



# Training Youth to be Leaders in Parishes and Schools 2009

June 24-25, 2009

Wednesday 10:00 am – Thursday 4:00 pm

Holy Cross Parish, Charlotte  
4492 Lake Avenue  
Rochester, NY 14612

Contact: Donna Jacobi  
585-621-8133  
donnajacobi@hotmail.com

Cost: \$45.00 per person includes training, overnight accommodations & meals.

Checks are payable to:  
**Holy Cross Church**

Overnight participants are asked to bring an additional \$20.00 for dinner at the beach.

**OTHER INFO:**

- \$10 per module cost - includes training, materials and meal for that day
- Must have a minimum of 15 participants for a level to be offered
- Each participant must bring a snack and bottle of soda for a community snack table

*Send check and all registration forms two weeks prior to training to Holy Cross Parish.*

**Parish:** \_\_\_\_\_ **Location:** \_\_\_\_\_  
**Moderator's Name:** \_\_\_\_\_ **Address:** \_\_\_\_\_  
**City/Zip:** \_\_\_\_\_ **Phone:** (    ) \_\_\_\_\_

**FutureNow Leadership Training Program Parish Covenant**

*The FutureNow Leadership Training Program is designed to equip young people in grades 9-12 with the skills to carry out their Baptismal call to service and ministry, especially within the context of parish life and ministry in the Diocese of Rochester. By registering for this program, the young people and parish/school leadership promise to keep the following Covenant:*

***The Parish/School Promises to:***

1. Actively promote, recruit and support young people to participate in the *FutureNow* Leadership Training Program.
2. Publicly acknowledge all young people who commit to participating in the various levels of the *FutureNow* Program.
3. Support the ongoing formation of the youth through assignment of an Adult Moderator at the parish/school who will facilitate the Integration Sessions sent by the Program Coordinator.
4. Fully integrate the young people into all ministry areas open to lay people in the parish/school.
5. Provide specific ministry training and support for each area the young people express a desire to serve. These ministries include, but are not limited to, Pastoral and Finance Councils, Catechists for religious education or sacramental preparation programs, eucharistic ministers, lectors, youth ministry leadership team, etc.

***The Young People Promise to:***

1. Attend all *FutureNow* Leadership Training sessions with a willingness to grow in your Christian leadership skills and abilities.
2. Participate in the integration follow-up session after each level as scheduled in your parish/school.
3. Use your leadership skills and abilities in your community wherever your specific and unique gifts are calling you to serve.
4. Attend all scheduled training and committee meetings at the parish/school level connected to the ministry you are serving in.
5. Model positive Christian behavior in all that you do and pray often.

**Y**outh Name: \_\_\_\_\_ Phone: (    ) \_\_\_\_\_  
 Address: \_\_\_\_\_ City/Zip: \_\_\_\_\_  
 Check All Courses Registering for: Level 1 - A B C D Level 2 - A B C D

**Y**outh Name: \_\_\_\_\_ Phone: (    ) \_\_\_\_\_  
 Address: \_\_\_\_\_ City/Zip: \_\_\_\_\_  
 Check All Courses Registering for: Level 1 - A B C D Level 2 - A B C D

**Y**outh Name: \_\_\_\_\_ Phone: (    ) \_\_\_\_\_  
 Address: \_\_\_\_\_ City/Zip: \_\_\_\_\_  
 Check All Courses Registering for: Level 1 - A B C D Level 2 - A B C D

**Y**outh Name: \_\_\_\_\_ Phone: (    ) \_\_\_\_\_  
 Address: \_\_\_\_\_ City/Zip: \_\_\_\_\_  
 Check All Courses Registering for: Level 1 - A B C D Level 2 - A B C D

**Y**outh Name: \_\_\_\_\_ Phone: (    ) \_\_\_\_\_  
 Address: \_\_\_\_\_ City/Zip: \_\_\_\_\_  
 Check All Courses Registering for: Level 1 - A B C D Level 2 - A B C D

Has this participant attended any FutureNow components in the past?

If yes, please indicate location and circle the numbers of the components already taken:

Location: \_\_\_\_\_ Components taken: 1A 1B 1C 1D 2A 2B 2C 2D

## **Futurenow Health And Conduct Form**

Parish: \_\_\_\_\_ Location: \_\_\_\_\_

Name: \_\_\_\_\_ Sex: \_\_\_\_\_ Phone: (\_\_\_\_) \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ Zip: \_\_\_\_\_ Date of Birth: \_\_\_\_\_ Grade: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_ Weekend Phone #: (\_\_\_\_) \_\_\_\_\_

Health Insurance Co.: \_\_\_\_\_ Policy #: \_\_\_\_\_

Physician: \_\_\_\_\_ Phone: (\_\_\_\_) \_\_\_\_\_

Any Medications (prescription and non-prescription) currently taken and include dosage: \_\_\_\_\_

Allergies or special needs/concerns : \_\_\_\_\_

**Can your teen be given the following by the program coordinator?**

Aspirin?  Yes  No

Acetaminophen?  Yes  No

Ibuprofen?  Yes  No

*I hereby certify that the above information is correct and give permission for my child to be transported in privately owned vehicles for medical emergencies only, and for the release of medical records to an attending health worker in case of illness. I understand that every effort will be made to contact the parent/guardian. If one cannot be contacted, I hereby give permission for a qualified physician to secure proper treatment for my child.*

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_

### **CODE OF CONDUCT:**

*Your signatures below indicate your willingness to comply with the following rules:*

- The purchase, possession or consumption of alcoholic beverages or the possession or use of illegal drugs will not be tolerated. Failure to comply will result in **IMMEDIATE DISMISSAL** from the event
- **CIGARETTE SMOKING AND CHEWING OF TOBACCO WILL NOT BE ALLOWED BY MINORS.**
- Participants must attend all scheduled activities and events and remain in areas of the program designated for this event
- Nametags must be worn at all times.
- Participants must remain on campus until their transportation departs at the end of the event.
- Participants are expected to obey the direction of all chaperones.
- Participants are representing their parish communities - appropriate behavior and language are expected. No dangerous or rough play will be allowed.
- Final decisions regarding acceptable behavior/consequences is the responsibility of the Program Coordinator

*We have read the information/expectations on this form and agree to abide by the Code of Conduct. If these rules are violated, we accept responsibility for the behavior and will arrange, at our own expense, for the transportation of the child if he/she is dismissed from the event.*

Parent/Guardian: \_\_\_\_\_ Youth: \_\_\_\_\_

# ***FutureNow* Leadership Training Summary**

*This is a senior high school (9-12 grades) program containing two levels. Each level is composed of 4 two-hour training sessions. Each two-hour session combines presentation, handouts, small and large group discussion and practical integration. A Parish Integration Session is led by a designated Parish Moderator at the parish/school 1-2 months after a session is completed.*

## **Level 1 Sessions:**

### **1-A: LEADERSHIP STYLES**

- ❖ Defining Christian leadership, assessing individual strengths, weaknesses and skills, developing a personal mission statement, the use and misuse of power and authority, understanding various leadership styles and approaches.

### **1-B: GROUP DYNAMICS**

- ❖ Understanding group dynamics, facilitating small groups, creating and maintaining a welcoming environment, behavior management.

### **1-C: TEAM BUILDING AND DECISION MAKING**

- ❖ Developing a team approach and building a team spirit vs. a clique, various approaches to making decisions in groups, dealing with group conflict, creating group ownership.

### **1-D: PROGRAM PLANNING**

- ❖ Conducting needs assessments/surveys (starting where the person is), developing a group mission, using goals and objectives that connect to mission, techniques for brainstorming and evaluation, how to affirm/critique programs toward change/growth, putting it all together (quality programming).

## **Level 2 Sessions:**

### **2-A: EFFECTIVE COMMUNICATION**

- ❖ Active listening, how to advocate, confront, assert and motivate others in a Christian manner.

### **2-B: PRAYER AND WORSHIP**

- ❖ Review of prayer/liturgical forms, essential elements of good worship, understanding the liturgical year and lectionary, planning a prayer/worship experience, creating a prayerful environment, reviewing the Diocesan *Gifted to Serve* guidelines.

### **2-C: PRESENTATION SKILLS**

- ❖ Essential elements of public speaking, preparing and presenting talks to large and small groups, effective witnessing/storytelling.

### **2-D: SPIRITUALITY AND PERSONAL GROWTH**

- ❖ Developing a prayer life, dealing with and handling stress, signs of unhealth, how to ask and get help for self or another, caring for mind and body, achieving balance.

## **PARISH INTEGRATION SESSION**

- ❖ Led by the Parish Moderator 1-2 months after completion of a training level to assist youth in reflecting on the skills they have learned thus far and how they are utilizing them in service to the parish/school.

