

Soul Tending

Keep fit and have fun!



**Youth Ministry Sunday
Resource Booklet**

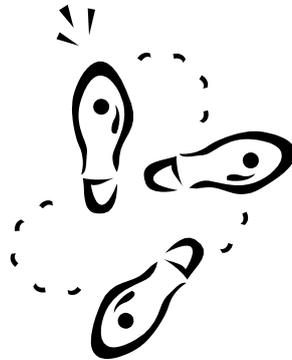
2013 Edition



This resource is a production of the Diocesan Youth Ministry Committee
of the Anglican Diocese of Niagara and is intended for use by parishes.
April 2013

Youth Ministry Sunday Resource Booklet

1. Message from the Bishop
2. About Youth Ministry Sunday
3. Suggestions for Using this Resource
4. The Theme: Soul Tending
5. Liturgical Resources
 - i) *Gathering*
 1. Opening Responses
 - ii) *Hearing God's Word*
 1. Reading Options
 2. Contemporary Psalm
 3. Homily Ideas
 - iii) *Responding*
 1. Affirmation of Faith
 2. Confession & Absolution
 3. Prayers of the People
 4. Eucharistic Prayers
 - iv) *Sending*
 1. Blessing
 2. Dismissal
6. Additional Resources & Sources
7. Our Programs



A Message from the Bishop

Youth ministry is a vital way in which our diocese is following Christ passionately. Whether at the diocesan or parish level, our ministries are connecting with our vision and in turn raising up new disciples for God's mission. Having experienced firsthand the transforming power of our ministries for youth, I can tell you that there is much for us to celebrate on Youth Ministry Sunday.



A celebration such as this is also a wonderful opportunity to highlight our many diocesan youth ministry programs. We have a program to fit just about any youth, but we need your help in identifying and encouraging youth to participate in them. It is my sincere hope that your

parish will be sending participants to these programs on a regular basis as one of the many ways you undertake ministry.

This year's theme - soul tending - invites us to explore what it means to be attentive to our spiritual well-being. Whether young or old, the journey to healing and wholeness is ever before us. The materials provided in this resource explore how we might tend to our souls in this day and age while celebrating the ways our youth ministries seek to do just that. What a wonderful opportunity to proclaim the gospel; happy soul-tending!

+Michael Bird

About Youth Ministry Sunday

Youth Ministry Sunday celebrates the many expressions of youth ministry in our parishes and in our diocese. We suggest observing it on **Sunday June 2**, but it can be observed at any time that makes sense for your community.

The celebration allows us also to thank the parishes and volunteers who support youth ministry at the diocesan level. Each year, our Diocesan Youth Ministry programs touch over 400 youth in all six of our regions. Youth Ministry in Niagara is a vital, exciting movement that continues to evolve!

Suggestions for Using this Resource

In our diocese, worship and ministry vary greatly from one parish to the next. We hope that this resource will offer you a variety of ways in which you can incorporate the celebration of Youth Ministry Sunday into your community life in a way that makes sense for your unique expression of our Anglican tradition.

In keeping with the celebratory nature of Youth Ministry Sunday, we hope you'll be intentional about creating just such a mood for your Sunday worship. Engage all the senses in your celebration — colourful fabrics to engage our eyes, freshly baked bread to enliven our noses, baptismal water to refresh our foreheads, lively music to animate our spirit, flavour-filled food to get our taste buds dancing and send us on our way! The possibilities are endless; go ahead and play!

Cut and paste and adapt – and if you need more ideas, contact us! The Bishop of Niagara has approved all of the materials in this resource booklet for use as part of Youth Ministry celebrations in the diocese. Whatever you choose to do, we hope you'll offer the youth connected to your parish opportunities to actively participate in your planning and celebrations.

Soul Tending

Let's keep fit and have fun!



At Youth Synod 2012, delegates debated a motion about health and wellness. They committed to 30 minutes of daily exercise and to following the Canada Food Guide. This year's Youth Ministry Sunday theme seeks to complement this commitment to physical health by exploring our spiritual health.

Again and again, Jesus calls us to live our lives in a way that will bring healing and wholeness to ourselves, our neighbours, and our world. But how do we do that? How do we tend to our spiritual well-being amidst the busyness and unpredictability of our daily lives? This can be a particular challenge for youth who often don't have a spiritual coach to help them discern what spiritual wellness looks like and why it's important to keep fit!

Youth ministry programs in some ways are analogous to those times in which Jesus came away from the rigors of daily life to rest, reflect and rejuvenate. Our programs invite participants, through worship, small-group sharing, and hands-on experiences opportunities, to do just that while exploring and deepening their faith.

This year's Youth Ministry Sunday theme invites us to be intentional about tending to our spirituality in those times when we're not apart from our every day routines. The readings, reflections and prayers included in this resource explore Jesus' invitation to healing and wholeness by calling us to be mindful of how we tend to our souls in a way that is both energizing and faithful.

As the hosts of Body Break would say, let's keep fit and have fun! Happy Soul-Tending!

Liturgical Resources: Gathering Responses

Opening Response Option A

One God's grace, love and fellowship are with you.

All And also with you.

One We have gathered to worship God.

**All We have come seeking comfort,
inspiration, community, and insight.**

One We have come to open ourselves
to the power of God's presence in our midst.

**All We have come to offer up the seasons
and the turnings in our lives,
and to ask God's help
in our learning
and in our growing.**

The Collect of the Day may follow or you can use the collect in option B

Opening Response Option B

One The grace of our Lord Jesus Christ,
and the love of God,
and the fellowship of the Holy Spirit,
be with you all.

All And also with you.

One Creating God,
nourish us with your love and goodness
that we might faithfully follow your Way of Love;
through Jesus Christ our Lord,
who lives and reigns with you and the Holy Spirit,
one God, now and for ever. Amen.

Liturgical Resources: Hearing God's Word

While the lectionary readings of the day may be used, the readings and reflections which follow offer additional options for connecting with this year's theme of soul tending.

First Reading: Genesis One Contemporary Reading

Break into our darkness,
formless God,
with the light of your presence.

Split the cosmic silence
and speak in the void
of our shapeless lives

Plant seeds of love
in barren hearts;
nourish us with your
life-bringing Spirit.

Mould us, so we become
the image of yourself,
and every facet
of our universe
displays the stamp
of your creative love.

Then help us rest
in you and see
that life is good.

Psalm 121

My heart's eyes behold your Divine Glory!
From whence does my help come?
My help comes from You,
who created heaven and earth.

You strengthen and uphold me,
You, who are ever by my side.
Behold! You who watch over the nations
will see all hearts awaken to the Light.

For you are the Great Counsellor;
You dwell within all hearts,
that we might respond to the Universal Heart –
Like the sun that nourishes us day by day,
like the stars that guide the wayfarer at night.
In You we shall not be afraid of the darkness, for
You are the Light of our life.
May You keep us in our going out and our coming in
from this time forth and forevermore.

Gospel Reading John 4:5-30

Homily Idea A: Meditative Homily

You might ponder the following questions based on the gospel reading through homily that invites listeners to imagine themselves at the well:

- How might Jesus see you?
- What would Jesus say to you?
- What would you want to say to Jesus?
- How might Jesus change you, refresh you, renew you?

You could conclude your words with this prayer:

Jesus, you meet us at the well.
You teach us that we are lovable children of God,
and that it is love which makes everything possible.
You refresh us.
You are our life force,
our vitality,
our energy.
May we share your gifts of love and life
with everyone we meet. Amen.

Homily Idea B: Sharing Stories of Transformation

You may also wish to invite someone from your congregation to speak about the transformation that youth ministry has had on their lives. Recent participants may need some support in sharing their story to the congregation. Ideas like a question and answer format, or inviting participants to share one highlight from a recent youth ministry program might be a helpful way to enable the stories of transformation to be heard.

Alternatively, you could invite someone to come to your parish and speak about youth ministry and the ways it has impacted their lives. Please contact Christyn Perkons at the Synod Office to inquire about possible speakers. Christyn can be reached at 905-527-1316 ext 460.

Liturgical Resources: Responding

Affirmation of Faith

We believe in God
the maker and shaper of our pathways;
who sent Jesus to show us the narrow way,
and who is the beginning and end of our travelling.

We believe in Jesus Christ
the sharer of our flesh;
who entered and experienced the human journey,
and who walks beside us on the road.

We believe in the Holy Spirit
the midwife and nurturer of our potential;
who called Jesus out into the desert,
and who calls us now to cast off from the shore.

We believe in the Father, Son and Spirit
the shaper, sharer and nurturer of our journeys;
and we recommit ourselves
to following their Way.

Confession & Absolution

One We come to God,
seeking forgiveness and peace.

[silence]

**All God of mercy, we turn from the ways
which have separated us
from loving ourselves, our neighbours and you.
Forgive us for all that is past,
and help us to live each day following your Way.**

One May the God of love and compassion
forgive you and free you from your sin,
heal and strengthen you by the Holy Spirit,
and raise you to new life in Jesus the Christ.

All Amen.

Prayers of the People Option A: Post-it Note Prayers



At the entrance of the worship space, ask youth to greet worshipers and to distribute 2-3 colourful post-it notes and a marker on which people can offer a prayer petition. Either before the service begins, or during the gathering music, invite the congregation to 'post' their prayers on the altar or another centrally visible space.

During the prayers of the people, the intercessor will pray aloud some of the petitions and include a general petition about God hearing all the prayers offered this day.

Prayers of the People Option B:

One God is the One who makes us, loves us, and sustains us.
God is the One who makes, loves, and sustains the world.
Let us offer ourselves and our world to God in prayer:

O God, we give you thanks for the people and ministries that tend to our spiritual well-being. As we go to our homes and our work this coming week, send your Holy Spirit into our lives:

Open our ears — that we may hear what you are saying to us in the things that happen to us and in the people we meet, especially in the spaces we gather...

Open our eyes — that we may see the needs of people around us, especially in this community of...

Open our hands — that we may offer healing, compassion and justice, praying especially for...

Open our lips — that we may share how following the Way of Jesus is transforming our lives and bring comfort, happiness, and laughter to others.

Open our minds — that we may discover new truth about you and the world, as we grow in faith.

Open our hearts — that we may love you and others as you have loved us. We pray this in Jesus' name. Amen.

Eucharistic Prayer Option A: Supplementary Prayer 1

Available to be downloaded at:

<http://dl.dropbox.com/u/4905842/Liturgy/Eucharist.pdf>

Eucharistic Prayer Option B

One God is here.

All The Spirit is with us.

One Lift up your hearts.

All We lift them to God.

One Let us give thanks to our Creator God.

All It is right to give thanks and praise.

One Holy One, you created the universe,
where all living things reflect your glory.
You give us this great and beautiful earth,
to discover and to cherish.
You give us sun and moon and star-lit sky,
everything that gives us light,
light for our eyes, our hearts, our minds.

You give us happy times
and things to celebrate.
In these we taste your kingdom,
a feast for all your children.

You made us all,
each wonderfully different,
to join with the angels
and sing your praise:

**All Holy, holy, holy Lord,
God of power and might,
heaven and earth are full of your glory.
Hosanna in the highest.**

**Blessed is the One
who comes in the name of the Lord.
Hosanna in the highest.**

One We thank you, loving God,
because when we turned away,
you sent Jesus, your Son.
He gave his life for us on the cross
and shows us the way to live.

On the night before he died,
when darkness had fallen,
Jesus took bread.
He gave thanks, broke it,
and shared it with his disciples, saying:
'This is my body, given for you.
Do this to remember me.'

After they had eaten, Jesus took the cup of wine,
gave thanks, and shared it with his disciples, saying:
'This is my blood, poured out for you and for many,
for the forgiveness of sins.'

Send your Holy Spirit
that these gifts of bread and wine
may be for us Christ's body and his blood.

As you feed us with these gifts,
may your Holy Spirit,
change us more and more
into disciples following your Way of Love.

Holy One, help us to love one another,
as we look forward to that day
when all creation is gathered in your loving arms.

And so with all your saints
we give you glory, through Jesus Christ,
in the strength of the Spirit, today and for ever.

All Amen.

*You may wish to invite youth to assist
in the distribution of communion.*

Liturgical Resources: *Sending*

Blessing

All **May the grace of God,
deeper than our imagination;
the strength of Christ,
stronger than our need;
and the communion of the Holy Spirit,
richer than our togetherness;
guide and sustain us today
and in all our tomorrows.**

One And the blessing of God: Source, Word and Spirit
be with you and remain with you always. Amen.

Dismissal

One Go gladly into the world.
Be filled with the love of God.
Dance to the song of the Spirit.
Befriend the Christ in each new day.

Additional Resources

- Bulletin covers—in legal and letter sizes
- Poster

Sources

Bare Feet and Buttercups: Resources for Ordinary Time. Compiled by Ruth Burgess. Wild Good Publications. 2008.

The Book of Alternative Services. The General Synod of the Anglican Church of Canada. 1985.

Eucharistic Prayers, Services of the Word, and Night Prayers. The General Synod of the Anglican Church of Canada. 2001.

Celebrate God's Presence. A Book of Services for The United Church of Canada. 2000

Common Worship: Additional Eucharistic Prayers, © The Archbishop's Council 2012.

Psalms for Praying: An invitation to Wholeness by Nan C. Merrill. 2006.

Our Programs

aWay- An intimate spiritual retreat for youth aged 14-24 highlighting **Life Changing Worship**, **Outstanding Leadership for Ministry**, and a **Continuous Culture of Innovation** which takes place in takes place in January or February and is an opportunity for young people to explore their spirituality in the quiet of an intimate small group in a rural setting.

Youth Leadership Training Program (YLTP)- A three-year leadership training program (now in its third decade) held during March Break to develop youth leaders who can offer **Outstanding Leadership for Ministry**. In addition to an emphasis on developing servant leadership skills, participants experience and create **Life Changing Worship** and focus on a **Generous Culture of Stewardship**.

Youth Synod in Action- New this year, the largest youth ministry program in Niagara with a dual focus on **Prophetic Social Justice Making** and **Outstanding Leadership for Ministry** has been re-imagined to offer youth delegates ages 13-21 the opportunity to be immersed in justice issues important to their faith and their communities as well as providing opportunities to experience **Life Changing Worship**; takes place over the course of a weekend in early May.

Niagara Youth Conference (NYC)- The cornerstone event in youth ministry in Niagara with a multiple focus on **Life Changing Worship**, a **Continuous Culture of Innovation**, a **Generous Culture of Stewardship**, and **Prophetic Social Justice Making** - takes place the week before the Labour Day weekend and is full of fun, learning, worship, spirituality, peer support, and lots of community building.

The Gathering- is a youth-created and youth-led worship service featuring the NYC Band. These events embrace a **Continuous Culture of Innovation**, **Life Changing Worship**, **Outstanding Leadership for Ministry**, and a **Generous Culture of Stewardship**.

Let's connect! On the web at www.zipsqueal.com



Anglican Diocese of Niagara—Youth Ministry



@NiagaraAnglican

