

OFFICE OF YOUTH MINISTRY APRIL 2021 UPDATE

Archdiocese of Kingston
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Alleluia! He is Risen!

A blessed Easter to you all!

Lots of info and great resources to pass along to you again this month including Easter activities and some upcoming virtual events.

I am super excited to announce that we will be doing a virtual event with Josh Blakesley called *Hope Comes Home*. Josh typically does our Witness Faith Days with our Grade 6 students across the Archdiocese. He is a talented Christian musician and speaker. We are thrilled to offer something virtually for all ages! Spread the word!

Blessings and prayers,
Nadia

Stay Connected!

Facebook @youthofficekingston

Twitter @archkingstonYO

Instagram @youthofficekingston

www.romancatholic.kingston.on.ca/youth

Youtube Channel: Archdiocese of Kingston Youth Office

Important Dates

Sunday, April 4
EASTER SUNDAY

April 12-16
SPRING BREAK (SCHOOLS)

May 2-7
CATHOLIC EDUCATION
WEEK

Tuesday, May 4
HOPE COMES HOME
VIRTUAL EVENING WITH
JOSH BLAKESLEY

May 9-16
WEEK OF LIFE & FAMILY



YOUTH MINISTRY NEWS



YOUTH MINISTRY COMMISSION

Our Youth Ministry Commission planned for April is postponed. Stay tuned for a new date.



HOPE COMES ALIVE - TUESDAY, MAY 4 AN EVENING OF MUSIC WITH JOSH BLAKESLEY

Join us virtually for an evening of music and conversation with Christian recording artist Josh Blakesley. Josh usually does ministry at our Witness Faith Days. He is a music minister at St. Anthony of Padua parish in Texas and a composer and artist with OCP. To participate in this virtual event please sign up at www.romancatholic.kingston.on.ca/youth. We recommend signing up as soon as possible.

VOCATION NEWS



DEACON MICHEL QUENNEVILLE

In the latest edition of Journey there is a write-up about Deacon Michel Quenneville, who will be ordained to the priesthood for our Archdiocese in May. To read about Michel's vocation story, please see page 3 of the Easter Edition of Journey [HERE](#). Please keep Michel and all seminarians in your prayers. For more on vocations in the Archdiocese of Kingston visit our website at www.romancatholic.kingston.on.ca/vocations.



YOUTH MINISTRY RESOURCES



EASTER VIRTUAL RESOURCES

Check out our Easter resources for youth and young adults on our resource page. This page is updated and added to regularly:

www.romancatholic.kingston.on.ca/outreach



SACRAMENTAL PREP RESOURCES

To view some Sacramental prep resources you can use easily at home in preparing your child for First Reconciliation, First Eucharist or Confirmation please visit our website:

www.romancatholic.kingston.on.ca/sacramentalpreparation



CONFESSION GUIDE FOR KIDS

The Youth Office has put together a resource for reconciliation for kids. A step-by-step guide to making a good confession, as well as an Examination of Conscience for Kids on the backside. To download this resource visit our sacraments resource page. Great for families to use with their children, great for students in our Catholic schools and parishes preparing children for their first reconciliation.

Click [HERE](#) to access the guide. Also viewable below!

CCO: MULTIPLY

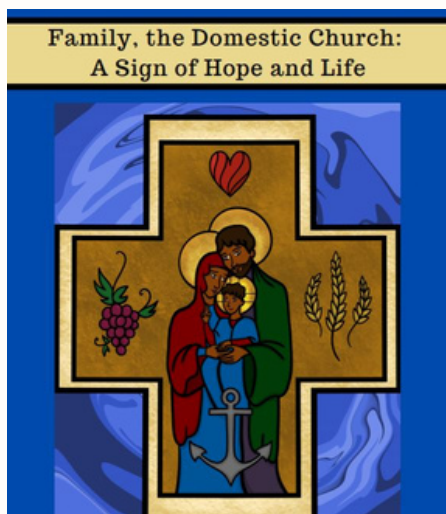
Multiply is a conference that will inspire and equip parishioners to go out and journey with people to Jesus! You will get to benefit from Catholic Christian Outreach's 30+ years of evangelization experience, and hear from experts that are building movements in their parishes. If you want to make a difference in your parish, this is the great place to start. Want to know more? Visit <https://cco.ca/multiply/>



CCO PRESENTS:
MULTIPLY



NATIONAL RESOURCES FOR YEAR CELEBRATIONS



A CALL TO PRAYER - WEEK OF LIFE AND FAMILY

Canadians are called to pray for life and the family in the coming weeks as we prepare to celebrate the National Week of Life and the Family. The CCCB has created a downloadable prayer card.

[CLICK HERE FOR PRAYER](#)

For more national resources visit the [CCCB website](#)

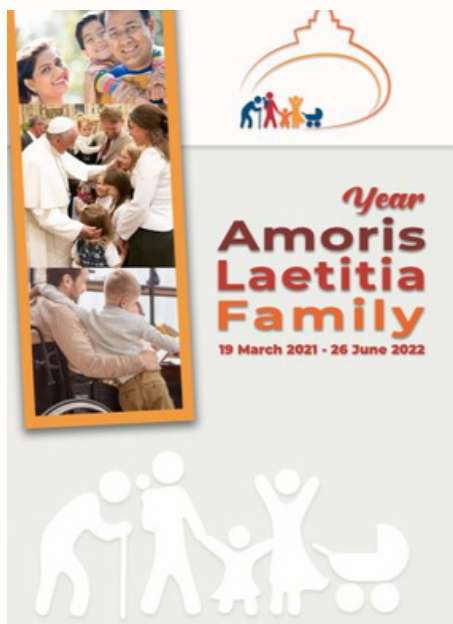
YEAR OF AMORIS LAETITIA FAMILY

To mark the 5th anniversary of the Apostolic Exhortation Amoris Laetitia, Pope Francis inaugurated a special year dedicated to the family entitled, Year “Amoris Laetitia Family”. The Dicastery for Laity, Family and Life has provided a brochure with pertinent information and suggestions for the special year, which will opened on the 19 March 2021 and will conclude on the 26 June 2022 at the celebration of the 10th World Meeting of Families, in Rome.

Throughout the year, the Dicastery will be providing supplementary information and resources. You are also invited to consult the Dicastery’s website dedicated to the Year “Amoris Laetitia Family”:

<http://www.laityfamilylife.va/content/laityfamilylife/en/amoris-laetitia.html>

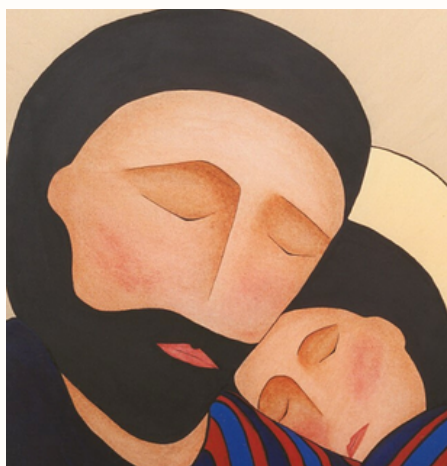
Access the Brochure for Families [HERE](#)



YEAR OF ST JOSEPH

The Archdiocese has a page dedicated to the Year of St. Joseph. Lots of resources, prayers, and links to the CCCB's St. Joseph resources as well.

<https://romancatholic.kingston.on.ca/stjoseph>



ARCHDIOCESAN EASTER SCRIPTURE SERIES



ENCOUNTERING THE RISEN CHRIST IN HIS WORD

During Easter, join virtually to discuss the Sunday Scripture. Tuesday evenings from 7 - 8:30 pm. Each week a different Leader will introduce the upcoming Sunday's Readings and give a Reflection. There will be small group sharing, large group forum, and prayer. No registration needed. For adults.

Visit the archdiocesan website for Zoom links www.romancatholic.kingston.on.ca/easter

IN CASE YOU MISSED THE UPDATE ...



TOTUS TUUS SUMMER CAMP UPDATE

We have made the difficult decision, after much prayer, discussion and deliberation to cancel our plans for Totus Tuus Summer Camp this year. We will not be offering in person or virtual camp in July.

Lots of fun faith and summer ideas will be shared during the Summer on our social media and outreach page of the website, but a formal virtual program will not take place. Our hope is to be back in person in July 2022!

STEUBENVILLE TORONTO UPDATE

Steubenville Toronto will not be hosting a youth conference again this summer due to the uncertainty around the pandemic.

Steubenville Youth Conferences will be livestreaming an event from their Steubenville University campus in the summer and information about joining that virtually will be shared. Stay tuned!



HOPE COMES ALIVE



an evening of worship music and
conversation with Josh Blakesley

TUESDAY, MAY 4, 2021 | 7 - 8 PM
FREE VIRTUAL EVENT

To join us and receive virtual access to this event please visit:
www.romancatholic.kingston.on.ca/youth

RECONCILIATION GUIDE

Step-by-Step

Think about your sins using the examination of conscience (see other side)
Make a list to bring with you, if that helps.

1 GREETING

First, the priest welcomes you.

Greet him and then make the sign of the cross together and say.

- **"In the name of the Father, and of the Son and of the Holy Spirit.**
- **Bless me Father for I have sinned. It has been [length of time] since my last Confession. These are my sins..."**



2

CONFESS

Share your sins with the priest. Speak to him as you would speak to Jesus. The priest would **never** tell anyone else what you say.

3 PENANCE

The priest will give you a penance (prayer, special action, etc) to do after your confession to make up for your sins as a response to God's mercy.



4

ACT OF CONTRITION

Tell God that you are sorry for your sins by reciting:

Act of Contrition

"My God, I am sorry for my sins with all my heart. In choosing to do wrong and failing to do good, I have sinned against you whom I should love above all things. I firmly intend, with your help, to do penance, to sin no more, and to avoid whatever leads me to sin. Our Saviour Jesus Christ suffered and died for us. In his name, my God, have mercy. Amen"

5 ABSOLUTION

The priest will extend his hands in your direction and pray the Prayer of Absolution. "... I absolve you from your sins in the name of the Father, and of the Son, and of the Holy Spirit. "

You respond **"Amen."**

The priest will say: "Go in peace." You can respond **"Thanks be to God."**



EXAMINATION OF CONSCIENCE

Think about your sins using the examination of conscience

Make a list to bring with you, if that helps.

RESPONSIBILITIES TO GOD

- Have I prayed every day?
- Have I been moody and rebellious about praying and going to church on Sunday?
- Have I asked the Holy Spirit to help me whenever I have been tempted to sin?
- Have I asked the Holy Spirit to help me do what is right?
- Have I made anything more important than God: myself, others, money, things I own, things I want, ideas, activities, or goals?
- Have I acted pridefully, as if I know everything, am better than others, or don't need God or others?
- Have I used God's name in a bad way? Have my words hurt God, his Church, or the good he wants for all people?
- Have my words and actions given glory to God's name? Have I shared my faith with those who do not know God?

RESPONSIBILITIES TO OTHERS

- Have I been obedient and respectful to my parents?
- Have I lied or been deceitful to my parents or to others?
- Have I been arrogant, stubborn or rebellious?
- Have I talked back to parents, teachers or other adults?
- Have I pouted and been moody?
- Have I been selfish toward my parents, siblings, teachers, or my friends?
- Have I held onto anger or hatred toward others? Have I refused to forgive others?
- Have I treated other children with respect or have I made fun of them?
- Have I used bad language?
- Have I stolen anything? Have I returned it?
- Have I performed my responsibilities, such as homework and household chores?
- Have I been kind and generous with my friends?
- Have I hurt others, with my hands or my words?
- Have I given support or encouragement to those who hurt others?
- Have I excluded others?
- Have I gossiped, or shared information I shouldn't have?
- Have I been grateful for what I have, or greedy to have what others have?
- Have I been generous with my time and possessions?

