

ATTENTION CAMPUS AND YOUTH MINISTERS

QUALIFICATIONS FOR HIGH SCHOOL YOUTH PARTICIPANTS "ONE BREAD, ONE CUP"



Saint Meinrad

Seminary &
School of Theology

Office of Youth and
Young Adult Formation

As a campus or youth minister considers which young people to invite to "One Bread, One Cup" Summer Liturgical Leadership Conference, it is important to keep in mind:

- "One Bread, One Cup" is not a retreat or a camp, but a five-day delve into catechesis, spiritual formation, liturgical leadership development and vocational discernment for both youth and adults.
- "One Bread, One Cup" is a relationally intensive environment. Generally speaking, mature youth behavior becomes more mature; immature behavior becomes more immature. Similarly, youth and adults in significant emotional turmoil find the intensity of the five days overwhelming.
- "One Bread, One Cup" is, frankly speaking, not a good "first experience" for a young person in your youth program.
- Saint Meinrad respectfully requests that campus and youth ministers not make "One Bread, One Cup" a requirement for youth. In other words, we want only those youth to attend who **want** to attend.

No youth, or adult for that matter, will perfectly exhibit the following qualifications. However, if accepted as guidelines, it is our hope that the following will assist you in your selection of good candidates for participation.

- Completed ninth, tenth, or eleventh grade.
- Regularly attends Mass on Sundays and Holy Days of Obligation.
- Active in parish or high school, participates in youth programs in parish or high school.
- Has participated in at least one event with your youth group that involved an overnight stay.
- Has expressed desire to learn more about their faith and Catholicism.
- Expressed desire to attend "One Bread, One Cup".
- Language is respectful, up-building, free from derogatory speech, "off color" jokes, racial slurs, etc.
- Works and relates well with you, with other leadership, and with peers.
- Does not engage in excessive attention-seeking behavior.
- Possesses ability to remain focused during presentations and theological reflection group discussions.
- Has exhibited the behavior described in the Code of Conduct.

Again, no one will perfectly demonstrate these qualifications at all times. However, generally speaking, youth participants who possess these qualifications to an observable degree, tend to do well at "One Bread, One Cup". Experience has shown that if, for example, a youth participant lacks the ability to remain focused during presentation, he or she is very likely to become increasingly frustrated as the five days continue. This usually results in a difficult experience for the youth, and his or her peers, as often the frustration culminates in negative behavior.

As a Parish or High School

It is the hope of the monks of Saint Meinrad Archabbey and faculty and staff of the School of Theology that the youth and adult participants of "One Bread, One Cup" will incorporate the comprehensive formation experienced on the Holy Hill and put it to use in their communities. To that end, here are some suggestions to keep in mind when youth and adults are applying:

- Try to invite adults to attend that will play an active role in integrating "One Bread, One Cup" into the liturgical life of the parish or high school. Understanding local diocesan or parish or high school rules for number and/or gender of chaperones and the time commitment involved play a major part in who can attend, do look for those who will become active members of the conference community, and the parish or high school group.
- Adult participants must attend the morning and evening General Session for Catechesis with their youth participants and the afternoon Liturgical Formation Sessions offered specifically for campus and youth ministers. This not only builds community, it is a chance for the adults to participate in the formation offered that can be used in their parish or high school.
- Respecting the gifts and needs of the youth participants who are applying, look for variety in the group assembled. For example, avoid having all of the youth ask for the same liturgical formation session. Encourage them when applying to look at their own talents, interests, and abilities, what is needed in the group attending, and what is needed in the parish or high school. The more variety in what the youth experience as a group, the more gifts they will bring back to the parish or high school to share with the community.

Saint Meinrad truly and faithfully believes that, through prayerful discernment and using the above criteria, parishes or high schools will assemble groups of youth and adults who will find themselves excited and empowered by their experiences at the "One Bread, One Cup" Summer Liturgical Leadership Conferences.

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