



The National Association of Vocation & Formation Directors (NAVFD)

February 2019

PRAYING WITH YOUNG PEOPLE

Erika Toffelmire (*Campus Ministry Coordinator, St. Jerome's University*) and
Marianna Worth (*Chaplain, Resurrection Catholic Secondary School, WCDSB*)

Some Helpful Ideas:

- Using **James Fowler's Stages of Faith Development**, invite youth to reflect upon what they notice at each stage, and where they see themselves. This helps leaders to fully understand where youth are at in terms of their faith development, and what they want and need on their faith journey.
- Prayer comes in many different forms. Most young people respond extremely well when asked what prayer forms resonate with them, and see it being offered or championed. This may help to inspire youth to even lead in that prayer form.
- Most **young people desire connection with others**, and opportunities to build relationships and a sense of belonging in one's community. How and when you gather makes a big difference to the dynamic of a group, and builds trust between leaders and the youth they serve. Meeting regularly, with consistent times and place is key. Try circle sharing, circle praying, faith centered outings and conferences, talent shows, movie nights and praise and worship to inspire and build a sense of community.
- **Building trust and safety** is extremely important to help youth feel able to engage, and to be fully present in faith celebrations and activities.
- Most youth want to see clergy,



religious and lay leaders participate in the activities in solidarity with them.

Don't just lead....BE!

- Sharing your own story (of faith and your life) can also be an important way to create trust with the young people you serve. Sharing your challenges, as well as your moments of grace can go a long way to building relationships.

- **Technology has a great impact on the youth of today.** It has been noted in many studies linking an increase of anxiety and stress

due to the pressures of social media and the use of texting on cell phones.

Encouraging youth to take frequent "tech. breaks" will help with mental and spiritual growth.

- Technology can also be a powerful tool to encourage prayer and spiritual growth. As a faith leader, it is recommended that you become media savvy, and know what Apps can be used to help with faith development. The following are some useful Apps for youth: Pray-as-you-go, iPieta, iRosary, Examen, Catholic Daily Readings, Stop, Breathe & Think, Calm, Headspace: Guided Meditation, Audio Catholic Prayer, Breethe-meditation.
- **Youth need to learn to be still in a "sound-bite world."** Young people are constantly bombarded by visual and audio noise. They have grown up in a world of "instant everything", and have

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not had many experiences of waiting, and quiet stillness.

- Youth need help to learn to find a place of calm and peace, where God's gentle voice can be heard. Meditation and breathing helps youth with their physical, mental and spiritual health. Christian meditation is quickly growing to become a common request by youth of all ages.

• **Social Justice and Faith in Action**

opportunities are vital to inspire youth to live out Gospel values and encourage living out their faith in the world around them. Service Learning opportunities such as volunteering, mission trips, and cultural exchanges can help youth to connect prayer and faith to their life and the issues of justice and peace present in the world. Think and act both locally and globally in your youth ministry!

WEBINARS AVAILABLE

NAVFD is proud to partner with the Religious Formation Conference (RFC) in offering a webinar entitled, **POPE FRANCIS' GAUDETE ET EXULTATE**
Tuesday, April 16 | 2:00pm eastern, 1:00pm central

In this Easter webinar **Dr. Dan Horan**, Franciscan Friar of the Holy Name Province, Assistant Professor of Systematic Theology and Spirituality at Catholic Theological Union, and columnist—*National Catholic Reporter*, will discuss his recent book on this encyclical by Pope Francis titled *Reading, Praying, Living Pope Francis's Rejoice and Be Glad: A Faith Formation Guide*.
[<< CLICK TO REGISTER >>](#) **There is no charge to attend this webinar.**

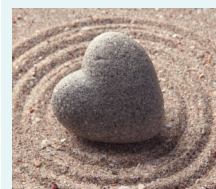
The Religious Formation Conference (RFC) is also offering a webinar.

Webinars are open to all those who wish to attend. One does *not* need to be a member of the RFC or NAVFD to participate. RFC members though enjoy the added benefit of having access to an archive of recorded webinar sessions and other materials.

HISTORY AND ECCLESIOLOGY OF THE SEX ABUSE CRISIS

Wednesday, March 20 | 2:00pm eastern, 1:00pm central

In this Lenten webinar **Dr. Massimo Faggioli**, Professor of Theology and Religious Studies at Villanova University and contributing writer - *Commonweal* magazine, will give an overview of his current work on the Catholic Church and sex abuse. Massimo is a church historian and has served on the faculty at the University of St. Thomas (St. Paul, Minnesota) from 2009 to 2016, where he was the founding director of the Institute for Catholicism and Citizenship (2014-2015). [<< CLICK TO REGISTER >>](#)



HABITS OF THE HEART— SURVIVING AND

THRIVING AS A YOUNG(ER) RELIGIOUS TODAY

with Fr. Ron Rolheiser, OMI

A retreat for Religious 55(ish) and under, serving the people of God in Canada (or with some affiliation). A time of input, silence, communal prayer, and conversation. The retreat invites us to ponder the habits of our heart that we need to embrace or abandon, to live and respond whole heartedly as younger Religious today in our communities, church and world.

Queen of Apostles Renewal Centre,
Mississauga ON July 14 - 19

\$775 (or \$875 with ensuite)

Registration Deadline June 1

Michelle Garlinski, SNJM

mgchocha@me.com or

text/call 204-688-1785

MEMBERSHIP FEE FOR 2019

Thank you to all who have already renewed or signed up for membership in NAVFD for 2019. It is that time of year when we ask that members renew their membership by completing the form and mailing it with the fee. We are always interested in having new members join us. An interest in vocation or formation ministry is the criteria. Membership includes a page on our popular website vocations.ca for your congregation, organization or diocese among other perks. You would also be supporting the work of NAVFD. Click www.navfd.info/membership for the membership form. Your support is appreciated.