



RECONNECT: MASS & A MEAL

YOUTH MASS:

Some ways to encourage involvement in the liturgy:

Welcome - Encourage a young person to welcome people to the gathering before Mass begins and share a few words to lead people into this time of prayer, community and worship together.

Readers - If this is a parish mass, check with your parish priest whether young people can take the place of the readers on the rota for this Mass - better still, you could encourage your young people to join the rota! Make sure you make time to support them in practicing before the Mass.

Offertory - The bringing of the gifts to the altar can be a great role to involve young people who may struggle with the confidence for public speaking. Are there any new young people in Church on the day who could be involved in this way?

Prayers of the faithful - Guide your young people in writing their own intercessions for Mass, including the particular intentions they have at that time.

Holy Communion - Could any of your older young people or young adults be commissioned as extraordinary ministers of Holy Communion? This is a great witness to the parish community.

Music - Does your parish have a musician who could mentor some of your budding musicians and singers? Maybe your youth group could help select some hymns for the Mass or learn something new to lead everyone in prayer.

Creative design - Could some of your young people create some artwork to decorate the church based upon the readings of the Mass? There are so many creative ways you can express faith through works of art.

Testimony - The sharing of your story is a powerful way for others to encounter God. Encourage a young person to share with the congregation about the joys and the struggles of their journey of faith.

Stewards - Young people can be the face of welcome as people enter into the church. This is also a great role for giving them a sense of responsibility and grow their confidence in interacting with others.



HOW CAN WE HELP?

Would you like support with organising and animating your Mass? KYT are happy to help! Get in touch and invite us along and we would love to lead some workshops for your young people to prepare for Mass, help lead music and join you to celebrate reconnecting with your young people and your parish!



RECONNECT: NIGHT PRAYER

Gather:

Whilst people are entering the space for prayer, play 'Strength will rise' by Brenton Brown or 'I will rise' by Chris Tomlin and invite them to spend a few moments quietly reflecting on the words. Once everyone has had a moment of stillness, begin by making the sign of the cross as a symbol of our faith and of entering into this time of prayer.

Proclaim:

"Do you not know? Have you not heard?

The Lord is the everlasting God, the Creator of the ends of the earth.

He will not grow tired or weary, and his understanding no one can fathom.

He gives strength to the weary and increases the power of the weak.

Even youths grow tired and weary, and young men stumble and fall;

but those who hope in the Lord will renew their strength.

They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint."

- Isaiah 40: 28-31

As we begin to see the light at the end of the tunnel of this pandemic, we look back over this time and recall the moments when we have lost hope, the times when we felt weak or tired, the times when everything felt like a struggle. In this scripture, we are reminded that God is the one who renews us, who lifts us up and helps us to feel alive. Let us remember that God has been with us through our struggles and He is with us now and wants to fill us with a new hope and joy so that we can soar like eagles. God gives us the gift of living life to the full, enjoying each other's company, being filled with happiness and there is nothing more exciting than the journey that God has in store for us. It is the love of God which inspires us and energises us. I don't know about you but after this time in lockdown and being away from friends and family, I am looking forward to adventure and to new experiences and there is no greater adventure than the one we go on when we trust God with our lives.

Break:

Watch the short video Signs of Hope: Messages from the Subway (<https://vimeo.com/259035179>) about one man's project to help people to connect with each other, share words of hope, love and encouragement and how we we do this, more people are attracted to join us and create a wave of hope which continues to grow.

Give each young person some post-it notes to write down their messages of hope for the world. What do they want to share with other people to encourage them, to dream of a better world, to bring more love to the world around them? You many want to have some post-its already stuck onto the wall to give them some ideas! Maybe they could be stuck onto something to be displayed at the back of church to share the messages of hope with the whole parish. Would they would like to add to it too?

Send:

Lead your young people into a time of prayer for all of the intentions they hold in their hearts. Encourage them to feel confident to share these prayers aloud so others can join them in praying for their cause. Once the young people who wish to have shared their prayers, gather all of the petitions together and entrust them to the intercession of Mary our Mother as you pray a Hail Mary together.