

Founded in 1920 by the United States Conference of Catholic Bishops



Youth and Young Adult

## Support

Begin your meetings with a comfortable atmosphere and community building. Encourage students to get to know one another through conversations and other team building activities.

Provide a small snack or a light meal if possible. (There is no better way to build community then by sharing a meal.)



## **Educating Conversation**

Chose a topic that is suitable and of interest to your group. Use surveys if necessary to find out what concerns and needs your students may have. Use this time to discuss:

- Spirituality and Catechetical topics, for example:
   Introduce female role models including saints and others from the time of Christ to the present.
  - •Discuss types of prayer and devotions.
  - •Introduce apps and podcasts that are spiritually relevant:

Pray as you Go (<u>www.pray-as-you-go.org</u>) Busted Halo (<u>http://bustedhalo.com/</u>

#### podcasts)

 Use contemporary Christian Music, for example: <u>www.mattmahermusic.com</u> <u>www.wayfm.com</u> <u>www.klove.com</u>

• Social justice issues, cover topics such as:

•The Seven Themes of Catholic Social Teaching (<u>http://www.usccb.org/beliefs-and-teachings/what-we-believe/catholic-social-teaching/seven-themes-of-catholic-social-teaching.cfm</u>)

Local needs of your community.
Global Citizenship (<u>http://www.mercyworld.org/uploads/cknw/files/2014/Meeting%20the%</u>20Global%20Citizen%20in%20You.pdf)

- Leadership skills and servant leadership
- Moral concerns and issues

## **Empower and Encourage**

Plan activities outside of your meeting time that empower students to take an active role in the community. For example:

- Plan a baby shower for a local woman's shelter. Collect items such as baby wipes, diapers, new baby clothes, etc. while having a fun party (baby shower) experience. Include games and refreshments. Make it fun.
- Create cards to foster "Spiritual Adoptions" of unborn children and distribute them at church or in school. <u>http://nccw.org/Public/Commissions/</u> <u>Spiritual\_Adoption\_Program.aspx</u>
- Plan or have the entire group participate in service projects such as:
  - Community trash clean up
  - Beach or park clean up
- Adopt a Yard Rake leaves/mow the lawn of an elderly neighbor
- Host a canned food drive
- Host a school supplies drive
- Volunteer as a group at a local food bank/ pantry
- Assist in religious education classes at a local parish
- Coordinate gift programs such as an Angel Tree at Christmas for children or senior citizens

- Create cards and care packages for troops
- Participate in advocacy events
  - Letter writing to your local congress person.
  - Participate in nonviolent marches i.e. the March for Life in Washington DC
- Participate in a liturgical ministry during Mass



## **Resources Available from NCCW:**

#### www.nccw.org

#### We Are Called to Witness

This 92-page spiral bound document focuses on the New Evangelization. It offers resources for:

- Sharing your faith with other Catholics
- Aspects of hospitality
- Faith sharing in everyday life
- Social Justice as a way of sharing God's love
- Practical tips to bring the New Evangelization to your home, parish, and school

#### Women Healing the Wounds

This 52 page spiral bound document includes a variety of resources concerning domestic violence:

- Educational ideas and projects
- Safety flyer for distribution
- A section dedicated to Teen Dating Violence

#### Rosary Reflection on the Dignity of Women

#### **Retreat on Mercy**

Vocation Prayer Services geared to age and gender

#### A Collection of Prayers for NCCW

This 95-page spiral bound document is a compilation of NCCW prayers and is an excellent addition to your existing prayer resources.

### **Other Resources:**

#### Renewing the Vision: A Framework for Catholic Youth Ministry

www.usccb.org/about/laity-marriage-family-lifeand-youth/young-adults/renewing-the-vision.cfm

## Ex Corde Ecclesiae: On Catholic Universities

http://w2.vatican.va/content/john-paul-ii/en/ apost constitutions/documents/hf jpii apc 15081990 ex-corde-ecclesiae.html

# The Servant: A Simple Story About the True Essence of Leadership

Hunter, James C.. New York: Crown Publishing Company, 2012.

ISBN: 978-0-7615-1369-8

#### The Center of Concern

<u>www.coc.org</u> <u>https://educationforjustice.org/</u> (subscription included with membership)



The National Council of Catholic Women acts through its members to support, empower, and educate all Catholic women in spirituality, leadership, and service. NCCW programs respond with Gospel values to the needs of the Church and society in the modern world.

- NCCW was founded by the United States Conference of Catholic Bishops (USCCB) in 1920 and is represented at the biannual meetings of the USCCB.
- NCCW has a representative at the United Nations.
- NCCW is a member of the World Union of Catholic Women's Organisations (WUCWO).
- NCCW has representation at the Catholic Social Ministry Gathering which advocates Catholic views to Congress.

We are participants in partnerships and collaborations with other Catholic groups such as Catholic Relief Services, Cross Catholic Outreach, Center for Missing and Exploited Children, Catholic Climate Covenant, and the Religious Alliance Against Pornography.



#### Listed in the Official Catholic Directory/ PJ Kenedy and Sons