/people? -luxury? -Slacker? -solidarity? New vision? Companionship?</p> <p>CARGO HOLD</p> <p>God's recycling plant</p> <p>SPIRITUAL clutter and life's laundry?</p> <p>Dealing with STOWAWAYS?</p> <ul style="list-style-type: none"> - old hearts - Assumptions - Comfort blankets - Too much buoyancy - Old programming - False guilt - Victim mindset - Other people's baggage <p>Your Life-lines? Safety measures?</p>	<p>TO LAUNCH = celebrating and well wishing</p> <p>A new beginning</p> <p>In God's economy there is no wastage!!</p> <ul style="list-style-type: none"> - High tide experience - Low tide experience <p>Santa Maria</p> <p>May flower 1620</p> <p>Napartina 1847</p> <p>Leaving harbor - painful and joyful exp</p> <p>Push away from the harbor</p> <ul style="list-style-type: none"> -inner laziness? Ropes that bind us. -security? Comfort here to 'sacred there'? <p>New Management?</p> <p>Open to new ocean disciplines</p> <p>Not terra firma</p> <p>Depth contours</p> <p>Submerged hazards</p> <p>Ocean movements</p> <p>Visible navigation aids</p> <p>Recommended ship routes</p> <p>GROWING – EVOLVING – BECOMING</p>	<p>Spiritual Latitudes and Longitudes</p> <p>Our heads (UP)</p> <p>Our hearts (Across)</p> <p>Resetting your life's clock</p> <p>Steady clock amidst confusion</p> <p>An equilibrium amidst turbulence</p> <p>-Stillness of reflective prayer</p> <p>-presence of the changeless voice</p> <p>-a fixed point within us and beyond us</p> <p>The POLE star within us = an inner alignment with the axis of life</p> <p>BEACONS: true false light house people</p> <p>Be still: the sleeping person in your boat...</p> <p>Tides of our inner movements</p> <ul style="list-style-type: none"> -invisible currents -winds of circumstances -Gusts and wind changes 	<p>STORM FORCE</p> <ul style="list-style-type: none"> -violent -inner ship-log -a memory ship bank <p>Inter-personal conflict</p> <ul style="list-style-type: none"> -transitional seasons of your years -clash of weather systems <p>Radar blackout</p> <p>Changing the sea course</p> <p>The inner seascape?</p> <p>DESTRUCTIVE force</p> <ul style="list-style-type: none"> -evokes fears -trapped in isolation -energy drained <p>Give up our inner journey</p> <p>Deal with STORM FORCE?</p> <ul style="list-style-type: none"> -Go higher! go deeper -Search for focus -Conserve energy -Use bilge pumps -Set targets -Add ballast to weight -Use fair weather -Stay cheerful -Tell stories 	<p>Somewhere some how before our guarantee runs out?</p> <p>-a painted ship on a painted ocean!!!</p> <p>Is your boat seaworthy?</p> <p>About to run out of stores/ fuel?</p> <p>Lost your vision?</p> <p>Going around in circles?</p> <p>Are you ice-bound?</p> <p>Is the crew being difficult?</p> <p>Is the ocean getting deserted?</p> <p>Survival Kit?</p> <ul style="list-style-type: none"> -soul food -prayer -faith 	<p>Longing for ultimate safety?</p> <p>Anchors? 3 times longer</p> <p>+prayer/reflective living</p> <p>-soul friends</p> <p>Sail on we on a journey that is not linear but a spiral journey</p> <p>Inner circumnavigation</p>

Learning Realities: Disciples and Leaders



Annual Retreat

It helps, now and then, to step back and take a long view: The kingdom is not only beyond our efforts, it is even beyond our vision.
 We accomplish in our lifetime only a tiny fraction of the magnificent enterprise that is God's work.
 Nothing we do is complete, which is a way of saying that the Kingdom always lies beyond us.

- No statement says all that could be said.
- No prayer fully expresses our faith.
- No confession brings perfection.
- No pastoral visit brings wholeness.
- No program accomplishes the Church's mission.
- No set of goals and objectives includes everything.

This is what we are about.

- We plant the seeds that one day will grow.
- We water seeds already planted, knowing that they hold future promise.
- We lay foundations that will need further development.
- We provide yeast that produces far beyond our capabilities.

We cannot do everything, and there is a sense of liberation in realizing that.

This enables us to do something, and to do it very well. It may be incomplete, but it is a beginning, a step along the way, an opportunity for the Lord's grace to enter and do the rest.

We may never see the end results, but that is the difference between the master builder and the worker.
 We are workers, not master builders; ministers, not messiahs.
 We are prophets of a future not our own.



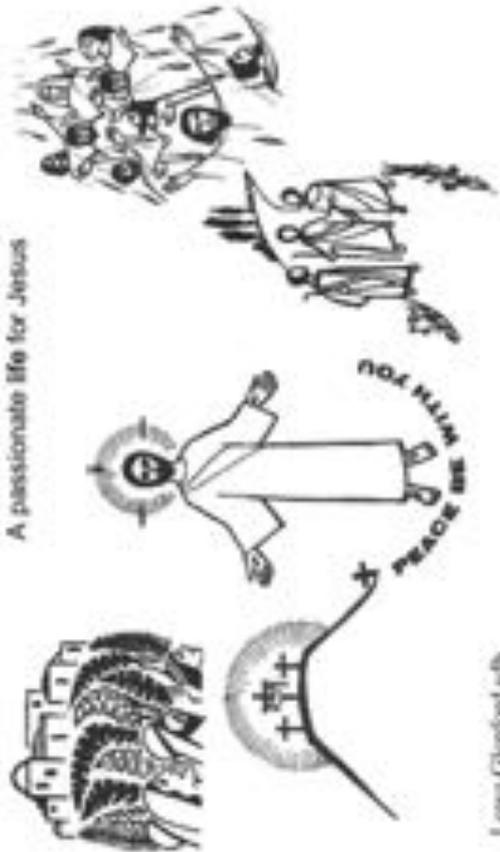
Oscar A. Romero, Archbishop of San Salvador, in El Salvador, was assassinated on March 24, 1980, while celebrating mass.



Jesus calls us to a Passionate Discipleship:

- A passionate walk with Jesus...
- A passionate faith that spills over into everything we do...
- A passionate energy for the kingdom of God...
- A passionate conviction to minister to those around you...
- A passionate search for others ready to meet & follow Jesus...

A passionate life for Jesus



Lower Glenelg sds

Enthusiastic followers	Vulnerable and Ungraced	Intimate Friends	Committed Disciples
GOSPEL:	DISCIPLE STAGES:	CHARACTERISTICS:	APPROACH
<p>Mk 1:15-20 " Come follow Me and I will make you fishers of people. " At once they left their nets and followed Him.</p>	<p>Disciples : Confident yet Incompetent Leaders: Direct and Set an Example</p>	<ul style="list-style-type: none"> Confidence rooted in Enthusiasm Not rooted in any realistic picture Clear instructions, modeling behaviors and expectations from learners. Period of adjustment and Orientation Clearly set out the Vision In a Spirit of Humility... 	<p>" I do, You watch"</p>
<p>Lk 12: 32-34 " Do no be afraid ... sell your possessions and give to the poor...where your treasure is, there will you heart also be "</p>	<p>Disciples : Unenthusiastic and Incompetent Leaders: Become Coaches</p>	<ul style="list-style-type: none"> Reality sets in... feel vulnerable... Radical Teachings upset ; Despair Explanations and spends time in more discussion... Let go of old securities...Jesus shares Vision and Grace Kingdom comes only by Grace and not Works... Period of Disappointments & Vulnerability...Low time Naive enthusiasm to attentiveness in VISION 	<p>" I do, You Help"</p>
<p>John 15:12-17 " Love one another as I have loved you... You are my friends...Everything I have learned from my father I have made known to you</p>	<p>Disciples : Growing Confidence Leaders: Open to Discussion</p>	<ul style="list-style-type: none"> Confidence rooted on Vision Acknowledge Grace and work in into our lifestyle... Jesus and Disciples on a deeper level of intimacy A deep personal relationship Period of Consensus More time for 'decision-making ', and give credible opinions Move from ' hired hands ' to ' friends ' 	<p>"You do I 'll help "</p>
<p>Mt 28: 18-20 " Go therefore and make disciples of all nations ... I am with you always, to the end of all ages. "</p>	<p>Disciples : Confident and Competent Leaders: Delegate Authority and Responsibility</p>	<ul style="list-style-type: none"> Confidence rooted in Enthusiasm, Intimacy and Ministry Experience Empowers and delegates authority " You are as good as me " Go and do what I have taught you to do " Deeply rooted in Grace and Confidence is in God. Danger of Backsliding—Go back fishing... Jesus gifts the Holy Spirit 	<p>"You do, I 'll watch"</p>

"Galilee Song"



Deep within my heart I feel
Voices whispering to me:
Words that I can't understand
Meanings I must clearly hear.
Calling me to follow close,
Lest I leave myself behind!
Calling me to walk into
Evening shadows one more time.

Chorus: So I leave my boats behind!
Leave them on familiar shores!
Set my heart upon the deep. Follow you again my Lord.

In my memories I know
How you send familiar rains,
Falling gently on my days
Dancing patterns on my pains!
And I need to learn once more,
In the fortress of my mind:
To believe in falling rains
While I travel deserts dry.

As I gaze into the night,
Down the future of my years,
I'm not sure I want to walk
Past horizons that I know.
But I feel my spirit called
Like a stirring deep within
Restless 'til I live again
Beyond the fears that close me in.



Loeve Glenford sdb

Rooted in the Covenant

Journey towards Personal Integration



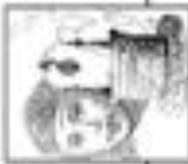
SALESIAN HERITAGE: The Charismatic experience

of Don Bosco and Mary Mazzarello ...

- Passion for Education
- Rooted in deep Eucharistic and Marian Life

JOURNEY OF FORMATION:

- Embrace the Evangelical Counsels
- Total availability for Christ 's mission of salvation—young girls....
- Preventive System "Hallmark of our vocation in the Church " C.7
- Inspired by Mary, Mother and Educator
- Lived in the Spirit of *Da Mihi animam caetera Tolle*
- ' Keep alive the missionary fervor of our Origins " C.6



The first Monnese Community:

- Embodied a model of the consecrated person, who, in the midst of the people, expressed the mysticism of a radical love for Jesus. They cultivated a missionary spirit that opened daily life to the broad apostolic horizons. In simplicity they lived that joy which is the "...sign of a heart that really loves the Lord very much" even amid the frequently painful experiences of limitation, illness and death. Active in the local church and attentive to the needs of the people and their locality, they creatively united their being "...always in contact with the youth" with their identity as consecrated women in whom the mystery of God abides, and who continually listens to God 's voice in order to learn the true wisdom of life. Despite human limitations, but docile to the spirit, together they built the "House of the love of God," living in a reciprocity of relationships rich in Gospel Values "

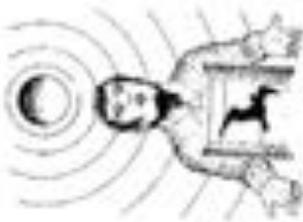
- The discreet, wise presence of Maria Domenica Mazzarello guided Sisters, girls and young women towards : **JOYFUL YET DEMANDING JOURNEY OF HOLINESS**

Sequelae Christ! for a New Humanism:

The Vocation of the FMA becomes prophesy for Humanity, in so far as it brings out the **PRIMACY OF GOD** and the **love** that Jesus came to reveal as the foundation of a new, evangelically inspired humanism (VC: 84-87).

The profession of the evangelical counsels leads the FMA to authentic freedom, reinforces their relationship with Christ, intensifies the bonds of communion among themselves, with young people, with the environment and with all of creation. From here flows their witness of women always on a journey, committed to rendering visible, the love of God, in a world that has profound nostalgia for God and the promised peace.

Evangelical Counsel	Salient Characteristics that guide our path	Questions to ponder on the Journey
<p>CHASTITY: "The Transparency of Love"</p>	<ul style="list-style-type: none"> • A precious gift of the Trinity, a reflection of the divine beauty that shines on the face of Christ and of whoever shares in His Humanity. - "with an undivided heart" C.12 • A Reality of Relationships: balances and broadens the horizons of human affectivity, leading to gratuitous love and reciprocity among persons... • Eucharistic Life and Mary Immaculate • Mystery of Jesus: who became poor... • SDB/FMA response of Salvation for poor and abandoned...FMA joyful practice of poverty lived... • Witness: New forms of poverty... FMA live a simple lifestyle, accept the uncertainty and the absence of privileges... exclude any sense of control 	<ul style="list-style-type: none"> • Do I accept this gift to love and love warmly? To love beyond limits? • Do I strive to love unconditionally? With a singleness of purpose and with no hidden agenda? To express the love of God through my body? • Without being rooted in Jesus Christ and an intense Eucharistic life...am I capable of developing a caring Relationship? • 'Heartless people are not Chaste people'... In what ways do I compromise or repress this vow? Overly possessive, sentimental, manipulative, emotionally dependent... Am I frightened to love? • What is the ecology of your heart? Loveless and cold.... Passionate and burning? How do I express this 'love' through my presence with the young?
<p>POVERTY: "A Love freely given"</p>	<ul style="list-style-type: none"> • Give the gift of their appreciation, of the wisdom that comes from suffering, and of patient suffering. • Foster a 'spirit of Solidarity' • Giving Meaning and Value: • Service to the poor and the Eucharist: Self emptying of Jesus • Mary: Poor of Yalweh... 	<ul style="list-style-type: none"> • Have I really experienced the 'radical insecurity' of the poor around me? • Does Maria Margaret's words "I was born poor, I have lived poor, I wish to die poor" trigger a chord in my response to the vow of poverty? • What is my personal level of 'dependence on providence'? • Is poverty for me a mere act of asceticism or an act of love? • Do I recognize the goodness of things and make them available for others? • Do I give my self—my personal resources—time, talents, space for others? • What is the ecology of my hand...is it open handed and generous?
<p>OBEDIENCE: "The Service of Love"</p>	<ul style="list-style-type: none"> • Immersed in the mystery of the availability of Christ who made the Father's Will his food. (Jn 4.34) • Mystery of Human Freedom as a path of Obedience ... 'Eucharist' and 'Yes' of Mary • 'Choice of Obedience' contributes to liberating freedom ... 	<ul style="list-style-type: none"> • Do I sustain my life by seeking to discern the Will of God in my life? • Have I grown as a person because of Obedience or have I stunted my growth? • Is my 'spiritual life' (depends on Obedience) hijacked by my 'emotional life'? (depends on my emotions in various circumstances) • God speaks to me through my 'Listening'? With a sense of responsibility ... • Do I find refuge in 'unnecessary dialogue' ... • Do I possess 'prompt obedience' - enthusiastically and with humility ...? • Is Obedience for me simply the curtailing of my freedom to grow/ respond?
<p>COMMUNITY in the STYLE of the PREVENTIVE SYSTEM "In communion for the mission"</p>	<ul style="list-style-type: none"> • Family Spirit: Facilitated by complementary roles and competencies, by cordial acceptance, familiarity of relationships, reciprocal trust, ability to collaborate, patience and pardon and by continual tending towards love in optimism and cheerfulness. 	<ul style="list-style-type: none"> • Do I respect people in my community? • Is community a 'home' for me, a 'hallowed ground' where we can all journey in authentic freedom? • "Religious are people who gather together without knowing each other, live without really loving each other and die without really mourning for each other" (Vishnuve) ... Is this your sad experience of community life? What can you do to bring about a change in your community? • Remember you will be judged on the level of your love...



ALONG THE EXTRA MILE

Golden Rules for the Extra Mile

1. Have a mind open to everything, and yet attached to nothing.
2. Don't die with the music still in you. Let it go free forever.
3. Listen to the voices around you, regardless of what others may say. Filter the truth with time.
4. You cannot give away what you don't possess. Invest in life.
5. Embrace Silence. God's language is Silence.
6. Give up your personal history. The past is just a trail you left long ago. Live the NOW.
7. Problems cannot be solved with the same mind that created it.
8. Rewrite your agreement with reality. Rid your self of all resentments that you justify. There are no justifiable resentments.
9. Treat yourself with Dignity. You are God's wonderful image.
10. To be wise, is to choose that which strengthens you.

The Greatest Power

"You are the Soul of the World..." (1987: 3-13)

"You are the Light of the World..." (1987: 3-14)

"...Leave your eye before the altar and you just to succumb to your shadow in action" (1987: 3-24)
 "You have found what it was said: 'An eye for an eye and a tooth for a tooth' but I say to you: Do not resist an evil doer. But if someone strikes you on the right cheek, turn the other also: and if anyone wants to sue you and take your coat, give your shirt as well; and if anyone forces you to go one mile, go also the second mile." (1987: 3-33-43)

FORCE

1. Force always creates Counter-force
2. Force is always Loud / Aggressive
3. Force is always moving against something
4. Force is always incomplete. You have to constantly feed it.
5. Force always makes demands
6. Force is constantly consuming and destroying
7. Force always De-energizes
8. Force makes judgements and makes us feel bad about ourselves
9. Force always polarizes.
10. Force: the cost is always high. Enemies are always created
11. Force always requires a 'proof', it is literal, arguable...
12. Force always associated with DIS-EASE

POWER

- Power always creates GRACE
- Power is SILENT, little movement
- Power does not move at all.
- Power is TOTAL and COMPLETE
- Power has no needs. It is at Peace.
- Power is always content and building up.
- Power ENERGIZES. It gives forth.
- Power gives Compassion, radical humility and makes us positive.
- Power Unifies
- Power is absolutely Free
- Power deals with intangibles. Health is better than disease, faith than doubt.
- Power is associated with WHOLENESS

Some statistics ... The POWER of Digital Energy

- One Email: at 1000 you reach the collective majority of all the 6 billion people
- One at 100: one reaches billions 10 million people below 100
- One at 650: one reaches billions 10 million people below 100
- One at 500: one reaches billions 750 thousand people below 100
- One at 300: one reaches billions 90 thousand people below 100

5. 1995:

- Only 22 people above 700 contribution
- Only 20 people above 1000 contribution
- Only 10 people over 900 contribution
- Only 1 person above 800 contribution

Source: Dr. Wayne Dyer "It is Never Overdone Along the Extra Mile"

Walking the EXTRA MILE in the Gospel Light

CALIBRATION along the Extra Mile	FEELINGS	EMOTIONS	LIFE VIEW	GOD VIEW	SALESIAN VIEW of YOUTH
1000	THE CHRIST EVENT				
700	Enlightenment / God-Experience	Ineffable	Everything is	Kingdom of God is within You	
600	Peace	Bliss	Life is Perfect	God is All-Being	
540	Joy/ Holiness	Serenity	Life is Complete	All is ONE	Good Christian- Honest Citizen
500	Love	Reverence	Life is Benign	God is Loving	He/she is Loving / Lovable
400	Reason	Understanding	Life is Meaningful	God is Wise	Victim of Social malaise
350	Acceptance	Forgiveness	Life is Harmonious	God is Merciful	An interesting story
310	Willingness	Optimism	Life is Hopeful	God is Inspiring	Go to cheer him/her up
250	Trust	Neutrality	Life is Satisfactory	God is Enabling	The bum is okay!!!
200	COURAGE	AFFIRMATION	LIFE IS FEASIBLE	GOD PERMITS	Motivated to help
175	Pride	Scorn	Life is Demanding	God is Indifferent	An embarrassment
150	Anger	Hate	Life is Antagonistic	God is Vengeful	He/she is Violent/furious
125	Desire	Craving	Life is Disappointing	God is Denying	He/she is frustrating problem
100	Fear	Anxiety	Life is Frightening	God is Fearful	A Social Menace
75	Grief	Regret	Life is Tragic	God is Disdainful	Tragic/ friendless
50	Despair	Apathy	Life is Hopeless	God is Condemning	Desperate
30	Guilt	Blame	Life is Evil	God as Vindictive	He/she deserves it!!!
20	Shame	Humiliation	Life is Miserable	God Despises	Dirty (Disgusting)

THE PURPOSE OF LIFE TEST

INSTRUCTIONS: For each of the following statements, circle the number that would be most nearly true for you. Note that the numbers always extend from one extreme feeling to its opposite kind of feeling. "Neutral" implies no judgments either way; try to use this rating as little as possible.

PART A:

1. I AM USUALLY: COMPLETELY BORED	1 2 3 4 5 6 7	EXUBERANT, ENTHUSIASTIC
2. LIFE TO ME SEEMS: ALWAYS EXCITING	7 6 5 4 3 2 1	COMPLETELY ROUTINE
3. IN LIFE I HAVE: NO GOALS, NO AIMS	1 2 3 4 5 6 7	CLEAR GOALS & AIMS
4. MY PERSONAL EXISTENCE IS: MEANINGLESS & NOT PURPOSEFUL	1 2 3 4 5 6 7	MEANINGFUL AND VERY PURPOSEFUL
5. EVERYDAY IS: CONSTANTLY NEW & DIFFERENT	7 6 5 4 3 2 1	EXACTLY THE SAME
6. IF I COULD CHOOSE, I WOULD PREFER: NEVER TO HAVE BEEN BORN	1 2 3 4 5 6 7	LIVE NINE MORE LIVES JUST LIKE THIS ONE
7. AFTER RETIRING: DO THE EXCITING THINGS I ALWAYS WANTED TO DO	7 6 5 4 3 2 1	LOAF AROUND COMPLETELY FOR REST OF MY LIFE
8. IN ACHIVING LIFE GOALS, I HAVE: MADE NO PROGRESS AT ALL	1 2 3 4 5 6 7	PROGRESSED TO COMPLETE FULFILMENT
9. MY LIFE IS: EMPTY, FILLED WITH DISPAIR	1 2 3 4 5 6 7	RUNNING OVER & FILLED WITH GOOD THINGS

THE GENERAL GOALS OF LIFE INVENTORY

It can be used in two different ways:

1. "This inventory consists of a number of statements which express what some persons have considered the main goals of life. Your task is to arrange them in order of their importance to YOU, as guiding principles to YOUR life". In this case the rank ordering is important.
2. "You are asked to determine whether the statement is **True** or **False** in regard to your present behaviour; that is, if this goal is usually operative at this point in your life.

-
1. Serving God, doing God's will.
 1. Achieving personal immortality in heaven.
 1. Self-discipline ...overcoming my irrational and sensuous desires.
 1. Self-sacrifice for the sake of a better world.
 1. Doing my duty.
 1. Peace of mind, contentment, stillness of spirit.
 1. Serving the community of which I am a part.
 1. Having fine relations with other people.
 1. Self-development ... becoming a real, genuine person.
 1. Finding my place in life and accepting it.
 1. Living for the pleasure of the moment.
 1. Getting as many deep and lasting pleasures out of life as I can.
 1. Promoting the most deep and lasting pleasures for the greatest number of people.
 1. Making a place for myself; getting ahead.
 1. Power: control over people and things.
 1. Security: protecting my way of life against adverse changes.
 1. Being able to "take" brave and uncomplaining acceptance of what circumstances bring.
 1. Realizing that I cannot change the bad features of the world and doing the best I can for myself and all those dear to me.
 1. Survival: continued existence.
 1. Handling the specific problems of life as they arise.
 1. Developing my mind so that I am knowledgeable and effective in intellectual endeavour.

(Taken from Rulla, L. M Ridick, J amd Imoda, F., Entering and leaving Vocation: Interpsychic Dynamics. Rome and Chicago, 1976, pp. 350-351)



Action Songs

Here are a few action songs that you can use at different sessions and programs. Send us your creative ideas so that other youth groups can benefit from them.

Hello, Hello

Hello, Hello, Hello
How are you today?
Clap your hands,
Stamp your feet,
Turn around
And find another one.

Sing till you have met everyone in the group

God's Love

God's love is so wonderful x3
Oh wonderful love !
It's so high – can't get over it
Its so low – can't get under it
It's so wide – can't get around it
Oh, Oh .. wonderful love

The love of Jesus
– sweet and wonderful x3
Oh wonderful love !
It's higher – higher than the mountains
Its deeper – deeper than the ocean
It's wider – wider than the universe
Oh, Oh .. wonderful love

It's the right time to praise the Lord

It's the right time to *praise* the Lord x3
Walking in the Light of the Lord
Walk, walk, walk in the Light x3
Walking in the Light of the Lord.

Thank, Serve, Love

This is the day

This is the **day** x2
That the Lord has made x2
We will rejoice x2
And be glad in it x2
For this is the **day** that the Lord has made
We will be glad and rejoice in it
This is the **day** x2, that the Lord has made.

*We are the **Church**,
We are the **Men**
We are the **Women***

Deep down in my heart

I love you **Father**
Deep down in my heart x2
Talk about deep, deep, down, down,
Deep down in my heart x2

Jesus, Spirit

Tell me now

Tell me now,
On whose side are you *leaning* on?
I leaning on the Lords' side. (x 2)
I lean, I lean, I lean, I lean.
I leaning on the Lords' side.

jumping, kneeling,...

While I was standin'

While I was standin'
Somebody touched me (x3)
Must hav' been the hand of my Lord.

Glory, glory, glory
Somebody touched me (x3)
Must hav' been the hand of my Lord.

Tell me now

Tell me now,
On whose side are you leaning on?
I leaning on the Lords' side. (x 2)
I lean, I lean, I lean, I lean.
I leaning on the Lords' side.

jumping, kneeling,...

In the name of Jesus

In the name of Jesus x2
We have the victory
In the name of Jesus x2
Demons will have to flee
When we stand in the name of Jesus
Tell me who can stand before us.
In the name of Jesus, Jesus,
We have the victory

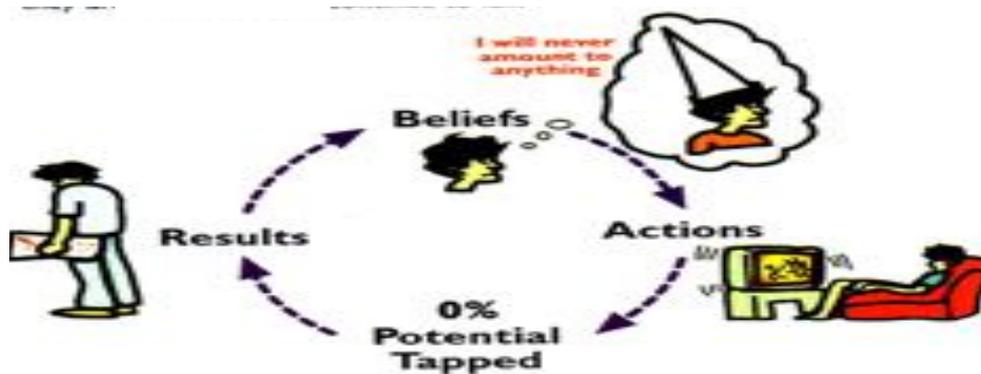
I BELIEVE I CAN FLY...SO I CAN!!!

LUKE SKYWALKER: "I DON'T BELIEVE IT!"
 YODA: "THAT IS WHY YOU FAILED" (*star wars- THE EMPIRE STRIKES BACK*)

YOUR CYCLE OF SUCCESS



YOUR CYLCE OF DESPAIR



START BY CHANGING TO MORE
 EMPOWERING BELIEFS

DE-LABEL YOURSELF OF ALL NEGATIVE BELIEFS



WHY WAIT FOR SOMEONE TO GIVE YOU A GIFTED-LABEL?
 YOU CAN GIVE IT TO YOURSELF NOW !!!

5 BELIEFS OF SUCCESSFUL STUDENTS

1. FOR THINGS TO CHANGE, I MUST CHANGE
2. THERE IS NO FAILURE, ONLY FEEDBACK
3. IF OTHERS CAN, SO CAN I...
4. STUDYING IS FUN, DON'T FOOL WITH STUDY.
5. FLEXIBILITY PUTS YOU IN CONTROL

**“I am the servant of the Lord,
May it be done to me according to your Word”**

Lk 1:38

You are the now of God - Fr Ambrose Pereira sdb

27th January, Panama: Pope Francis arrived in his Pope mobile to an electrifying atmosphere at the Saint John Paul II, Metro Park, during the World Youth Day final celebrations on the outskirts of Panama City.

Despite the blazing sun, 700,000+ people joined in the final Eucharistic celebration on the 27th January, 2019.



Pope Francis highlighted the role of Mary and her ‘yes’ to the dream of God. Reflecting on the passage from the Gospel of Luke, the Pope reminded the congregation that ‘today’ is ‘now’. Referring to the Synod of Youth and the need to listen to each other, he said that we need to dream of working for tomorrow, but start today. “Not tomorrow, but now”, emphasised the Holy Father.



At the conclusion of Mass, the Holy Father thanked all who made the celebrations of World Youth Day an enriching and empowering experience. His last words for the young people were: “We are on a journey. Keep walking, keep living the faith and sharing it”. And do not forget, said Pope Francis, that “you are not the tomorrow, you are not the ‘meantime’, you are the Now of God”.



Earlier on the 26th January, at a prayerful vigil where 600,000 pilgrims were present, the Pope called on young people to reject the temptation to live their lives online. He urged them to get involved in their families and communities.



Life is not "in the cloud, waiting to be downloaded, a new app to be discovered, or a technique of mental self-improvement," the pontiff said during his grandfatherly discourse.



As he spoke to the young people he mentioned the saints of the young. He referred to Don Bosco and spoke of his love for the young and care for those who are marginalised. He spoke of Archbishop Romero and his stand for justice.



The Holy Father used his encounter with young people in Central America to speak out repeatedly in defence of migrants, and address other problems affecting the region such as poverty, drug trafficking, violence and the domination of women. He also touched on the sex abuse scandals that have plagued the Church.

At the close of the final Eucharistic celebration, he announced that the next World Youth Day will be held in Lisbon, Portugal in 2022.



Catholic Bishops Conference Youth Commission

Membership for young people.

A young person who is part of the youth group of a parish, forms part of the Diocesan Youth Group. Each member must be:

1. Single (no live-in relationships, no single parents);
2. Between the ages of 15-26 years;
3. Free of any addictions – betlenut, alcohol, smoking or social media.
4. Committed to celebrate the Eucharist.
5. Celebrate the Sacrament of Reconciliation on a regular basis.
6. Willing to take on the commitment to **'live pure'** till marriage.
7. Ready to journey together with your Diocesan Youth Animator.

Members of my the Youth Group of my Parish

Youth Group members from my Dioceses



I am a *Responsible* **LADY**

I am a sacred person with God-given dignity. My body is a temple of God. Darkness may hide me from people, but it cannot hide me from my God.

Womanhood means strength of character: of mind, body and heart. Lack of self-control is a sign of weakness. I want my boyfriend to know that I am a woman of honour and purity.

Virginity and purity are still virtues; lust and impurity are still mortal sins. The first 'NO' may be difficult but after that it gets easier.

The way I choose to dress, act and speak may be a temptation to my boyfriend. I will observe modesty for his and my own protection, remembering my own sacredness and dignity.

My boyfriend will be a husband, a father and a hero in the eyes of his wife and children. I will always be in control of myself on my dates with him.

I will reserve my purity and affection for my husband and children. I want to be a wife and mother someday.

I will always remember that each human life, born or unborn, is sacred, unique and precious in the eyes of God. I will do nothing to harm another person or pressure anyone in the killing of an unborn child.



CBC Youth Commission
Catholic Bishops Conference
Papua New Guinea and Solomon Islands
Gordons, Wagaia,
Port Moresby, Papua New Guinea

CBC Youth 2018

I am a *Responsible* **Man**

I am a sacred person with God-given dignity. My body is a temple of God. Darkness may hide me from people, but it cannot hide me from my God.

Manhood means strength of character: of mind, body and heart. Lack of self-control is a sign of weakness. I want my girlfriend to know that I am a man of honour and self-discipline.

Virginity and purity are still virtues; lust and impurity are still mortal sins. I will not violate the sacredness and dignity of my girlfriend.

I will respect and honour my girlfriend in word and deed as I expect other men to respect and honour my sister and mother. I will not ask my girlfriend to violate her dignity as a person.

My girlfriend has given me the honour and joy of her company and trust. It is wrong for me to expect more in 'payment' for a date.

My girlfriend will be a wife and mother someday. She must be an example to her children and the pride of her husband. I will help her to be as pure as I want my own wife to be.

I will always remember that each human life, born or unborn, is sacred, unique and precious in the eyes of God. I will do nothing to harm another person or pressure anyone in the killing of an unborn child.



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