

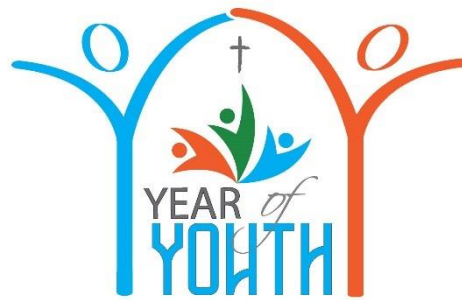
YoY Events Handbook

Dear Reader,

The St. Thomas SyroMalabar diocese is declaring the year 2017 as the Year of Youth!
But wait, it's not just about the youth.

"That they may be one just as We are." (John 17:11)

What is Year of Youth (YoY)? The Year of Youth is a yearlong dedication of Diocesan and parish/mission level activities, and is a call to action for all the SyroMalabar faithful to grow together in mutual communion, amongst generations, and reaching out beyond the bounds of today's realities. The Year of Youth will begin on Sunday, January 1, 2017 and end on Sunday, December 31, 2017.



First of all, thank you for your desire to serve Christ, to serve the church and to serve your fellow sisters and brothers in faith. In the world that we live in, with the various responsibilities, obligations, and desires of our lives, it may be difficult to live out our lives as Catholics in a SyroMalabar context, amidst our Indian American cultural contexts.

Servant leadership is a privilege, and begins with a desire to form a deep interior life. Our growth in this deep interior life overflows into genuine service to the Church and to the world. This progression is too often reversed in many of our parishes/missions. This Year of Youth is a call to reorient ourselves; individually in our particular parish/mission lives, and also together across the diocese working towards a common goal and vision.

During YoY, Youth ministries in all the parishes/missions will be further integrated under the Diocesan Youth Apostolate (DYA). DYA will provide a common vision for the success and growth of our SyroMalabar Church, promoting unity, and reviving parish life. There will be three major components and focuses throughout the year:

Communion: January 2017 - April 2017

Inter-Generational Unity: May 2017 - August 2017

Outreach: September 2017 - December 2017

This YoY handbook will provide common guidance and practical implementations on incorporating this common vision and strategy in your particular parish/mission's celebration of the Year of Youth. In addition to this, regular reflections, videos, and other content will be distributed across the diocese to incorporate the themes of YoY.

"In order to be Christian, our lives must be a continual renunciation and sacrifice. However, we know that the difficulties of this world are nothing compared to the eternal happiness that awaits us, where there will be no limit to our joy, no end to our happiness, and we shall enjoy unimaginable peace. And so, young people, learn from our Lord Jesus Christ the meaning of sacrifice." - Blessed Giorgio Frassati

Please contact info@stthomasdya.org at any point for any assistance or questions. God Bless!

In Christ,
YoY Planning Team
Diocesan Youth Apostolate



January - Introduction

Activities:

1. Lighting a candle to inaugurate the Year of Youth
2. Presentation about YoY
3. YoY Prayer after Mass

As a coordinator:

1. Have someone from your parish explain the Year of Youth at the end of Qurbana
2. Have a candle lighting ceremony with members of your youth group in front of your parish members
3. Prayerfully examine your personal spiritual life and your spiritual goals for this upcoming year
4. Reach out to a regional or national team member, or email info@stthomasdya.org to learn more about YOY and how to get involved

Intention: It's finally here! The Year of Youth will be a tremendous undertaking for the entire diocese, starting with your parish/mission. The first month will focus on building an understanding and common vision for your parish/mission for this momentous year. Communicating all the information you receive about the Year of Youth will be the primary need for this month as this is a completely new idea and everyone should be on the same page in order for this celebration to be experienced fully.

February - Authenticity (*with Self, Others, and Church*)

Activities:

1. Make a good Confession
2. Attend a weekday Qurbana
3. Receive the Sacraments
4. Adoration while reflecting on your interior life
5. Pray for/with somebody
6. Read or reflect on Scripture with another person
7. Find a prayer buddy
8. Have people write any questions they have, in a church question box
9. Small act of kindness: take ownership of your church and serve in a way that goes unnoticed
 - a. Pick up the kneelers, clean up trash, put books away
10. Establish a special focus on remembering your Baptism as you sign your forehead with Holy Water when you enter the church
11. Attend Ash Monday Qurbana

As a coordinator:

1. Carefully discern what is necessary for your parish/mission
2. Organize an event with both confession and adoration
3. Organize a daily Qurbana specifically for the youth
4. Set up prayer buddy system within parish or within region (whatever works best), and coordinate with your regional team members as necessary
5. Create a question box and make it publicly accessible at your church
6. Organize a panel that can answer the questions from the box
7. Find/create a local theology on tap event (or something similar) for young adults
8. Plan for a stay-away retreat in the future
9. Use the YouCat to help tackle theological and dogmatic topics.

Intention:

Just like the word “youth”, the Year of Youth (YoY) begins with *you*. This month will focus on authenticity, starting with your interior life - after all, it is impossible to give if you have received nothing.

You will help also form a sense of authenticity with the Church. Many times, young people fall away from the faith not because it isn't valid in their lives, but rather because they don't fully understand it. These activities will help reaffirm the authenticity of the Church and the relevant role it has in all our lives. After focusing on ourselves and our peers, focusing on our relationships with the Church will further the overarching theme of communion by connecting us with the bride of Christ himself, who is the sole reason why we are all here today. This month is crucial for the upcoming year as it is only once you have established a relationship with God, your brothers and sisters, and the Church around you that true fruit can begin to form within your parish and diocese.

March: *Healing***Activities:**

1. Write down names of those at your parish who may have hurt you or someone you hurt (parents, youth, Achan) to prepare for healing
2. Healing adoration for youth and offering up anyone you may have hurt or who have hurt you
3. Reflecting on inner wounds: Lead me to the Cross (candle event)
4. Thorough examination of conscience : -
<http://www.bereconciledtoGod.com/pdfs/teensexaminationofconscience.pdf>
5. Lead me to the Cross event: Have youth in a circle, at the center of the circle, have a cross. Everyone faces outward and holds candles. A leader announces different struggles people experience (addictions, self worth, jealousy, etc). If you relate to what is announced, you walk to the middle of the circle to the cross. As music plays in the

background (Suggestions: Lead Me to the Cross, By Your Side, etc), the youth at the middle pray for themselves and those who share in that struggle.

What you need to do as a coordinator:

1. Organize a healing adoration for youth and youth leaders
2. Invite leaders for a “hash out” session, understand wounds anyone shares and be supportive
3. Pick one day of the month that everyone can fast together (the whole parish/mission)
4. Arrange a divine mercy prayer and share that with the entire parish/mission

Intention:

This ties back to the theme of communion. We have to reflect on what may be hindering us from sharing or exchanging intimate thoughts and feelings, especially on a spiritual level. By overcoming these obstacles we are able to communicate and come into communion with Christ. Through the healing process we are strengthening the bonds within our parish and this helps us to work together as a single entity with a common goal in mind.

April - Communities of Prayer

Activities:

1. Prayer groups
 - try different formats: example – Jesus Youth prayer
 - Weekly novena group
 - Leading up to Saint feast day
 - Consecration to Mother Mary (33 Days to Morning Glory)
 - Paired adoration hour
 - Discussion nights (use podcasts; example: Fr. Mike/Bishop Barron)
 - Lectio Divina
2. Prayer wall
3. 1-day pilgrimage to nearby shrine
4. Attend Qurbana on Campus
5. Encourage college kids to get involved with Newman centers
6. Prayer chain
 - Start a prayer phone chain for a continuous hour

What you need to do as a coordinator:

1. Paired adoration hour: have youth pair with the person next to them, spend some time in adoration holding the hands of that person and praying for them
2. Implement a wall with anonymous intentions and allow people to select intentions to pray for someone in their community
3. Organize a pilgrimage to a religious site in the vicinity
4. Involve college kids with Qurbana on campus

5. Organize a prayer chain: Telephone Tag in which one youth begins a prayer (example: Hail Mary) and calls the next youth, prays with them, hangs up, and the chain goes on 2. Be in contact with different prayer groups.

Intention: A family that prays together stays together, in the same sense a community that is actively praying together and for each other will develop bonds that can never be broken. This helps to bring the community into communion with Christ and his church and helps connect the community to the point where they can be open and free towards one another at church. Communion provides us with the necessary groundwork for the next step of Year of Youth, in which we will talking about different interactions/relationships with different generations within the community.