

THE GOAL

Foundations seeks to equip young people with the tools necessary:

- to live as disciples of Jesus Christ in the 21st Century,
- to empower young people as leaders in their families, churches and world in a post-modern era
- to identify ways that young people will grow in Christian Leadership



THE PLAN

This will be accomplished through 4-day intensive Catholic leadership program that focuses on:

- Discovering God-Given gifts and talents and using these discoveries to inspire and strengthen communities.
- Learning & Developing what it takes to become an effective servant leader
- Organizational Skills that will allow young people to brainstorm, plan, create and implement their work.
- Social skills - learn ways to communicate with adults, how to greet someone new and how to carry on "dinner conversations"
- Consensus building, dealing with difficult people moral decision making.
- Overcoming Obstacles both internal and external
- Increasing knowledge of the Catholic Church
- Learning Personal Accountability
- Learning the Theology of Service

THE RESULT

When young people return home to family, parish & community life they will have:

- Discovered new gifts and talents and reinforced pre-existing ones.
- Learned what it means to be accountable for what one says and does
- Learned about the Pope, Jesus' Resurrection, relating to other faith traditions, Belief in God and death.
- Learned how to recognize God in their every day lives, in the people they meet, in their families, in their communities and in Liturgy.
- Learned how to brainstorm, plan, create and implement a project with excellence.
- Have an skillful understanding of Servant Leadership
- Practiced consensus building, moral decision making and dealing with difficult people

Blessed is the leader who seeks the best for those he serves. Unknown

Even if a unity of faith is not possible, a unity of love is.
Hans Urs von Balthasar

Sir, my concern is not whether God is on our side; my greatest concern is to be on God's side, for God is always right.
Abraham Lincoln

If I am not allowed to laugh in heaven,
I don't want to go there.
Martin Luther

"There is no passion to be found in playing small – in settling for a life that is less than what you are capable of living"
- Nelson Mandela



Do not go where the path may lead,
instead where there is no path
and leave a trail.

Ralph Waldo Emerson

REGISTRATION INFORMATION

Registration Due by January 16, 2013

Send Attached Forms and check (payable to Diocese of Rochester) to:

Sylvia Mancuso
1150 Buffalo Road
Rochester, NY 14624
smancuso@dor.org
585-328-3210, ext 1295

~~~~~  
**Linda Mehlenbacher**  
**Diocesan Coordinator of Youth Ministry**  
**Phone: 585-328-3210/800-388-7177, ext. 1241**  
**lmehlenbacher@dor.org**

# FOUNDATIONS

For

**Catholic Youth Leadership**



**February 15-19, 2013**  
**Camp Stella Maris**  
**For Young People in**  
**High School**

*Participants will*

- Learn & Develop what it takes to become an effective leader
- Organizational Skills
- Servant Leadership
- Social Skills
- Discover hidden gifts and talents
- Overcome Obstacles
- Increased Catholic Faith
- Learn Personal Accountability
- Learn the Theology of Service

# Typical Daily Schedule

7:30 Rise & Shine



8:00 Morning Prayer

8:30 Breakfast

9:15 Morning Seminar

12:30 Lunch

1:15 Free time

2:30 Planning Time

4:00 Liturgy

5:00 Dinner

5:45 Free time

6:30 Evening Seminar

8:30 Evening Event

10:00 Evening Prayer

10:30 Prepare for Bed

11:00 Lights Out



Getting Goal Oriented

**Got Gifts**

**Catholic U**

The Journey

Prayer that lasts a lifetime

Jesus Who

**You did What**

*How to BE...*

Moral Decision Making

**Just the Facts**

*Jesus & His Posse*

That's my style

Plan This!

Everybody's Got One...Vocation

*What will it take*

Being Creative

**Energy Awareness**

Dealing with Change

*What's the deal about relationships*

Excellence

**What's God Got To Do With It**

*What's it Take to be a Great Leader*

**WHO** Young people in High School are invited to attend FOUNDATIONS for Catholic Youth Leadership for youth who would like to explore leadership essentials and those who would like to learn more about leadership.

**WHAT** A 4day/4night experience in identifying personal strengths, learning styles, Catholic Identity and using leadership skills in the context of the Catholic Church—skills that last a life time.

**WHEN**

**February 15-19, 2013**

Check-in at 7:00 pm on Friday

Closing at 4:00 P.M. Tuesday

**WHERE**

Camp Stella Maris  
4395 E. Lake Road  
Livonia, NY 14487



**WHY** Leaders aren't born they are made. And they are made just like anything else, through hard work.

**COST** \$295 covers the cost of the entire 4

Days, and includes meals bunk, program, materials, presenters. Every parish is asked to sponsor two youth & contribute \$100 to their fee.



*Young people are allowed to attend FOUNDATIONS one time only.*

*Registrations due by January 16, 2013 with a deposit of \$100. Make checks payable to: Diocese of Rochester*