

## Youth Workshops

(for those who will be in high school during the 2010-2011 school year)

### **A. Unseen, Mystical Realities of Mass**

The Mass comes alive when you understand the awesome power of God's love within it. We will look to understand why we do things at the Mass and what it all means.

### **B. Preach the Gospel and use words if necessary**

Let's share the Good News of our relationship with Jesus to others. Gain confidence in sharing your faith story with your peers and giving witness talks at events. Learn how you can be a witness to your school and community.

### **C. Champions of Faith**

Sports play such a huge role in many young people's lives and in our communities as well. You can get in the game without leaving your faith on the sidelines. Game ON. Faith ON!

### **D. <3 2 <3 (Heart to Heart)**

All healthy relationships can involve conflict and compromise. You can create better relationship skills with joy and compassion towards everyone in your life.

### **E. i-God in MyFace**

The "screens" of Facebook, texting, iPod, TV and movies are filled with faith. Can you see God in the screens of your life? Discover how the technology we use can make our faith life better.

### **F. Be the Change**

We are told "to do justice, love kindness, and to walk humbly with our God." (Micah 6:8) How can we serve others in our communities and in our world?

### **H. Word Become Flesh**

Discover how Scripture applies to your life today and how to make it come alive in creative ways.

### **J. Y- Catholic**

What are the struggles you have in understanding the Catholic faith? Discover that you are not alone – but there are answers to all those tough questions.

### **K. Who Am I**

An inspiring time to look inward at your self-esteem and how you can be affected positively and negatively as leaders. Find out ways that you can improve your own self esteem and how you can effect the self esteem of others.

### **L. Tough Stuff**

We will give you insight to how the situations teens face intersect with God's plan for you. Tips will be shared on how to deal with the moral issues of an everyday teen.

### **M. I've Been Thinking**

Those thoughts of vocation are God's voice. Go deeper with the discernment of religious life or priesthood. Reflect on the characteristics that will make you the best you can be. Meet personally with someone who has walked in these shoes.

## Collegiate Leadership Workshops

(only graduating high school seniors and current college students may select from the following list)

### **Workshop Round #1 (Sat., June 26 @ 10:15 a.m.)**

*Please choose your first and second choice from this list.*

### **N. Love & Friendships: Keeping God at the Center**

What makes a healthy relationship – and how can you keep it all in balance? This session will also help participants understand how to keep God and spirituality at the center of everything.

### **P. Putting God in the Mix: Tools for Ethical & Moral Decisions**

We're all faced with ethical, moral, and tough choices, but how do we decide what's best? This workshop will explore those questions with the spiritual tools of discernment and prayer.

### **Q. Spiritual Popcorn: Finding God in Pop Culture**

God is always present in our world... yes, even when we're having fun. This session will explore how we can find and then use the spiritual lessons imbedded in our favorite movies, television shows, music, sports, and other pop culture experiences.

### **S. What's Your Future? Discerning Majors and Life Goals**

What do you want to do when you grow up? This workshop will take a look at the future and see how we can set our life goals, college majors, and dreams in motion right now.

### **M. I've Been Thinking**

Those thoughts of vocation are God's voice. Go deeper with the discernment of religious life or priesthood. Reflect on the characteristics that will make you the best you can be. Meet personally with someone who has walked in these shoes.

### **Workshop Round #2 (Sat., June 26 @ 1:30 p.m.)**

*Please choose your first and second choice from this list.*

### **T. Share the Good News: Witnessing Your Faith on Campus**

Jesus tells us, "Go and preach the good news" (Mk. 16:15), but how do we do that in today's world? This session will discuss the issue of evangelization and share ideas on how to witness the Catholic faith.

### **U. Serving God's People: Missions, Peace, and Justice Work**

Like Mother Teresa, Pier Giorgio Frassati, and Dorothy Day, we are challenged to feed the hungry, to provide shelter for the homeless, to tend to the sick, and to love the marginalized members of our society. So how do we do it? Where do we start?

### **W. Praise the Lord: Leadership in Worship, Song, and Prayer**

What does it look like when the Church gathers for prayer and worship? We will explore ways that we can truly make our liturgical experiences a celebration of the Lord.

### **Y. Lead By Example: Peer Ministry & Church Leadership**

As a young leader in the Church, others look up to you and follow you – so where are you leading them? This workshop will explore the ways you can be a peer leader in retreats, small groups, in parish and campus ministry, and by walking alongside others.