

## THIS BOOK BELONGS TO:

This book is meant to be a guide to help you lead your team's weekly meeting & activities. There is one service project and 8 weeks of activities per book. The final week is meant to be a hands on apostolic service project with your team. Use your team leader guidebook as a workbook where you write in it and plan and prepare your team activities. You will find other helpful things for the activities on your Team Leader USB drive and online resource center.

Each weekly meeting is an opportunity to help your team members discover something new about God, themselves and the world around them. We all have questions in our hearts and Conquest gives you a unique way to work together to discover the answers to those questions.

In Conquest, we have a special way to help the boys discover the answers to their questions:

### **EXPERIENCE CONNECT DECIDE**

You will need to access the following websites for resources for this team leader guidebook.

[www.ConquestYouthMinistry.com](http://www.ConquestYouthMinistry.com)

Click on "Resources" along the top menu, then click on the "Login" button under the Team Leader Resource Center & Training section. Make sure to obtain your password from your Conquest Adult Leader. Also, he should ask you to watch the Team Leader Online Training Modules, take the short quiz at the end, and print your certificate and provide it to him. You have been given an awesome responsibility to serve souls on your team, so you need to ensure that you are capable by taking the initiative to go through some training early in the year.

[www.YouTube.com/ConquestClubs](http://www.YouTube.com/ConquestClubs)

Look for and use the 5<sup>th</sup>/6<sup>th</sup> Grade Team Leader Playlist

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# HOW TO USE THIS GUIDEBOOK

## HOW TO USE THIS GUIDEBOOK

This guidebook is intended for your personal use, the Conquest “teen” team leader, (ideally 2-3 years older than the boys you are leading). The team leader is the most important role in the group, and the success of the team is directly proportionate to your generosity in giving your time and talent for your team of boys entrusted to you. This cannot be taken lightly. This is your mission.

In order to help foster this dedication and leadership, the Conquest adult leader is present to actively encourage and motivate you. Ideally he will be reviewing your planning and preparation each week, offering his support, suggestions, and critique, all to form you into the true leader God calls you to be, with an apostolic heart on fire for Christ and His Church! Don’t forget to ask him for your password to the Team Leader online resource center at [www.ConquestYouthMinistry.com](http://www.ConquestYouthMinistry.com)

This guidebook is broken down into the following areas:

### 1. PROJECT OVERVIEW SECTION:

This is a complete overview of the entire proposed apostolic service project the team should complete in the weeks allocated. Of course you are free to choose any optional project from the online resources or even create your own!

### INTRODUCTION PAGE

**PROJECT NAME AND LOGO:** This states the suggested name and logo for the apostolic project.

**SERVES:** This indicates who or what is aided. (Poor, Family, Church, Friends, Sick & Elderly, or Community)

**TIMEFRAME:** This indicates the time of year best to apply this apostolic project.

**PRESENT THE NEED TO MY TEAM:** This area contains some questions for you to pose to the team to incite discussions on the particular topic that will lead them to the apostolate. It also may contain some references that you can use (Catechism, YouCat, Gospel verses, stories, etc.) to help you motivate the team.

**CALLED TO SERVE:** This is a summary of the apostolic project, and what the team is called to do to directly address the need.

## WEEKLY PLANNING

**MASTER PLAN BY WEEKS:** This section lists the activities and planning suggestions to be taken week by week along with the appropriate weekly theme that links to the apostolic service project.

## TACTICS BY AREAS

**LOCATION:** The suggested place(s) where the project should be executed, along with some practical advice for the location planning.

**PROVISIONS:** A list of items and materials needed to carry out the project.

**RESPONSIBILITIES:** Since each boy needs a responsibility, this suggests some specific ones that will be needed for the project.

**CONTACTS:** We cannot complete our mission alone, so this provides a list of people with whom the message needs to be spread and how to do it.

## DEBRIEFING

This area helps you to plan out the final details of the project including any last minute instructions for the team.

**SPECIAL OPS:** Provides key elements and best practices for the team's success.

**CONTINGENCY PLANS:** This provides variations of the project. Depending on circumstances, projects can be varied to meet needs of the team or local area.

**ROLL CALL - ORGANIZING THE TEAM:** This is where you can put the pertinent contact information for all those helping with this project including team members, adult volunteers and other contacts.

**APPENDICES:** Some projects may have an appendix which gives you an example or references that may be helpful for how certain aspects of the project can be done.

**PROJECT NOTES:** This area is left blank for you to write down any pertinent information for you to refer back to for this project.

# HOW TO USE THIS GUIDEBOOK

## 2. WEEKLY ACTIVITIES:

### PLAN & PREP

Each week you should review the weekly activity plan with the adult club mentor who can share some tips to help you better prepare for that next weeks activities. Each weekly activity has a “Prep and Plan” section to help you understand the theme.

**QUESTION OF THE WEEK:** This is the actual theme to discuss and you need to gear all the activities to help answer this question.

**NEED WE ARE RESPONDING TO:** This presents the deeper need or reason why we ask this question.

**CONVICTIONS & DECISIONS:** These are ideas and decisions you are trying to help your team understand. Hopefully by the end of the meeting they are ready to live differently.

**WHAT IS THE ANSWER TO THE QUESTION?** Brief and summarized answer to present to the team.

**MAIN IDEAS:** Usually a few ideas that help answer the question. Ideally, it is best to use this as a personal resource only for you to gain an understanding and come up with ideas to transmit this theme to the team. It is not meant to be read word for word, but rather summarized in your own words and stories.

**WHAT DOES THE CATECHISM SAY ABOUT THIS QUESTION?** YouCat numbers are listed and quoted to help better answer the question of the week.

**HOW WOULD YOU SUMMARIZE THE ANSWER AND MAIN IDEAS IN YOUR OWN WORDS?** A place for you to take notes to present the question and answer points to your team.

**THIS WEEKS MEETING AT A GLANCE:** A breakdown of the 6 steps of the weekly meeting and approximate time per step.

**MATERIAL YOU WILL NEED FOR THIS WEEK'S MEETING:** A list of supplies and materials for you to plan ahead of time to bring. Adult leaders should help you obtain them.

**WHAT IS ON THE TEAM LEADER USB DRIVE OR ONLINE FOR THIS WEEK?:** A list of files, handouts and videos you will need for the activities.

### EXECUTE: TEAM ACTIVITY TIMELINE

After you prepare, there are 6 steps to execute each week during your Conquest weekly activity.

**STEP 1 - SPORTS & GAMES:** Some suggestions are offered for an active activity that also ties in with the theme.

**STEP 2 – GETTING STARTED:** Always take attendance and choose someone to lead the opening prayer.

**STEP 3 - EXPERIENCE: → DYNAMIC ACTIVITY:** This is the formative activity that will help you answer the question and get across the key ideas of the weekly theme. You want the boys to have an experience that helps them to better understand the question and the answer. Usually a game and video(s) for discussion.

**STEP 4- CONNECT**

**TO CHRIST → GOSPEL READING & REFLECTION:** One member should be chosen to read the Gospel passage. At the end, instruct the members that there will be 1-2 minutes of silence. You then ask if anyone would like to share any lights or inspirations. Insights and questions are also provided to assist you in leading the boys.

**TO OTHERS → SAINTS & INSPIRATIONAL STORIES:** This is the time when you can tell them the story of a saint or modern day hero who also had this question of the week and found an answer.

**STEP 5- DECIDE → TEAM COMMITMENTS:** The final connection should be to the boys own lives and they should want to live differently and make a decision – individually and as a team to do something that week. Suggestions are offered here for a commitment that the team can do. Review last weeks commitments, and how many team members fulfilled it.

**STEP 6 -PROJECT TIME & WRAP UP:** Review the previous weeks planning, action items and record this weeks new actions to be completed. Wrap up and closing prayer.

### **3. CREATE YOUR OWN PROJECT**

Perhaps the apostolic project provided is not right for your team. Do you have another one in mind? Use this blank template to create your own.

### **4. PROJECT EVALUATION**

This area is great to evaluate how well the team did overall for this project. There are questions for you to answer and review with the Adult leader and your team. There is also a space titled the “Hall of Fame” to record the struggles, fun, and fruit achieved from this project.



# SPECIAL SYMBOLS

**YOU WILL SEE THESE ICONS IN THE  
GUIDEBOOK TO HELP YOU.**



Indicates a moment to ask the boys a question and get them talking

**VIDEO**



Indicates you will need a computer or tablet to watch a video clip online

**ANSWERS**



Indicates a reference or quote from the YouCAT Youth Catechism

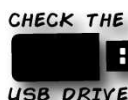
Indicates materials you will need for the activity



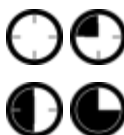
Indicates a team leader tip to help you lead the activity



Indicates a moment to tell an inspirational story or story of a saint



Indicates there are additional materials on the Team Leader USB drive & online resource center



Indicates the amount of approximate time needed for an activity (15 min's to 1 hour)



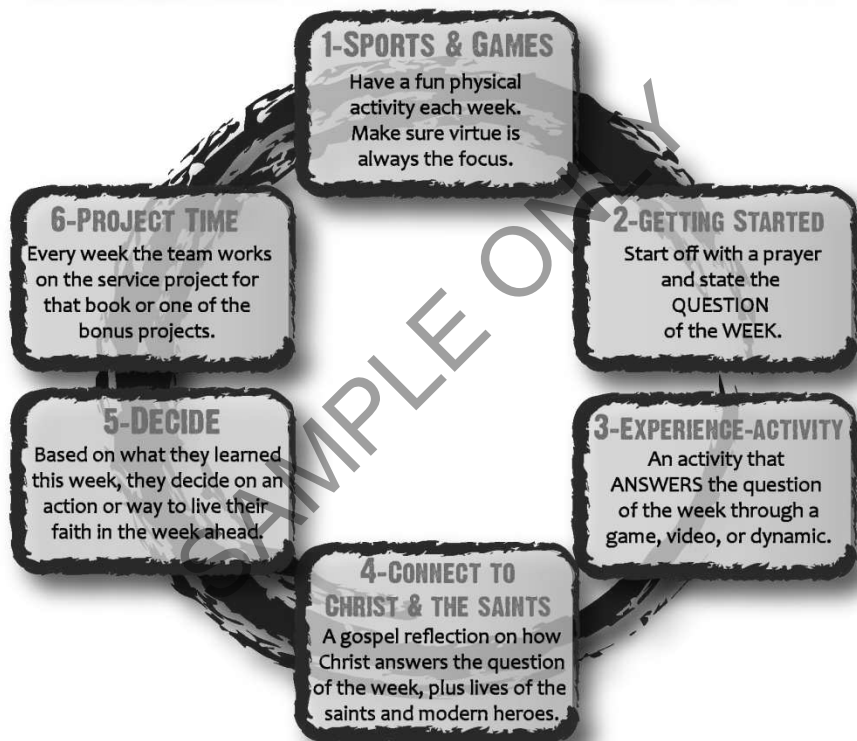
Indicates videos on the Conquest YouTube Channel Team Leader Playlist



Indicates indoor or outdoors activity

# THE WEEKLY MEETING

## 6 PARTS OF THE CONQUEST WEEKLY ACTIVITY



**FOLLOW THE TABS ON THE BOTTOM OF THE PAGES TO KNOW WHAT PART OF THE MEETING YOU ARE ON.**

**1 2 3 4 5 6**



# GUIDE SHEETS

## WEEKLY GUIDE SHEET HANDOUTS



The Team Leader USB drive and online resource center have weekly meeting guide sheets that you can print and hand out each week to your team members. You or the Adult Leader can also email them to the member's parents so they can see what their son learned and discussed that week.

*Example of a weekly guide sheet*

## EACH MEETING GUIDE SHEET HAS:

- The question of the week
- A few YOUCAT numbers that help answer the question
- A passage from the Gospel that helps answer the question
- A recap or quote from the saint and stories of the week that help answer the question
- Some team discussion points to help to discover the answer to the question
- A place to jot down the answer of the week in your own words.



## **PILGRIM QUEEN**

**SERVES:  
FAMILY**

**TIME:  
SEPT / OCT**

### **PRESENTING THE NEED TO MY TEAM**

- Do you know that families today are constantly under attack?
- Families are being pulled apart by our culture. Constant activity by every family member leads to very little time spent together.
- Watch the news, what do you see? Everything seems stacked against the Christian family. Divorce, abortion, and general immorality seem rampant.
- How often do you talk with your parents one on one? The average teenager speaks meaningfully with their parents for 2 minutes a day.
- Who can help lead families closer to Christ? Mary, our Queen of the Family.
- She stays close to every family that invokes her.
- How can we help bring families to Christ through Mary?
- There is a Mission Network program called Pilgrim Queen of the Family where 10 families share a beautiful image of the Blessed Mother in a wood shrine. Each family has the image of Mary in their house three days a month and prays the rosary before her. It is a huge help to families who have tried it out.



## **FAMILIES ARE CONSTANTLY UNDER ATTACK**

### **OUR CALL TO SERVE**

Let's find out more about this program and use it to help bring Mary to all these families to lead them to Christ!

## **PROJECT OVERVIEW**

# PROJECT OVERVIEW

WEEK	STEPS	QUESTION OF THE WEEK
1	<p><b>Call:</b> Contact a local priest and determine a date and time to bless the Pilgrim Queen Shrines.</p> <p><b>Create Invitations:</b> Make invitations for families to join in Pilgrim Queen of the Family that include the date of the blessing ceremony - start with the team members families. (Ceremony should ideally be in week 7)</p>	What is good about me?
2	<p><b>Invite:</b> During this week the boys begin to promote with a goal of getting at least 10 of their families to participate. If there are more than 10 families, the goal should be 20 (10 families per shrine)</p>	Why don't people understand me?
3	<p><b>Purchase:</b> Purchase the Pilgrim Queens shrines. Go to <a href="http://www.pilgrimqueen.org">www.pilgrimqueen.org</a> You need to order them at least 10 days in advance. Ideally, to help pay for the shrine (which is \$50) you could ask each family to donate \$5, as all 10 families will own the shrine.</p>	Why am I here in this world? What is my mission?
4	<p><b>Rehearse:</b> This week the boys should rehearse the blessing ceremony to make sure it all runs smooth.</p>	What does it mean to be a Christian?

PILGRIM QUEEN



WEEK	STEPS	QUESTION OF THE WEEK
5	<b>Remind:</b> The boys need to remind each family that agreed to participate that the blessing ceremony is coming up. Make a call list for the boys to split up. Each boy whose own family is participating needs to remind their parents.	Why do I feel like I bother adults?
6	<b>Create Schedule:</b> Make a schedule for rotating the shrine through the different families. Try to obtain their actual address so as to make a route that the shrine can travel. Ideally each family should have the shrine for 3 days, but if logistics become a problem, they could rotate the shrine once a week (perhaps giving the shrine to the next family at Sunday Mass)	Why did God make me this way? Am I normal?
7	<b>Bless:</b> Pilgrim Queen blessing is done this week. A local priest should bless them all in a Church with all the families involved present. The boys could show a little slide show of problems families encounter and there should be some words to emphasize how Mary helps families out (these words could simply be the homily if the priest wants to say Mass).	Is it wrong to want people to like me? Where do I fit in?
8	<b>Rotate and Present!:</b> The shine should begin rotating through all of the families. This is the day that we present the project to the parish pastor, to try to start this program in our parish where Conquest meets weekly, sharing the proven success of this project.	<b>Service Project:</b> There is a short Gospel Reflection to help motivate the boys for this apostolic project.

## PROJECT OVERVIEW

# TACTICS BY AREAS

**SERVES:  
FAMILIES**

**TIME:  
SEP / OCT**

## LOCATION

- The boys should try to do this for their own parish where the Conquest group is located.
- The pastor should provide permission prior to starting this project.
- The ideal location is the parish for the blessing ceremony. It could be after a weekend Mass, or even a special Mass if the priest is available and willing.
- If there is another room for a reception with snacks afterwards, it would be an opportunity for stronger Catholic families to help out those struggling in their faith.

## PROVISIONS

- Pilgrim Queen of the Family Shrine – can be purchased at [www.PilgrimQueen.org](http://www.PilgrimQueen.org)
- Fundraising \$\$ - or donations to help purchase the shrine
- Flyer / emails: Promotion for families to join this project. The boys can use pictures from the website for their invitations, but need to personalize them with the date, time and location of the blessing. Testimonies are also available for the blessing event.
- All families participating should sign up for the Pilgrim Queen of the Family newsletter on the website.

**PILGRIM QUEEN**



# TACTICS BY AREAS



## RESPONSIBILITIES

- One member needs to be the liaison with the pastor, especially first seeking his permission for this project and then setting an available date for the blessing ceremony for the shrine (preferably with Mass).
- One member needs to make the invitations / flyers.
- One member can be in charge of promotion via email / social media, and to obtain the addresses of those families that agree to participate.
- One member needs to purchase the actual shrine online, and be in charge of collecting the donations at the blessing ceremony to pay for the shrine.
- Two or three members can form a committee to investigate the problems facing families today, and prepare a short slide show and talk for the blessing ceremony (optional)

## CONTACTS

- Priest: to do the blessing: He needs to know how this will help his parishioners. Mary, will become Queen in all these families' homes and lead them all towards Jesus. He needs to see that the boys on the team intend to continue this as a long term project, and not just a quick one. The fact that one of the intentions of the family rosary is vocations may help win him over.
- Team members' parents: They need to know the responsibility of being the guardian of a Pilgrim Queen shrine. The team leader may want to contact them individually by phone or signed letter during week one or before to ensure their 100% support. They need to see how this will enrich their family.
- Families to participate: They need to see how Mary is the Queen of all families and can support their family through all difficulties. A good line for them is "The Family that prays together, stays together." Everybody wants the benefits Mary will bring, they just need to know she will indeed bring them.

# PROJECT OVERVIEW



# DEBRIEFING

**SERVES:  
FAMILIES**

**TIME:  
SEP / OCT**

## SPECIAL OPS

- If possible, the team leader should get a guest speaker for the project to speak to the boys early on as well as at the blessing ceremony. A local psychologist or doctor is ideal, but other mature adults knowledgeable with the topic could also present.
- This needs to be a long-term project rather than a quick one. The boys need to realize that fruits will only come over the long term. They can start this at the parish and spread it very quickly with some effort.
- The idea is that this group of families continues indefinitely, although other people can take the lead and become guardians.
- The boys should pray a daily decade during this time. They need Mary's help or they will not succeed.
- Make sure the blessing ceremony is as professional as possible.

## CONTINGENCY PLAN



- The boys can organize a monthly or quarterly recitation of the rosary for all those involved in this project. This would involve having the rosary prayed by all the families together in a church one evening followed by a guest speaker (and possibly kids activities in the parish gym or hall that they themselves can organize).
- The boys can promote a special novena for families, and ask families to pray a decade of the rosary each day for 9 days.

**PILGRIM QUEEN**

# ROLL CALL

## ORGANIZING THE TEAM

NAME	PHONE	EMAIL
1.		
2.		
3.		
4.		
5.		
6.		
7.		
8.		
9.		
10.		
11.		
12.		
13.		
14.		
15.		

SAMPLE ONLY



**SERVES:  
FAMILIES**

**TIME:  
SEP / OCT**

**PROJECT NOTES:**

Sample Only

**PILGRIM QUEEN**





# WHAT IS GOOD ABOUT ME?

## PREP & PLAN THE ACTIVITY

This section is meant to be a guide to help you prepare the activity for your team

### QUESTION :

**WHAT IS GOOD ABOUT ME?**

### NEED WE ARE RESPONDING TO:

I need get to know myself and accept myself.

### CONVICTIONS & DECISIONS TO REACH IN THE ACTIVITY:

I can and want to be happy. I want to be free and authentic.

### WHAT IS THE ANSWER TO THE QUESTION?

You are a good person. God is good and we were made in his image and likeness. We are not perfect but we can do great things for God and other people. We are valuable and capable of doing a great deal of good. The more we believe that, the easier it will be to venture out and change the world. No one is perfect, but we cannot only focus on the things we don't like about ourselves.



#### TIP:

These ideas will help you answer this week's question. Highlight the main ideas that jump out at you so that you can have them clear in your mind.

### MAIN IDEAS:

1. Some people wish they had been born differently. They wish they were one of those "avatars" in video games where you can choose all your personal characteristics: height, age, face and hair, physical build, skills, career, intelligence...you can even dress yourself in the clothes you want. Magazines, movies, and TV shows sometimes present unrealistic ideals of people that we should try to be like. When we compare ourselves with those "standards" we can get down on ourselves. You start judging yourself and others according to external characteristics. You forget that there is a much deeper dimension in every person: their soul. Your true goodness is actually within. When we forget this, we lose sight of God's love for us, because God loves you just the way he made you.
2. God knew exactly what he was doing when he chose every one of your personal characteristics. You may consider some things about yourself as "not good" but everything that you see as a struggle or difficulty can make you a stronger person. The old saying and song says "What doesn't kill you makes you stronger" and it is true. It is in striving to overcome our personal limitations that we become more compassionate towards others, forgiving of other people's mistakes and less centered on ourselves and more centered on others. Without this sincere self-acceptance, you could end up spending most of your life wishing that you were someone else -the "ideal" you- but that isn't the person God intended you to be. He

# WHAT IS GOOD ABOUT ME?

## PREP & PLAN THE ACTIVITY

This section is meant to be a guide to help you prepare the activity for your team

- loves you for who you are, and exactly how he created you.
3. Actions and identity: Sometimes we make poor choices and find that we have done something bad. Perhaps we have heard adults say something like “that kid is a bad influence on you, I don’t want you to hang around with him.” We have to remember to separate the person from the sins. Our actions can sometimes mislead others to make external judgments, but just because we do something bad, or fall into sin, doesn’t make us a bad person. We are merely human, and since we are prone to sin from the original fall of Adam, it is normal. It is only when we choose to seek forgiveness from God who is all merciful, that we begin to see the good in ourselves again and to focus on doing only good, and what God created us for.
  4. Always remember, Jesus loves you just the way you are!

## WHAT DOES THE CATECHISM SAY ABOUT THIS QUESTION?



### #280 What reasons do Christians give for human dignity?

Every person, from the first moment of his life in the womb, has an inviolable dignity, because from all eternity God willed, loved, created, and redeemed that person and destined him for eternal happiness. If human dignity were based solely on the successes and accomplishments of individuals, then those who are weak, sick, or helpless would have no dignity. Christians believe that human dignity is, in the first place, the result of God’s respect for us. He looks at every person and loves him as though he were the only creature in the world. Because God has looked upon even the least significant child of Adam, that person possesses an infinite worth, which must not be destroyed by men.



### DON'T FORGET

Print out the Meeting Guide from the Team Leader USB drive or online resource center for this week. The Meeting Guide Sheet for the team members has the numbers from the YouCat, gospel quote, saint stories and team discussion questions to help answer the question of the week.



# PREP & PLAN THE ACTIVITY

## THIS WEEKS MEETING AT A GLANCE

1	SPORTS & GAMES: SPELLY SOCKS	30 MIN
2	GETTING STARTED	5 MIN
3	EXPERIENCE ACTIVITY: BRAINSTORM VIDEO ANSWERS: BE A GOOD PERSON - MUST WATCH!	15-20 MIN
4	CONNECT: TO CHRIST- GOSPEL REFLECTION: MARK: 10: 17-31 TO THE SAINTS- ST PHILIP DE JESUS BLESSED DINA DELANGER	15-20 MIN
5	DECIDE: COMMITMENTS	5 MIN
6	PROJECT TIME & WRAP UP	20 MIN

## MATERIALS YOU WILL NEED FOR THIS WEEK:

- A computer or tablet to show videos
- Spelly Socks
  - Poster or dry erase board
  - Double-sided sticky tape
  - Print out the Spelly Sock letters and cut them out
  - Each boy needs to be wearing socks and shoes
- Brainstorm
  - Paper and pen for each member
  - Poster or dry erase board



## WHAT IS ON THE TEAM LEADER USB DRIVE OR ONLINE RESOURCES FOR THIS WEEK?

- FILE: 7-8-Book1\_Week1\_Meeting\_Guide.pdf
- FILE: 7-8-Book1\_Week1\_Spelly\_Socks.pdf
- VIDEO: 7-8-Book1 – Week 1 Be A Good Person – Must Watch!

CHECK THE  
USB DRIVE





# WHAT IS GOOD ABOUT ME?

## SPORTS AND GAMES

You can choose to play any traditional sport or game, or try the suggested activity this week.

### SPELTY SOCKS



#### CHECK IT OUT:

How well can you twist and turn to spell a word with your hands and feet?



#### MAKE IT HAPPEN:

1. You will need to print out 2 sets of the letters from the team leader USB drive or Online Resource Center and cut them out individually (one set per team). Print the Team Leader word guide round sheets as well.
2. Split the team in two. Have all the boys take off their shoes. Give each boy 4 letters from the set for their team, and have them tape them to the bottom of their socks, and to the bottom of their shoes. They then need to wear their shoes on their hands.
3. Basically you should give each team enough letters to make the correct words and a few extra letters. You will need 6 people per team (so 24 letters per team on the socks and shoes since there are 4 for each person). Make sure that each team have the same letters.
4. You will need a scoreboard where you can keep tally of the words the teams form. You can use a dry erase board or a poster board. Have a dictionary on hand or check online to confirm.
5. You can play this game with a number of rounds to keep it dynamic. The goal of the game is to form as many words as possible, using the letters on their feet and hands (shoes). The trick is that they must put their feet and hands in the order of the words so that each letter can be seen. Once it is done, the person writing the words will record it and they can move to their next word. Of course this will create some chaos as you will have people who need to reach, twist and turn to get their feet and hands into position. Tell the teams the point scoring breakdown so the teams know the rules. 2 Letter Words = No Points; All other words get the number of points equal to the number of letters (3 letter word = 3 points) Whoever has the most points wins!

# SPORTS AND GAMES

You can choose to play any traditional sport or game, or try the suggested activity this week.

Explanation for the rounds:

**Round 1: Good qualities in people...** Rapid fire round to make as many words as possible of good qualities in people. (The answers are on the USB or resource center)

**Round 2: Word that means...** The team leader gives the definition of a word and the team scrambles to spell it. (The questions and answers are on the USB and resource center)

**Round 3: Rhymes with...** the team leader gives a word and they need to try to come up with one that rhymes with it.

## WRAP IT UP:

Even though that game was kind of crazy, did it get you to start thinking about the qualities that make a person good? All of those good qualities do not add up to the one main reason that you are good : the fact that God created you in his image and likeness and gave you a soul. He loves you infinitely and you have been created to do good.

TALK ABOUT IT!

**CONQUEST** 7TH & 8TH GRADE ACTIVITY

**ROUND 1 GUIDE**

**"GOOD QUALITIES IN PEOPLE"**

FOR TEAM LEADERS USE

INSTRUCTIONS TO TELL THE TEAM: IN THIS ROUND YOU CAN COME UP WITH AS MANY WORDS AS POSSIBLE OF GOOD QUALITIES IN PEOPLE. FOR EACH WORD YOU GET, WE WILL GIVE YOU POINTS ACCORDINGLY ON THE BOARD AND THEN YOU CAN GO ON TO THE NEXT WORD. WORDS WITH 2 LETTERS GET NO POINTS AND ALL WORDS WITH OVER 3 LETTERS, GET THE POINTS EQUIVALENT TO THE NUMBER OF LETTERS.

POSSIBLE ANSWERS: (REMEMBER - THE TEAMS MAY FIGURE MORE OUT BUT THESE ARE SOME FROM THE LETTERS WE SUGGEST YOU USE.)

KIND	FAITH
PATIENCE	GENEROUS
HONEST	GRATITUDE
TRUST	HUMOUR
CARING	JOY
HAPPY	LOVE
FUN	LOVE
NICE	MERCY
POSITIVE	SHARING
COURAGE	SUPPORT
POLITE	RESPECT

# WHAT IS GOOD ABOUT ME?

## GETTING STARTED

List each member in attendance, and record a check mark if they brought their Conquest Member Book and are wearing their T-shirt

### ATTENDEES

DATE:

NAME	MEMBER BOOK	T-SHIRT
1.		
2.		
3.		
4.		
5.		
6.		
7.		
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15.		

### OPENING PRAYER

Ask a team member to lead the opening prayer (Invocation of the Holy Spirit) in the Conquest Member book. Ask the boys if they have any special intentions.

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Remind your team members to use their Conquest member books to record notes!

WEEK # 1

1 2 3 4 5 6



## EXPERIENCE: DYNAMIC ACTIVITY



Remember – the activity is supposed to help the boys have an experience that leads them to answer the question of the week.

### BRAINSTORM

#### CHECK IT OUT:

Who do you admire?

Who is someone you would like to be like? Why?



#### MAKE IT HAPPEN:

1. Set up a post board or dry erase board on the wall so that all the boys can see it.
2. Divide it into 2 columns but don't put a title on either column.
3. Ask the boys to start brainstorming and each write on a piece of paper things or qualities that they admire in other people or that they wish they had. You can help them by having them think of someone who they admire or would like to be like and they need to think why that is. Honesty is an important part of this game. Each boys should write down at least 5 things.
4. Collect all the papers and read them out loud. (keep it anonymous)
5. As the team leader, you need to distinguish what qualities are physical traits and which ones are deeper. As you read, you can jot the characteristics in one of the two columns without telling the boys why there are two columns. They will catch on sooner than later. For example, huge muscles is an external characteristic. Kindness would be a deeper characteristic and they would go in different columns.
6. After you have about 30 characteristics you can write the two titles on the columns: "EXTERNAL" and "DEEPER". If the external characteristics are more numerous than the deeper column, you can talk to the boys about the fact that "goodness" is not an external thing. It is internal. If the deeper characteristics outweigh the superficial things, you can congratulate them for understanding goodness.



#### WRAP IT UP:

Sometimes we only look at the external things when we ask ourselves "what is good about me?". We have to look deeper, and realize that God created us in his image and likeness, and only creates good.

#### CHANGE IT UP:

You can ask the boys to add to the column "DEEPER" after they begin to understand. Things like: Someone who is virtuous, someone with character, someone who is honest, someone who has strong values, someone who is always kind and respectful, etc.

# WHAT IS GOOD ABOUT ME?

## EXPERIENCE: DYNAMIC ACTIVITY



Remember – the activity is supposed to help the boys have an experience that leads them to answer the question of the week.

### VIDEO ANSWERS:

*VIDEO*



*ANSWERS*

Let's watch this short video clip about doing good.



Video #1 – 7-8-Book1 – Week 1 Be a Good Person – MUST WATCH!



This was a quick video, but can help the boys to see how being a good person in the small things, can lead to good outcomes in the future. Discuss it with the team. What else did they learn? Make sure to take notes in the section below.

### NOTES

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**WEEK # 1**

**1 2 3 4 5 6**



## CONNECT: TO CHRIST - GOSPEL REFLECTION



Remember – the gospel reflection is a moment to help the boys understand how Jesus responded to the question of the week with his life or his words in the gospel.

Choose one of the boys to read the passage.

### GOSPEL READING:

MARK 10: 17-31

#### THE RICH YOUNG MAN

As he was setting out on a journey, a man ran up, knelt down before him, and asked him, “Good teacher, what must I do to inherit eternal life?” Jesus answered him, “Why do you call me good? No one is good but God alone. You know the commandments: ‘You shall not kill; you shall not commit adultery; you shall not steal; you shall not bear false witness; you shall not defraud; honor your father and your mother.’” He replied and said to him, “Teacher, all of these I have observed from my youth.” Jesus, looking at him, loved him and said to him, “You are lacking in one thing. Go, sell what you have, and give to the poor and you will have treasure in heaven; then come, follow me.” At that statement his face fell, and he went away sad, for he had many possessions. Jesus looked around and said to his disciples, “How hard it is for those who have wealth to enter the kingdom of God!” The disciples were amazed at his words. So Jesus again said to them in reply, “Children, how hard it is to enter the kingdom of God! It is easier for a camel to pass through the eye of a needle than for one who is rich to enter the kingdom of God.” They were exceedingly astonished and said among themselves, “Then who can be saved?” Jesus looked at them and said, “For human beings it is impossible, but not for God. All things are possible for God.” Peter began to say to him, “We have given up everything and followed you.” Jesus said, “Amen, I say to you, there is no one who has given up house or brothers or sisters or mother or father or children or lands for my sake and for the sake of the gospel, who will not receive a hundred times more now in this present age: houses and brothers and sisters and mothers and children and lands, with persecutions, and eternal life in the age to come. But many that are first will be last, and the last will be first.

#### GOSPEL INSIGHTS:

This passage is all about the theme of the week. Basically this young guy comes up to Jesus and asks him what he has to do to be a good person. Jesus starts off by telling him that our goodness comes from God and that we cannot be good without him. Then Jesus goes on to tell him to follow the commandments. The young guy says he has done that and wants to be an even better person. He wants to do more. Jesus tells him to let go of all those things that hold him back from following God completely and the guy goes away sad because he just can't do it. He wants to be good but he also wants to keep living the way he has been living.



# WHAT IS GOOD ABOUT ME?

## CONNECT TO OTHERS: IT'S NOT ONLY YOU



Remember – the goal of this moment is to help the boys realize that they are not the only ones who have dealt with this question.  
Share the story of the saint or other inspirational story.

### REFLECTION QUESTIONS TO TALK ABOUT

TALK  
ABOUT IT!

Why do you think this young guy came to Jesus to ask him that question?

How do you think he was feeling? What do you think he was expecting Jesus to say?

Are you surprised that Jesus told him the 10 commandments are an effective guide to live a good life? Do you ever feel like you want to be a better person but there is something holding you back? Something that you don't want to let go of, but you know you should? How do you think you can get the strength to let go of the things that keep us from Christ?

### HOW DID CHRIST HELP US ANSWER THIS WEEK'S QUESTION IN THIS PASSAGE?

Christ answers this question by his words to the apostles to go out and make a difference and spread the good news. Sometimes we can be afraid but we need to remember that Jesus is with us and will send us signs that we are on the right path.

### SAINT STORY:

#### ST PHILIP DE JESUS



Philip was born in Mexico City in 1572. He was known to be a bit of a frivolous and materialistic boy but he decided to become a Franciscan. After some months, Philip grew tired of religious life, and he actually left the Franciscans to take up a business trading career, and went to the Philippines. He repented and decided to re-enter the Franciscan order in Manila. On his way back to Mexico to be ordained a priest, his ship was caught in a storm and driven into the waters of Japan. Landing in Japan in 1596, the authorities there seized the ship and imprisoned its crew and passengers. They thought that the missionaries were sent to prepare the way for soldiers to take over Japan. Philip and the other friars were all kept prisoners in the friary, then they were transferred to the city prison. He and 23 others were put to death by crucifixion at Nagasaki on a place now called Mount of the Martyrs. He was only 25 years old. He was canonized in 1862. He is the first Mexican saint.

## CONNECT TO OTHERS: IT'S NOT ONLY YOU



Remember – the goal of this moment is to help the boys realize that they are not the only ones who have dealt with this question. Share the story of the saint or other inspirational story.

### SAINT STORY:

### BLESSED DINA BELANGER



Blessed Dina Belanger was born in 1897 in Québec, Canada. Her mother and father were very charitable, and would take Dina with her on her errands of mercy to the poor. Her mother took her to daily mass and taught her to pray at an early age. She studied music and planned to become a concert pianist. While studying high school in a boarding school, she visited the nuns at a nearby convent and felt called to be a nun but she was too young.

She was known at the boarding school for being talented, a bit timid but very devoted to prayer and kind. She would encourage the other girls to come and make visits to the blessed sacrament with her.

She returned home and although she spent time with friends and family, she dedicated time to prayer. She continued to show how talented she was at the piano and received the opportunity to go study at the conservatory in New York City. She stayed at 'Our Lady of Peace', a home run by the nuns of Jesus and Mary, which was founded to provide a safe place for girls and women coming to the big city to study or work. After her studies were complete, she returned home and started to look into different orders of nuns because she felt called to a life of prayer. To everyone around her, she was a normal young girl enjoying life. But she also had a very deep life of prayer and would frequently hear Jesus speaking to her in prayer. She decided to become a nun in the Congregation of Jesus-Marie when she was 24 years old. As a nun, Dina Belanger taught music her whole life.

She caught scarlet fever and was not allowed visitors for weeks. On the request of the nun in charge of the convention, Dina began writing her autobiography and spiritual journey. Dina died on in 1929 at the age of 32 of tuberculosis and was beatified by Pope John Paul II in 1993.

## DECIDE: TEAM COMMITMENT



## WHAT WAS LAST WEEK'S QUESTION AND ANSWER?

## WHAT WAS OUR COMMITMENT FROM LAST WEEK?

## HOW DID WE ALL DO THE COMMITMENT THIS WEEK?

Every team member should indicate how well they did in fulfilling their commitments over the past week with a thumbs up, to the side, or down. The Team Leader should track each result by placing a “tick mark” under the appropriate hand symbol, then circle the hand with the most marks to indicate how well they performed their commitments as a team.



## VIRTUE OF THE MONTH

[illegible][illegible]

## CHARITY

Review the Conquest Member Calendar and remind all members of the particular Virtue of the Month. Discuss with the team how they can conquer this virtue this month and work on ways of living the virtue each and every day. Make sure they take notes in their Conquest Member Book and all commit to working on this virtue.

## KINDNESS



## DECIDE: TEAM COMMITMENT

**LEAD YOUR TEAM TO COME TO A DECISION TO LIVE THEIR LIVES DIFFERENTLY AFTER THIS WEEK'S ACTIVITY...**

### **WHAT WAS THE QUESTION WE STARTED OUT WITH?**

What is good about me?

### **WHAT DID WE FIND OUT? WHAT WAS OUR ANSWER?**

I am a good person, and there are lots of good things about me. God is all good and I was made in his image and likeness. God doesn't create junk! I am not perfect but I can do great things for God and other people. I am valuable and capable of doing a great deal of good. In the gospel, Jesus gives us clear guidelines of how to be good in our lives and challenges us to let go of what is holding us back. The saints show us how goodness comes in different shapes and forms.

### **SUGGESTIONS FOR PERSONAL COMMITMENTS**

1. Every day I can do something good for other people and God. Being a good person is my daily choice.
2. I can do an examination of conscience each night, and see where I fell short in doing good for others.

### **WHAT IS SOMETHING WE CAN WORK ON TOGETHER AS A TEAM AND PUT THIS INTO PRACTICE?**

We can all commit to looking at the good qualities of each person we come into contact with this week. Not the external traits, but the deep inner qualities that make up the good in the person.

### **OUR TEAM COMMITMENT FOR THIS WEEK:**

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# WHAT IS GOOD ABOUT ME?

## PROJECT PLANNING

### THIS WEEK'S PROJECT ACTION ITEMS

WHO	ACTION ITEM	NOTES
	<b>Call:</b> Contact a local priest and determine a date and time to bless the Pilgrim Queen Shrines.	
	<b>Create Invitations:</b> Make invitations for families to join in Pilgrim Queen of the Family that include the date of the blessing ceremony - start with the team members families. (Ceremony should ideally be in week 7)	

### WRAP UP & CLOSING PRAYER

V: We give you thanks Almighty God for all your gifts, living and reigning now and forever.  
R: Amen.  
V: Christ our King!  
R: Thy Kingdom come!  
V: Mary Most Pure, Queen of the Family!  
R: Pray for us!