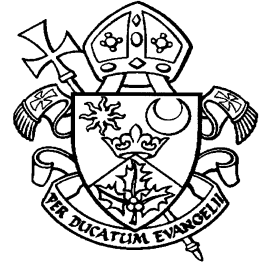


Diocese of Portsmouth Department for Pastoral Formation



Volume 5, Issue 1

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Welcome to the latest edition of Youth News!

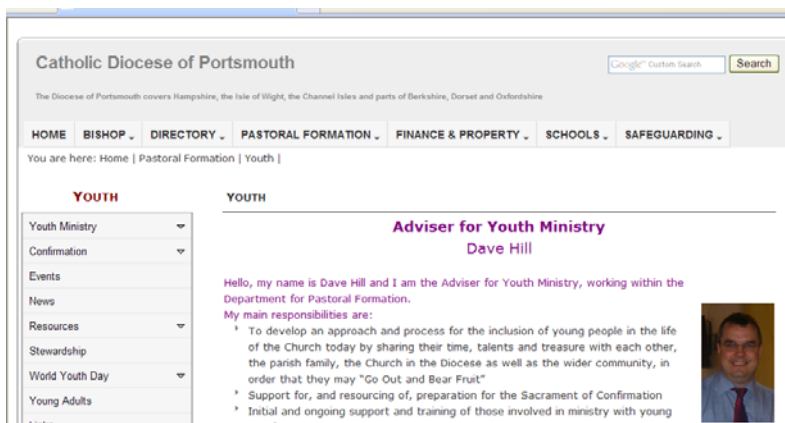
It is really pleasing to see how much is being planned for young people in the Diocese this Autumn. This is due to the commitment and energy of so many volunteers in parishes. I would like to say a great big "Thank You" to everyone involved in Youth Ministry in the Diocese. In order to help you to do your work there are a number of training opportunities available. Training opportunities came out as a priority on the recent Youth Ministry review that I carried out. These are advertised on page 2 but include Safeguarding and Praying with Young People. There are also details about a national gathering in London during February of next year at which we are very lucky to have Bob and Maggie McCarty from the States as the keynote speakers. They both have many years experience in Youth Ministry and have written and talked extensively on the subject.

As well as this there are the Days on Stewardship being held around the Diocese at three venues: (10th October—St Peter's School, Bournemouth; 7th November—St Joseph's Convent School, Reading; 14th November—St George College, Southampton). Finally there is the Diocesan Conference—The Christ We Are, The Christ We Share, being held at the Hallmark Hotel in Bournemouth from January 22nd-24th. Details of this conference can be found on the Diocesan website. God bless!

Dave Hill

New Website

Over the coming weeks, the new and updated Diocesan website will be launched. The Youth section has been updated and revamped. It comes under the heading of Pastoral Formation and includes sections on Youth Ministry, Confirmation, News, Resources, World Youth Day as well as Young adults. The new address is given below.



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Keeping them safe! - Safeguarding Training

An evening for youth leaders, catechists and anyone working with young people to look at models of good practice for Safeguarding:

- Planning activities
- Risk Assessments
- Safe recruitment
- Away days, residentials and retreats



The training session will look at the new Diocesan Safeguarding Resource Pack and how it is to be used. Further details from Dave Hill or Angela McGrory, Diocesan Safeguarding Officer amcgrory@portsmouthdiocese.org.uk.

To book a place, contact

soraya@portsmouthdiocese.org.uk

Tel: 02392 816396

7.00 pm - 9.00 pm
Wednesday 21st October

St Francis De Sales,
Warren Road,
Wash Common, Newbury
RG14 6NH

Thursday 22nd October

St Patrick's Parish Hall,
Porchester Road,
Southampton, SO19 9BD

Refreshments provided

Youth Leaders' Training—Praying with Young People

7.30 pm - 9.00 pm
Tuesday 17th November
Wisdom House,
Romsey
Refreshments provided

An opportunity to look at how we can introduce young people to prayer and different ways of praying.

We will look at what resources are available. The evening will also be an opportunity to meet with other youth leaders and to share good practice.



National Youth Leaders' Congress



"Set your hearts on the living God ... do not let anyone disregard you because you are young." (1Tim 4:10-12)

Looking for help to connect young people with the Church? This Congress is one part of the answer: a day of brilliant input to inspire and support all those providing opportunities for young people in the Church—Youth Leaders, Parish Volunteers, Chaplains, Catechists and Priests.

Key speakers include Archbishop Vincent Nichols, Abbot Christopher Jamison, Fr Timothy Radcliffe, David Wells and Bob and Maggie McCarty from the USA as well as drama and music presentations.

There will be an opportunity to view the latest resources for youth ministry as well as a chance to meet with others from around England and Wales involved in Youth Ministry. For further details contact Dave Hill or go to www.cymfed.org.

**National Congress for
Catholic Youth
Leaders**

February 27th 2010

**Friends Meeting
House, Euston Road,
London**

10.00am—6.00pm

Tickets £12.50

(before 18/12/09)

CYMFed
Catholic Youth Ministry Federation
Forming and serving Youth Ministry in England and Wales

Internet Safety

With ever increasing amounts of technology available it is sometimes difficult to know and understand what is happening. Social networking, instant messaging, mobile phones and online gaming are wonderful ways of keeping in touch but all have hidden dangers.

The **Child Exploitation and Online Protection Centre (CEOP)**, which is run by the Police, has produced some guidelines for parents to ensure young people stay safe on line.



1. Help your children to understand that they should never give out personal details to online friends they do not know offline.
2. Explain to your children what information about them is personal: email address, mobile number, school name, sports club, arrangements for meeting up with friends and any pictures or videos of themselves, their family or friends. Small pieces of information can easily be pieced together to form a comprehensive insight into their lives and daily activities.
3. Make your children aware that they need to think carefully about the information and pictures they post on their profiles. Inform them that once published online, anyone can change or share these images of them.
4. It can be easy to forget that the internet is not a private space, and as result sometimes young people engage in risky behaviour online. Advise your children not to post any pictures, videos or information on their profiles, or in chat rooms, that they would not want a parent or carer to see.
5. If your child receives spam or junk email and texts, remind them never to believe their contents, reply to them or use them.
6. It's not a good idea for your child to open files that are from people they don't know. They won't know what they contain—it could be a virus, or worse - an inappropriate image or film.
7. Help your child to understand that some people lie online and that therefore it's better to keep online mates online. They should never meet up with any strangers without an adult they trust.
8. Always keep communication open for a child to know that it's never too late to tell someone if something makes them feel uncomfortable.

CEOP has also set up a website for young people-

www.thinkuknow.co.uk.



It has pages for different age groups as well as parents and teachers, and it has online videos, games and quizzes to see how much young people know and understand about the internet and other technologies.

Useful Websites

www.ceop.gov.uk

Child Exploitation and Online Protection Centre—you can report any concerns on this site

www.thinkuknow.co.uk

www.netlingo.com

A site explaining many of the terms now used

www.nspcc.org.uk

www.childline.org.uk

Young People and Pastoral Care

This year's **Day for Life**, held in July, had for its theme— **"You are precious in my sight" (Isaiah 43:4)**



The day is dedicated to raising awareness about the meaning and value of human life at every stage and in every condition. This year it focussed on suicide, particularly the pastoral dimensions of this difficult and sensitive subject. It highlighted why the Church believes that every life is worth living and look at the reasons why people contemplate suicide, including acute mental illness and the possible spiritual factors involved. It also pointed to the support that the professional services can bring and hopefully help to reduce the stigma too often associated with mental illness and depression.

Suicide and Young People

- Suicide accounts for almost 23% of all deaths of young people aged 15-24 years.
- It has been estimated that between 7-14% of adolescents will self harm at some stage in their life.
- Young men have a higher rate of attempted suicide than young women.
- Many who attempt suicide will have mental health or personality problems.
- There may be a stressful event in the young person's life eg. relationship, family breakdown, academic pressure.
- The risk of suicide is higher when alcohol or drugs are involved.

"We need the greater and lesser hopes that keep us going day by day. But these are not enough without the great hope, which must surpass everything else.

This great hope can only be God, who encompasses the whole of reality and who can bestow upon us what we, by ourselves, cannot attain"

(Pope Benedict XVI, Spe Salvi n.31)

The Ministry of Pastoral Care

The ministry of Pastoral Care involves promoting positive adolescent and family development through a variety of positive strategies;

- caring for adolescents and families in crisis through support, counselling, and referral to appropriate community agencies;
- providing guidance as young people face life decisions and make moral choices;
 - challenging systems that are obstacles to positive development (advocacy).

Pastoral care is most fundamentally a relationship - a ministry of compassionate presence.

Taken from Renewing the Vision, USBBC 1997

Useful Websites

www.dayforlife.org

Includes resources, videos and a reflection on Church teaching on suicide.

www.samaritans.org

08457 90 90 90

www.youngminds.org.uk

Young Minds is the UK's leading charity committed to improving the emotional well being and mental health of children and young people.

www.mind.org.uk

One of the leading charities for mental health.

www.papyrus-uk.org

PAPYRUS is a voluntary UK organisation committed to the prevention of young suicide and the promotion of mental health and emotional wellbeing.

www.awarenesseducation.org

Awareness Education is a registered charity and a collaborative ministry of the Holy Ghost Fathers (Spiritans) and the Presentation Sisters. Provides programmes on facing up to suicide.

www.childline.org.uk

0800 1111

www.iasp.info/index

International Association for Suicide Prevention with links to World Suicide Prevention Day site

World Youth Day



With less than 700 days to go to the next international gathering for World Youth Day in Madrid, the new logo has been unveiled. The image reflects the youth of the world beneath the cross, united to form the crown of Our Lady, patron of Madrid.

Arrangements are well underway for Diocesan involvement in World Youth Day in Spain. Bishop Crispian hopes that we will take a large contingent from the Diocese to Spain.

Information evenings will be held around the diocese in January and February and details of these will be in the November edition of Youth News and on the Diocesan website.

I am looking to recruit a number of leaders for the trip to Spain. If you would like to be considered as one of the leaders, please get in touch with me.

There is also a DVD showing highlights of the last World Youth Day in Australia. If you would like to borrow a copy, please get in touch.

Make Christ known, among your own age group and beyond, to those who are in search of "the great hope" that would give meaning to their lives. If Jesus has become your hope, communicate this to others with your joy and your spiritual, apostolic and social engagement. Let Christ dwell within you, and having placed all your faith and trust in him, spread this hope around you.

Pope Benedict XVI

Message for World Youth Day 2009

XXVI World Youth Day - Madrid, Spain 15th - 20th August 2011

National Youth Sunday—November 22nd 2009



National Youth Sunday 2009, which falls on the Feast of Christ the King on Sunday 22nd November, takes for its inspiration this year's World Youth Day message entitled

"We have set our hope on the living God" (1 Tim 4:10)

Pope Benedict addresses young people on the theme of hope, saying that although youth is "a special time of hope", it can also be marked by a "crisis of hope" when difficulties threaten to overwhelm us. He encourages us to follow the example of St Paul in being "witnesses of hope", placing our hope in Christ, the living God. Christ is the great hope to which we all aspire and who never disappoints.

The feast of Christ the King invites us to reflect on the

nature of the Kingdom of God, and challenges us to live as citizens of a kingdom "not of this world" (John 18:36).

- What is distinctive about Christ's kingship?
- Jesus says that "all who are on the side of truth listen to my voice" (John 18:37). What does it mean to listen to this voice today?
- How do we act on its promptings to bring about the Kingdom of God here and now?

YCW—Get Fair Campaign

Young Christian Workers (YCW) are part of a campaign to highlight Youth Poverty in the UK.

The YCW's main concern is that, by the government's own measure, 28% of 16-24 year olds live in poverty in the UK. Furthermore, the campaign claims, over a third of young full time workers do not earn a living wage, and 1-in-5 cannot afford the leisure activities that most people would take for granted. As such, the leisure industry is pricing the poorest in society out of the market. Worse still, housing costs are forcing people into overcrowded accommodation, now numbering 300,000 young people, 60,000 becoming 'sofa-surfers', travelling from one sofa to another.



The YCW is now extending the campaign to seek support from young people to lobby their own MPs directly, local leaders, church leaders and their friends and colleagues, establishing a broad-based support to seek to eradicate all UK poverty by 2020. Postcards and information are available from YCW (getfair@ycwimpact.com). They have produced resources for three sessions: *Looking at seeing the reality of UK poverty*; *What do we think about UK poverty* and *Acting together against poverty*, as well as a sets of 5 postcards. These are available by contacting YCW by email or by phone 020 8203 6290.

You can read an article from Danny Curtin, YCW President on the problems facing Young people, '*Nobody wants to give me a chance*' here: www.thetablet.co.uk/article/13530

St Therese of Lisieux and the Little Way

A Prayer For Teenagers

Thank you Father that you love me and are always there for me.

During 'Little Way Week' help me to be like Jesus in the everyday things, and to bring his kindness and care to everyone I meet.

AMEN.

St Thérèse of Lisieux, pray for me.

As part of the follow up to the visit of the relics of St Therese of Lisieux, there will be the **Little Way Week** (18th – 24th October).

St Therese tried to make a difference to the world by doing something simple every day. It is hoped that the 'Little Way Week' will encourage people of all ages to decide on seven small actions – one a day for a week – that they will do to witness to their faith through service. These small acts can be done at home or at school.

Further details at www.catholicrelics.co.uk

Some suggestions for school are:

1. When the school corridors get busy, try not to get aggravated or push people.
2. If you've got something good to eat in your lunch box or from the canteen, share it with someone else.
3. There might be someone sitting alone this week. Go and keep them company by talking to them.
4. If you see some litter in the playground, pick it up and put it in the bin.
5. Pray for someone you find difficult, ask God to bless them.
6. If an argument takes place, listen to one another. If needs be, say sorry and make peace.
7. Try not to moan when your homework's being set.



From around the Diocese

Southampton—Regular monthly youth evenings called **Sanctuary** are being planned. They will involve discussions and talks, celebration of Mass followed by social time. The first is on **Saturday 17th October**, starting at 6.30pm at St Joseph's, Bugle Street.

Portsmouth—The Youth Justice and Peace Group is continuing to meet and plan activities. There is a Youth day planned for **Sunday 22nd November** at St Edmund's School, Arundel Street, Portsmouth. Activities will include music, drama, dance, sports, skateboarding. The mime artist, Steve Murray, will also be appearing at the day. Further details from Sr Fiona, the School Chaplain. chaplain@stedmunds.org.uk or by phone 02392 823766.

Maidenhead—The two parishes in Maidenhead (St Joseph's and St Edmund Campion) are working together to celebrate a "Pepsi, Pizza and Percussion" night as a follow up to their Confirmation programme. They are then going to plan together a series of activities for both parishes.

Isle of Wight - held a Youth Day at Christ the King College. They had Steve Murray appearing and African Drumming amongst the workshops. The day ended with celebration of Mass and a barbecue.

Hampshire Downs —**The Little Shop of Horrors** was performed by the young people of the Pastoral Area. They also ran summer activities and are planning a youth pilgrimage to the Holy Land.

Reading—The young people in Earley are using the Youth Café resource **Plugged In**.

Let us know what you are doing in your Parish/Pastoral Area.

"Love proves itself by deeds, so how am I to show my love? Great deeds are forbidden me. The only way I can prove my love is by scattering flowers and these flowers are every little sacrifice, every glance and word, and the doing of the least actions for love."

St Therese of Lisieux

CAFOD & Climate Change

CAFOD are asking people to campaign to ask politician to take climate change seriously and puts poor people at its heart. In December world leaders will meet in Copenhagen to hammer out a deal. It is important that the poor are not left out.



What CAFOD are calling for

We want a global climate change deal that puts the world's poorest people at its heart by:

- Helping people flourish in developing countries by supporting their right to sustainable development. The poorest have done least to cause climate change, they should not be the ones who pay the price.
- Providing necessary support for developing countries – who are hit first and hardest by climate change – to adapt to the impacts of extreme weather. This includes additional aid for adaptation, as well as access to clean, green technology.
- Tackling the root causes of the problem by cutting emissions of the greenhouse gases that cause climate change. Industrialised countries must commit to more than 40 per cent cuts, based on 1990 levels, by 2020.

You can find out more information at www.cafod.org.uk/climate_kit as well as downloading resources to lobby your local MP, as well as the Prime Minister and other members of the Government, especially over the weekend of 16-18th October (50 days before the UN Conference on Climate Change begins in Copenhagen!).



**CREATE
A CLIMATE
FOR JUSTICE**

Yfaith—Bible Detectives

- How many times is cheese mentioned in the Bible?
- Who was shipwrecked and imprisoned repeatedly?
- How many loaves and fish fed five thousand people?



These are just some of the questions being posed as part of a new Catholic Bible Detectives' resource for tweenagers.

The monthly Bible Detectives' Quiz is one of the many downloads available on the www.yfaith.co.uk website. The aim of the Detectives' resource is to further 11-13 year olds' learning about Jesus and to encourage them to read the Scriptures.

Other articles include "Reducing Kate" - a discussion starter looking at images of beauty in the media vs. those in scripture as well as tips on starting secondary school.

Everything we have and are is a gift from God. We are stewards of the gift of creation and all that life brings: our time, our treasure, our talents and one another. Therefore we have a duty to ensure that we make the best use of all we have, and that we do this in a way which respects the dignity of every person and promotes the common good.

Go Out and Bear Fruit, p.28

Contact Details

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Winchester Road,
Wickham. PO17 5HA

dhill@portsmouthdiocese.org.uk

01329 835583

Future Dates

Friday 2nd October

CAFOD Autumn Fast Day

www.cafod.org.uk

Saturday 17th October

Sanctuary

An evening of activities, Celebration of Mass and social time for teenagers.

St Joseph's, Bugle Street, Southampton. 6.30pm

October 18th—25th

One World week

Hungry for one world

www.oneworldweek.org

Wednesday 21st October

St Francis De Sales, Wash Common

Thursday 22nd October

St Patrick's Woolston

Keeping them Safe

Youth Leaders Safeguarding Training

7pm-9pm

25th October

Great South Run, Southsea

Tuesday 17th November

Praying with Young People

Wisdom House Spirituality Centre, Romsey

7.30pm-9.00pm

Saturday 21st November

Sanctuary

St Joseph's, Bugle Street, Southampton. 6.30pm

Saturday 21st - Sunday 22nd November

Spirit on the Rock 2, Jersey

Sunday 22nd November

Portsmouth Youth Day

St Edmund's Catholic School

Friday 22nd - Sunday 24th January 2010

The Christ We Share Conference

Hallmark Hotel Bournemouth

February 27th 2010

National Youth Leaders Congress

Friends Meeting House, Euston Road, London