

# Relational Ministry at WorkCamp

Youth ministry is not simply about bringing young people to the faith today, it is about keeping them active in their faith for the rest of their lives. The *National Study on Youth and Religion* (2003-2015) found that:

**“One of clearest indicators of whether a teen will remain in the faith as a young adult is how many adults in the community they knew by name as a teen. For every adult they knew as teen, they are several percentage points more likely to still be active as a young adult.”**

This is what youth ministry is all about! Surrounding teens with loving, caring men and women who are willing to model and share their faith life with them.

As the above quote above makes clear...You make a difference! Youth ministry is not just for the full time Directors of Youth Ministry. Every adult in the parish plays a significant role in helping a young person to stay active in their faith.

Pope Francis wrote in *The Joy of the Gospel*:

**“All the baptized, whatever their position in the Church or their level of instruction in the faith, are agents of evangelization, and it would be insufficient to envisage a plan of evangelization to be carried out by professionals while the rest of the faithful would simply be passive recipients. The new evangelization calls for personal involvement on the part of each the baptized.” (120)**

So how can you have that impact? It's all about relationships. Relationships are the backbone of ministry. While WorkCamp is a great event, it is really just an excuse to put you in close proximity for an entire week with teens and Jesus. As you go through the week of WorkCamp with a group of teens, you naturally form relationships because you share in many fun moments, some tricky struggles, and everything in between!

You are what makes this week great! The relationships which you build with young people this week (especially those from your parish) will have a greater impact on the long-term faith life of these teens than anything else that happens here this week.

**What can you do this week to build a relationship with the teens that God has placed you here with?** Keep reading this chapter for ideas...

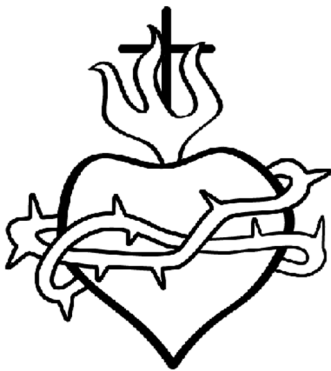
**What can you do after WorkCamp to continue to be in relationship with the teens of your parish?** Work with your Director of Youth Ministry to make that happen!

# RELATIONAL MINISTRY

Someone once said that their favorite scripture for Youth Ministry is to “give your bodies as a living sacrifice for the Lord” (Romans 12:1). This is nowhere more evident than at WorkCamp. You will be meeting, working, eating, playing, and driving with our young people. You will experience the same living conditions, so the person the teens will be spending the most time with is *you!* It is therefore very fitting that we include a section in this manual that covers the concept of “Relational Ministry.”

## **Building Relationships**

*We model the example of Jesus by building relationships with young people. The best way to do this is just by spending time with them. WorkCamp is very intense, and while it may be difficult at times, it is an awesome opportunity to make a difference in the lives of the youth. Teenagers are not always the easiest people to be with twenty-four hours a day. By taking this week to be with them, you affirm their dignity as children of God.*



## **Modeling Christian Values**

*Remember that you are ON all the time. The teens see you early in the morning, and they hear what you say when you hit your thumb with a hammer or a car cuts you off on the road. It may not be as obvious, but they also see you when you share from your heart and get excited during program. They see you at your best and at your worst, and then they model after you. Be careful and conscious in all that you do and say.*

## **Being a Facilitator**

Take the time to “set young people up for success.” While it may be easier for you to do a job yourself, it is better for the teens when you help walk them through the decision-making process and follow through. Your goal should be to let them *try* on their own and to be there to pick up the pieces if they fail. *There is no better way for the youth to learn than to do it themselves.* In the end, they may surprise you with how quickly they learn!

- **We are superheroes.** We drive vans, read maps, load tools, organize projects, fix problems, discuss intelligently, remember to do chores, support other adults, involve all the youth on site, and motivate everyone. We are safety-conscious, we remember *everything*, clean up all the time, and pray always.
- **We model the enthusiasm** we want to see in the teens! Sing the songs, smile through the hard work, and show them that JOY really is one of the Fruits of the Spirit!
- **We are aware of the undercurrents** running through our work crews, parish groups, and sleeping rooms. We are NOT parents or counselors; we do not fix eating disorders or dysfunctional families. However, we are attentive! We listen carefully, but we do not need to offer solutions or suggestions, only notify those who need to know.



### Servant Leadership

- **WorkCamp is about growing in Christ and becoming more like Him.** He taught us how to be a servant leader, we should model this to the young people. We help serve the young people drinks at meals, help pick up dirty dishes, and help carry tools and other essentials to the van. In other words, we are called to go above and beyond the call of duty. We do so despite uncomfortable conditions, as well as physical and emotional exhaustion. We serve others as Christ would serve them.

### Be Aware of Teachable Moments

- **Everything can be made into a teachable moment**, especially moments that seem to be huge failures. Be aware of opportunities to share life lessons or Christian values. Some of the most amazing observations are made by the young people driving to or from the worksite.
- **Always be ready** to ask young people how these situations are changing them.
- **Never forget** that the majority of teens retain only 30% of what you say (if you're lucky), but close to 90% of how you act.

### The Power of Prayer

- **Pray for your crews always!** God has carefully placed each youth in your life for a reason; it is all part of a bigger plan. Give thanks at all times for the opportunity God gives us to grow.
- **Know that the Homebase Staff is praying** for you throughout the day. Please pray for us.
- **If you encounter a difficult young person or situation**, *nothing* works better than offering it up in prayer. Find another adult or the Adult Support Coordinator at Homebase if a situation is overwhelming or your spiritual energy is drained. Often God works through us, so we should never pass up an opportunity to be Christ to others.
- **The Eucharist is the source and summit** of our faith and tradition (Lumen Gentium 11). We have the unique opportunity to start our day with the Eucharist; it makes such a difference! We become what we receive and our response is to serve others.

# Relational Ministry Guidelines

***“Above all else, spirituality is about relationships.”***

***-St. Francis DeSales***

**Be accountable** to young people

**Be vulnerable** – Share your story

**Be first** – Actively participate in *all* activities (even ones you don't like!)

**Be involved** – **Eat** with the young people, **dance** with them!!

Be one **with** them, not one **of** them.

Hang out **with the young people**, not with the other adults

**Be by their sides**, not in front or behind

**Absolutely no sitting** around the outer edge.

**Be models and ministers**, not chaperones (there is a difference)

**Be a shepherd** – You are **servants** to the young people

Don't miss opportunities to serve

**Check in** with your young people with little notes or surprises

**Model enthusiasm** for the youth!

**Empower** the teens

**Encourage** peer ministry

*You are absolutely necessary in this work;*

*it could never happen without you.*

***“That they are young is enough to make me love them.”***

***-St John Bosco***

# Advice for Small Group Leaders

- As a leader, you are to set the tone and build the community.
  - You *facilitate* the process of young people discovering and understanding themselves. It's not your show; let go and let God.
- Ask the group to use "I" statements ("when you \_\_\_\_\_ I feel \_\_\_\_\_"). Model this kind of language.
- Silence is okay.
- Use encouraging statements like:
  - "Do you want to share?"
  - "Would anyone else like to add something?"
  - "Thanks for sharing."
- Eye contact is important.
- Let them know that what is talked about will not be shared with others outside the group unless it would be important for someone's safety to do so (e.g. A teen's parents or a doctor).
- Avoid being too talkative, insecure, unprepared, or inflexible. Don't let yourself be walked on – lovingly and firmly assert your authority.
- Encourage your group to verbalize their views and feelings.
- Be grateful for every answer.
- Ask follow up questions. Don't be satisfied with the first response to your question.
- Keep the discussions moving, but don't be afraid of silence.
- Be attentive to individuals in your group and stay flexible to the group's needs. Different personalities need different things.
- Turn difficult questions back to the group.
- Be prepared to learn from your group!

## Important Last Things

- Respect individual confidentiality!
- Avoid asking yes or no questions.
- Remember to keep things relevant.
- Don't have an assumed answer in mind.
- Know when to ask direct questions
- Talk about both facts and feelings.

*"Equip the holy ones for the work of ministry, for building up the body of Christ."  
-Ephesians 4:16*

# Conversation Starters

## Questions:

- ❖ What last brought a smile to your face?
- ❖ What was the funniest situation you encountered in the last two months?
- ❖ What famous person (living/dead/imaginary) would you want to have dinner with? Why?
- ❖ What famous person (living/dead/imaginary) would you want to play a board game with? Which board game? Why?
- ❖ Who do you consider your personal hero/heroine?
- ❖ What is your most recent embarrassing moment?
- ❖ What is/what are your biggest fears?
- ❖ What is your favorite time of year? What do you do in that time of year? Is that why it's your favorite?
- ❖ What is your favorite part about high school?
- ❖ If you could do anything you wanted for a whole week, what would it be?
- ❖ When you were younger (and maybe still now!) what did you want to be when you grew up?
- ❖ If you had 3 wishes, what would you wish for (you cannot wish for unlimited wishes, if you do, you'll have to talk forever!)?
- ❖ Figure out the most unique commonality among your entire crew.
- ❖ What is the weirdest small-world connection you crew possesses?
- ❖ Would you rather live without music or live without T.V.?
- ❖ Would you rather make headlines for saving somebody's life or winning a Nobel prize?
- ❖ Would you rather be gossiped about or never talked about at all?
- ❖ Would you rather always lose or never play?
- ❖ Would you rather be the sand castle or the wave?

## *Favorites:*

Color – Movie – Book – Movie Genre (Drama/Horror/Rom. Com) – Board Game – Card Game – Sport to Play – Sport to Watch – Vacation Spot – Family Vacation Story – TV Show – Sandwich – Smell – Book of the Bible – Cartoon/TV Show when you were a little kid – Disney Princess – Athlete – Musician/Music Group – Actor/Actress – Dessert – Superhero – Genre of Food – Style of Dance – High/Middle/Elementary School Memory - Musical

# Grace Before Meals

## **English:**

Bless us O Lord, and these Thy gifts which we are about to receive, from Thy bounty, through Christ Our Lord. Amen.

## **Spanish:**

Señor bendícenos y estos alimentos que vamos a recibir, de tu generosidad, en tu nombre te pedimos Cristo Nuestro Señor. Amen.

## **French:**

Bénissez-nous, ô Seigneur, et ces dons que nous nous apprêtons à recevoir, de votre bonté, par Jésus Christ notre Seigneur. Amen.

## **Filipino (Tagalog):**

Bless sa amin, oh Panginoon, at iyong mga regalo na kung saan kami ay tungkol sa upang makatanggap mula sa kislap ng kapagbigayan, sa pamamagitan ni Kristo aming Panginoon. Amen.

## **Vietnamese:**

Xin Chúa chúc lành cho chúng con và cho của ăn chúng con sắp dùng, do lòng rộng rãi Chúa ban, nhờ công nghiệp Chúa Giêsu Kitô, Chúa chúng con. Amen.

## **Portuguese:**

Abençoa-nos, ó Senhor, e estes teus dons que estamos prestes a receber Tua graça, por Cristo Nosso Senhor. Amen.

## **Korean:**

주님, 은혜로이 내려주신 이 음식과 저희에게 강복하소서, 우리 주 그리스도를 통하여 비나이다. 아멘

# “Exploring the Mission”

The WorkCamp Mission Statement:

***Arlington Diocesan WorkCamp is an intentional Christian Community that provides an experience of direct service for young people within the boundaries of the Catholic Diocese of Arlington.***

## Breaking it Open

Please review the mission of WorkCamp. Reviewing the part about “young people” is especially important to understand. As adults at WorkCamp, our primary goal is to serve the young people and make this a great experience for them. ***Bring them closer to Christ through our service!*** One way to reflect upon this mission is to take it phrase-by-phrase:

- |                                   |   |
|-----------------------------------|---|
| “Intentional Christian Community” | <ul style="list-style-type: none"><li>• We are very intentional about forming a Christian community that is living, praying, and serving together in a very radical way; Acts 2:42-47 is our model &amp; inspiration for this.</li><li>• All parishes, adults, and young people are prepared in the same manner (common meetings over the same 6 months, etc.) forming one community.</li><li>• Serving each other and our local community.</li><li>• Peanut Butter &amp; Jelly sandwiches onsite every day; we all eat the same food, living in a true community (sharing all things like tools and supplies).</li></ul>   |
| “experience”                      | <ul style="list-style-type: none"><li>• WorkCamp is more than just talking and learning (in a classroom setting, i.e.) about our faith.</li><li>• This experience is an example of our Catholic faith lived and the love we have for others by our self-giving and concern for their well-being. We are living the Gospel.</li></ul>  |
| “direct service”                  | <ul style="list-style-type: none"><li>• “Direct service” can be seen as one of the “two feet” of Social Justice; this particular “foot” can be defined as “helping people survive their present crisis” (see page 3 in the “Social Justice” section of your binder).</li><li>• <b>WorkCamp serves to make</b> homes for those in need “warmer, safer, &amp; drier”, serving to remedy a “present crisis”.</li><li>• Walking forward with the “two feet”, this “experience” of “direct service” at WorkCamp can and should inspire the participants to engage in “social change” (removing the cause of these problems).</li><li>• Service to each other extends out to the community and is brought back to the community every day. The challenge of WorkCamp is to always be “other” focused.</li></ul> |
| “young people”                    | <ul style="list-style-type: none"><li>• This program is directed towards young people; the program is focused on helping young people encounter the person of Christ through the experience of direct service.</li><li>• Adults can and certainly have grown in their faith and have been inspired similar to the young people, but the primary role of all of the adults is to make the week an incredible experience for the young people by serving their needs first.</li></ul>   |
| “within the Diocese”              | <ul style="list-style-type: none"><li>• We want teens to learn that service begins at home; we serve our local community.</li><li>• Diocesan WorkCamp allows the young people to see that there is great need in their own neighborhood; that poverty is not a “far away problem”.</li></ul>  |



“They devoted themselves to the teaching of the apostles and to the communal life, to the breaking of the bread and to the prayers. Awe came upon everyone, and many wonders and signs were done through the apostles. All who believed were together and had all things in common; they would sell their property and possessions and divide them among all according to each one's need. Every day they devoted themselves to meeting together in the temple area and to breaking bread in their homes. They ate their meals with exultation and sincerity of heart, praising God and enjoying favor with all the people. And every day the Lord added to their number those who were being saved.” **Acts 2:42-47**

# Office of Youth, Campus, & Young Adult Ministries Annual Theme



For I received from the Lord what I also handed on to you, that the Lord Jesus, on the night he was handed over, took bread, and, after he had given thanks, broke it and said, “This is my body that is for you. **Do this in remembrance of me.**” In the same way also the cup, after supper, saying, “This cup is the new covenant in my blood. Do this, as often as you drink it, in remembrance of me.” - *1 Corinthians 11:23-25*

The theme “**Do this in remembrance of me**” has been chosen for the 2021-2022 year of ministry as part of the Diocese of Arlington’s three years of preparation leading up to the Golden Jubilee in 2024. Each of the preparatory years will have a specific focus and in this first year we are each invited to reflect especially on the Institution of the Eucharist.

The Eucharist! The “source and summit of the Christian life” (CCC 1324)! This is what St. Paul passes on to the first Christians in this Scripture reading. And this is what we are able to receive today: Our Lord Himself, in this wondrous sacrament! Jesus instituted the Eucharist to remain with us always. Each time the Holy Sacrifice of the Mass is celebrated, we remember and make present what Christ has done for us.

The Church has always held it to be true that Jesus Christ is truly present in the Eucharist, but many people – even those who attend Mass each Sunday - do not believe or understand this. The Eucharist is the Real Presence: body and blood, soul and divinity, Christ among us. This is not a symbol; it is no longer bread and wine but truly the Body and Blood of Our Lord. How do our lives and ministries reflect the reality of the Eucharistic Lord?

When Jesus instituted the Eucharist, He directed the apostles to “Do this in remembrance of me.” What does that mean for you and I, today? The *Catechism of the Catholic Church* shares how we are called to respond: “We carry out this command of the Lord by celebrating the memorial of his sacrifice. In so doing, we offer to the Father what he has himself given us: the gifts of his creation, bread and wine which, by the power of the Holy Spirit and by the words of Christ, have become the body and blood of Christ. Christ is thus really and mysteriously made present. We must therefore consider the Eucharist as: thanksgiving and praise to the Father; the sacrificial memorial of Christ and his Body; the presence of Christ by the power of his word and of his Spirit.” This is what is available to you at every celebration of the Mass and in every moment of prayer in front of our Eucharistic Lord. Christ did not ask us to do this for His sake but for ours. If we heed His command, our lives will be radically transformed.

St. Paul looks to the past to see what was given to him in the Eucharist and moves forward, handing it on to those that followed. Today we too look to the past, remembering what has been given to us in both the Eucharist and the mystical Body of Christ, the Church. As we prepare for the Golden Jubilee, we remember the many ways that Christ has been made present in the Diocese of Arlington.

Join us in this year of remembrance as we both look back and move forward, ever aware of the sacrifice of Jesus Christ, who dwells among us in the Eucharist.