



Archdiocese for the Military Services, USA Office of Faith Formation

Appendix 4: *Models and Integrated Planning Templates for* *Adolescent Catechesis*

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Models for Adolescent Catechesis

1. **Bible Study and Prayer**– Advent, Lenten, Easter or yearlong Bible studies are usually offered in a small group setting utilizing adult facilitators (Standard 2). Scripture study creates a strong sense of community and an opportunity for youth to integrate Scripture and Catholic teaching into their life. The study can be focused on a book, gospel or epistle or guided by the three-year cycles of the Liturgical Calendar.
2. **Catechumenal Model** – This model is based on the evangelical, spiritual, and formational principle of the Order of Christian Initiation of Adults and the celebration of minor and major rites. Sessions follow the liturgical year and utilize an adult mentor/sponsor.
3. **Diocesan, Regional, National or International Events** – Archdiocesan Youth Gatherings, the National Catholic Youth Conference, Steubenville and Life Teen Conferences, and World Youth Day, etc., are excellent opportunities for youth and adult leaders to connect to the larger Roman Catholic Church, experience worship, listen to witness talks, and attend catechetical sessions. Large group events can serve to enhance a catechetical program but must be preceded and followed by intentional military Catholic faith community catechetical gatherings for faith sharing and prayer.
4. **Guest Speakers/Apologetics** – Youth participate in a series of workshops offered throughout the year or monthly.
5. **Home Study** – Families are provided with materials for home study. Participants can use text, reading list, webinars, online resources, and other printed or digital materials.
6. **Interactive Liturgical** – This model provides a connection between the Mass and catechesis. It utilizes lectionary-based catechesis, the homily, adult witness talks, and fellowship night (Standard 4). A core team works to create an interactive Life Night to explore youth and faith themes. Consider a Holy Hour with the Blessed Sacrament for the family.
7. **Lectionary Based Catechesis** – Teens gather each week to reflect on the Sunday readings and church teaching, which flow from the specific Scripture passages. Materials are based on the weekly readings and intertwine the liturgical year with curriculum guidelines. Inspire the youth to go to Confession frequently and to attend Mass as the source and summit of Christian life.
8. **Mentoring** – Youth are partnered with a trained adult who serves as a spiritual mentor in safe environments through catechesis and/or formation that leads them to fully participate in Mass.
9. **Mini Courses** – This model is similar in design to a community college seminar session. Sessions, two to six weeks long, can be offered in the fall, winter, and spring. Sessions utilize mini course curriculum on a variety of themes. Each of the fourteen standards serve as inspiration for mini courses to deepen the faith of the youth.
10. **Multi Collaborative Moments of Catechesis** – Neighboring parishes and/or Catholic high schools near military installations collaborate to offer a variety of catechetical opportunities together: speakers, parent-teen forums, bible study and prayer, mini courses, retreats, outreach opportunities, Holy Hour with the Blessed Sacrament and fellowship. (e.g., Life Teen has several opportunities for collaboration in the United States at parishes outside the gate of military installations.)
11. **Retreats** – Twilight, day, overnight, and weeklong retreats explore the personal call to a

relationship with God and support faith development through church teaching, peer witness and scripture. Facilitating multiple retreats to enhance a catechetical plan is essential for success.

- 12. Summer Sessions** – Opportunities for youth to participate in summer faith and service experiences should be provided. These sessions traditionally have significant hands-on learning components, usually running two weeks in length with daily fellowship, prayer, outreach/service, faith sharing, and catechesis.
- 13. Technology Based** – The increasing number of online curricula and youth ministry websites provide opportunities for youth to utilize the Internet as a possible form of catechesis. This affords opportunities for parents and teens to share faith as they interact with online resources.
- 14. Traditional Youth Group** – A traditional youth group is an informal gathering of teens on a weekly or monthly basis. Gatherings usually include community building, fellowship, evangelization, and prayer. Effective and common catechetical tools include speakers, Scripture study in the context of prayer, role-play, and ‘rap’ sessions.
- 15. Weeklong Work Camps** – Work camps are excellent opportunities to connect young people to the social justice (Standard 12) teachings of the Church and Jesus’ call to serve. Work camps traditionally utilize teams of youth for volunteering at social service agencies with services like cleaning and making repairs. In the evening, youth gather for prayer and worship, evangelization talks, and catechesis. It is important to connect the youth to the social ministry/outreach programs in the military Catholic faith community prior to, and following, work camp experiences. An alternative way to support this method is through the Just Faith resources, justfaith.org, that provide opportunities for catechesis, prayer and service.
- 16. Weekly Catechetical Moments at the Chapel** – A weekly meeting in the classroom gathers youth on a consistent basis utilizing a text or published interactive lesson plan in collaboration with effective lesson planning using references provided in the AMS curriculum.

Family Engagement in Adolescent Catechesis

Recognizing that youth ministry formation is closer in nature to an adult formation experience where attendance varies from week to week, topic to topic, and can be dependent on family and school obligations, it is recommended to use family resources for Adolescent Catechesis, both online and print. Such resources permit the parents, the young person, and the youth ministry leader to partner to develop a personal plan for spiritual enrichment, deepening of knowledge of the faith, mentorship, and opportunities for hands on discipleship. These family encounters encourage ongoing growth and build good habits empowering a young person as a disciple of Jesus.

Integrated Planning Templates for Adolescent Catechesis

Three sample templates have been developed as potential models for Catholic faith communities. These templates are not intended as a mandated format but as a tool in the planning process taking-into-account a four-year model and the variety of youth ministry models.

1. **Youth Group/Life Night Template** (A and B) creates a four-year plan for integrating the Standards, Indicators and the USCCB Framework Core Courses into a weekly youth group/life night model. In utilizing the template, the catechetical planning team can use a curriculum resource/reference and youth ministry catechetical resources in meeting the standards and or a stand-alone text or digital platform.
2. **Mini Semester Template/Interwoven Comprehensive Youth Ministry Template** creates a four-year plan for mini-semester sessions. Mini semesters are held consecutively for several weeks utilizing a blend of workshop/classroom/interactive youth ministry. The catechetical planning team selects textbooks or primary resources/reference and youth ministry catechetical resources in which the standards are met. The template also creates a yearly plan in which the catechetical planning team integrates catechesis into a variety of youth ministry components guided by the fourteen standards. The catechetical planning team selects curriculum textbooks and youth ministry catechetical resources in which the standards are met.
3. **Model for Implementation: Year Specific** was developed for military Catholic faith communities that facilitate adolescent catechesis by a four-year process.

Four Year Adolescent Catechesis Planning

Youth Group/Life Night Template with Curriculum Standards								
Session	Standard	Year 1	Standard	Year 2	Standard	Year 3	Standard	Year 4
1	I Creed	Divine Revelation	I and III	Pascal Mystery	II, III, VI, VIII	Mission of the Church	II, III, V, VI, VII, VIII, XII	Life of Jesus
		<i>Youth Night</i>		<i>Youth Night</i>		<i>Youth Night</i>		<i>Youth Night</i>
2	I and VIII	Tradition	I and III	Creation	VIII	Church Instituted by Christ	V	Natural Law/Commandments
		<i>Youth Night</i>		<i>Youth Night</i>		<i>Youth Night</i>		<i>Youth Night</i>
3	II	Sacred Scripture	III	Original Sin	II	Mission of the Apostles	V, VI, VIII, X, XII	Call to Holiness
		<i>Youth Night</i>		<i>Youth Night</i>		<i>Youth Night</i>		<i>Youth Night</i>
4	II and III	Scripture/Life of Church	III	Reconciliation	I and VIII	Marks of the Church	II	Beatitudes
		<i>Youth Night</i>		<i>Youth Night</i>		<i>Youth Night</i>		<i>Youth Night</i>
5	I, V, VI, VIII	Who is Jesus Christ	V and VI	Call to Holiness	III, IV, V, VIII, X	Sacramental Life	V and VI	Morality
		<i>Youth Night</i>		<i>Youth Night</i>		<i>Youth Night</i>		<i>Youth Night</i>
6	I and VIII	Incarnation	III, IV, VII	Eucharistic Life	III	Effects of Sacraments	V and XII	Social Justice
		<i>Youth Night</i>		<i>Youth Night</i>		<i>Youth Night</i>		<i>Youth Night</i>
7	I and V	Created in God's Image	III and IV	Liturgy	III	Baptism	III	Confirmation
		<i>Youth Night</i>		<i>Youth Night</i>		<i>Youth Night</i>		<i>Youth Night</i>
8	VII	Jesus teaches us to pray	III and VII	Holy Spirit	III	Anointing of the Sick	VIII	Discipleship
		<i>Youth Night</i>		<i>Youth Night</i>		<i>Youth Night</i>		<i>Youth Night</i>
10	VII, VIII, X	Discipleship	VI and VIII	Evangelization	VII	Prayer	IV	Holy Orders/Priesthood
		<i>Youth Night</i>		<i>Youth Night</i>		<i>Youth Night</i>		<i>Youth Night</i>
11	V and X	Jesus teaches us to live	VI, VIII, XII	Service to the Poor	XI and XII	Vocation	V, VI, X, XIV	Celebration of Marriage
		<i>Youth Night</i>		<i>Youth Night</i>		<i>Youth Night</i>		<i>Youth Night</i>

Four Year Adolescent Catechesis Planning

Interwoven Elements: Theology of the Body, Safe Environment, Outreach, Interfaith/Ecumenical, Pro-Life Rally, Adoration, Reconciliation/Liturgies, Work Camp, Life Issues

Interwoven Comprehensive Youth Ministry/Mini Semester Template Context: Evangelization/Catechesis				
Mini Semesters	Year 1	Year 2	Year 3	Year 4
1	Divine Revelation	Pascal Mystery	Mission of the Church	Life of Jesus
	Tradition	Eucharistic Life	Church Instituted by Christ	Natural Law
	Sacred Scripture	Liturgy	Mission of the Apostles	Call to Holiness
	Scripture/Life of the Church			
2	Who is Jesus Christ?	Creation	Prayer	Morality
	Incarnation	Original Sin	Marks of the Church	Beatitudes
	Created in God's Image	Reconciliation		Social Justice
		Call to Holiness		
3	Discipleship	Evangelization	Sacramental Life	Discipleship
	Jesus teaches us to pray	Service to the Poor	Effects of Sacraments	Confirmation
	Jesus teaches us to live	Holy Spirit	Baptism/Confirmation	Holy Orders/Priesthood
			Anointing/Penance	Celebration of Marriage
			Vocation/Holy Orders/Marriage	

Four Year Adolescent Catechesis Planning

Model for Implementation of Adolescent Catechesis for Youth Ministry Curriculum Standards and USCCB Curriculum Framework Template					
Youth Group/Life Night Setting Context: Evangelization/Catechesis					
Session	Year 1	Year 2	Year 3	Year 4	Interwoven element
1	Divine Revelation	Pascal Mystery	Mission of the Church	Life of Jesus	
	<i>Youth Night</i>	<i>Youth Night</i>	<i>Youth Night</i>	<i>Youth Night</i>	Theology of the Body
2	Tradition	Creation	Church Instituted by Christ	Natural Law/Commandments	
	<i>Youth Night</i>	<i>Youth Night</i>	<i>Youth Night</i>	<i>Youth Night</i>	Safe Environment Session
3	Sacred Scripture	Original Sin	Mission of the Apostles	Call to Holiness	
	<i>Youth Night</i>	<i>Youth Night</i>	<i>Youth Night</i>	<i>Youth Night</i>	Outreach/ Standard XII
4	Scripture/Life of Church	Reconciliation	Marks of the Church	Beatitudes	
	<i>Youth Night</i>	<i>Youth Night</i>	<i>Youth Night</i>	<i>Youth Night</i>	Interfaith/Ecumenical/ Standard XIII
5	Who is Jesus Christ	Call to Holiness	Sacramental Life	Morality	
	<i>Youth Night</i>	<i>Youth Night</i>	<i>Youth Night</i>	<i>Youth Night</i>	Pro Life Rally
6	Incarnation	Eucharistic Life	Effects of Sacraments	Social Justice	
	<i>Youth Night</i>	<i>Youth Night</i>	<i>Youth Night</i>	<i>Youth Night</i>	Adoration/Prayer
7	Created in God's Image	Liturgy	Baptism	Confirmation	
	<i>Youth Night</i>	<i>Youth Night</i>	<i>Youth Night</i>	<i>Youth Night</i>	Retreat(s)
8	Jesus teaches us to pray	Holy Spirit	Anointing of the Sick	Discipleship	
	<i>Youth Night</i>	<i>Youth Night</i>	<i>Youth Night</i>	<i>Youth Night</i>	Reconciliation/Liturgies
10	Discipleship	Evangelization	Prayer	Holy Orders/Priesthood	
	<i>Youth Night</i>	<i>Youth Night</i>	<i>Youth Night</i>	<i>Youth Night</i>	Work Camp
11	Jesus teaches us to live	Service to the Poor	Vocation	Celebration of Marriage	
	<i>Youth Night</i>	<i>Youth Night</i>	<i>Youth Night</i>	<i>Youth Night</i>	Life Issues

