

Friendship
Challenge
Catholic Service



*Team Leader Guidebook
Virtue & Saint of the Month*

SAMPLE 1 MONTH

This is a special team leader guidebook which you can use once a month to focus on the virtue and saint of the month that is featured in the Challenge calendar. Try to dedicate one meeting at the beginning of the month so you can work on the virtue all month. Use this team leader guidebook as a workbook where you plan and prepare your team activities. You will find other helpful things for the activities on your Team Leader USB and online resource center.

VIRTUE = GOOD HABIT

HABIT = REPETITION OF ACTIONS

CHRISTIAN VIRTUE = LIVING THE VIRTUES THAT CHRIST LIVED IN HIS LIFE

SAINTS = PEOPLE WHO LIVED CHRISTIAN VIRTUE HEROICALLY

In Challenge, we have a special way to help the girls discover the answers to their questions:

EXPERIENCE

CONNECT

DECIDE

This book belongs to:

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You will see these icons in the guidebook to help you:



Indicates a team leader tip to help you leading the activity

Indicates a reference or quote from the Youth Catechism

Indicates materials you need for the activity



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



Indicates a moment to ask the girls questions and get them talking



Indicates you will need a computer to watch a video segment online

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THE WEEKLY TEAM MEETING

The Challenge Weekly Team Meeting has 6 parts:



- 1 Team Time:** (10-20 min) for icebreakers, snack and time to hang out.
- 2 Getting Started:** (5 min) Start with a prayer & state this week's question
- 3 Experience:** (20-30 min) Hands on activity that helps the girls understand the answer to the question.
- 4 Connect:** (10-15 min) Gospel Reflection to connect to Christ & saint stories to connect to the Church and the world.
- 5 Decide:** (5 min) The girls should come up with a team promise of what they will work on during the upcoming week
- 6 Project Time:** Time get ready for your team's project.

**LOOK ON THE CORNER OF THE PAGE FOR THE FLOWER
TO KEEP TRACK OF EACH PART OF THE MEETING.**



VIRTUE & SAINT CALENDAR

EXPLAIN TO YOUR TEAM WHY WE HAVE A VIRTUE AND SAINT OF THE MONTH CALENDAR AND HOW TO USE IT.



Take time at the beginning of the first meeting to show the team the Virtue and Saint Calendar that comes in the Challenge Member Kit and Team Leader Kit. Virtue is important to us to live as Catholics and followers of Christ. Otherwise our words are empty. You cannot say you follow Christ but not live Christian virtues. It is like saying you are a figure skater but you don't know how to skate and never try to learn. Each month we try to learn about and live one virtue in Challenge. We call it the virtue of the month.

Explain the process and steps to becoming a saint that can be found on the front page of the Calendar. Saints are people who loved God and lived virtue heroically. We can learn from their lives how to follow Christ everyday and make it to heaven. To stick with the figure skating example – they are like Olympic figure skating gold medal champions. They inspire us with their lives and motivate us to keep going, knowing that it is possible. The calendar has one story of a saint each month. It also has all the saint feast days and liturgical celebrations.

August & September:
**WHY ARE LOYALTY &
CHARITY IMPORTANT?**

Before: Prep & Plan

This section is meant to be a guide to help you prepare this week's meeting & activity for your team.

QUESTION OF THE WEEK: *Why are charity and loyalty important?*

DEEPER NEED WE ARE RESPONDING TO: I need get to know myself and accept myself.

CONVICTIONS & DECISIONS TO REACH THIS WEEK: I have a special mission to fulfill.

MAIN IDEAS:



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.

Loyalty has a lot to do with a person's constancy, and fidelity to their word, to people and to their own honor. Well-placed loyalty survives difficulties. It weathers setbacks, resists temptation, and does not cave in to attacks. Loyalty engenders trust and preserves friendships. Loyalty is about being faithful to the Catholic Church, being faithful to God, being faithful to family, not betraying a friend when it means you will suffer because of it. I will follow Jesus even when others do not. Charity and loyalty are connected because to truly be loyal you need to love that person. We do not live in this world alone, by myself. In the same way that I cannot live alone, neither can other people. I need them and they need me. I can make a difference in other people's lives. One small action of mine can change another person's life. I may not see the impact, but that doesn't mean that it didn't happen. A true Christian should always be attentive to the opportunities that arise to bring others to Christ. Charity cannot be neutral, indifferent, or impartial! Charity takes risks! For true charity is always unmerited, unconditional and gratuitous!. Charity is creative.

POPE FRANCIS QUOTES FOR THIS MONTH:

"God always knocks on the doors of our hearts. God is always waiting for us, he always understands us, he always forgives us." - Pope Francis

"Practicing charity is the best way to evangelize. Love grows as it is "forged" by the concrete situations." - Pope Francis



WHAT DOES THE CATECHISM SAY ABOUT THIS QUESTION?

#148 Can Mary really help us? Yes. Since the beginning of the Church, experience has taught that Mary helps. Millions of Christians testify to it. Being the Mother of Jesus, Mary is also our Mother. Good mothers always stand up for their children. Because her love for us never ceases, we can be sure that she will plead for us in the two most important moments of our life: “now and at the hour of our death.

#90 Did Jesus work miracles, or are they just pious tales? Jesus really worked miracles, and so did the apostles . The New Testament authors refer to real incidents. The miracles took place in public; some of the persons involved were known by name, for instance, blind Bartimaeus or Peter’s mother-in-law . There were also miracles that in those Jewish circles were considered shocking and outrageous.

HOW WOULD YOU SUMMARIZE THE ANSWER AND MAIN IDEAS IN YOUR OWN WORDS?

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DON'T FORGET

On the Team Leader USB and online resource center, there are credit card size saint and virtue cards that you can print out each month for your team. On the cards there is an explanation of the virtue and a saint and there is a place where the girls can keep track of how they are living the virtue.

August & September:
**WHY ARE LOYALTY &
CHARITY IMPORTANT?**

Before: Prep & Plan

THIS MONTH'S VIRTUE & SAINT CARDS

Virtue is a habit and habits are something that come about when you repeat an action many times. As a team, you can work together living virtues.

The idea is that they fill in each space when they do an virtuous act. On the back of the card the girls can jot down a few things they want to do to live that virtue during the month.

For the younger Challenge members, you can motivate the girls through a campaign or contest about the virtue, having them mark their progress each week on a mural.





TIP:

Getting ready is the first step to a great weekly meeting and activity with your team. Remember – your whole meeting should be a series of activities and experiences that help the girls on your team answer the question of the week. There should not be a “talk” where the girls are just listening.

*This Week's Meeting
at a Glance*

- 1** Team Time
- 2** Get Started: Prayer & Question
- 3** Experience-Activity: Charity & Loyalty
Knots, Videos & Virtue Cards
- 4** Connect-Gospel Reflection: Luke 16:10-13
Saints : Angelina lo Dico /
Domenica Bernadini
- 5** Decide: Team Promise
- 6** Project Time!
Wrap Up

MATERIAL YOU WILL NEED FOR THIS WEEK'S MEETING:

- 3/8" wide white ribbon, 16" long
- binder clips
- fabric stiffener
- fabric glue
- Korean knotting cord, in 1.5mm or 2mm, or a combination, 1 yard of each color
- fusible velcro
- Print offs of Virtue Cards

**WHAT IS ON THE TEAM LEADER USB DRIVE OR ONLINE
THAT CAN HELP FOR THIS WEEK'S ACTIVITIES?**

CHECK THE



USB DRIVE

August & September Virtue Saint Cards

August & September:
**WHY ARE LOYALTY &
CHARITY IMPORTANT?**

1 *Team Time*

What is the plan this week for the beginning of the meeting? A game? Fun idea for snack? Special occasion? Icebreaker?

2 *Getting Started*

Start off with a prayer. You can say a Hail Mary, Glory Be or the Holy Spirit Prayer.

Who is there this week ?

Let them know what else you have planned for the meeting.

3 *Experience – Activity:*

ACTIVITY 1: CHARITY & LOYALTY KNOT BRACELETS



This is a really simple activity that the team can do to reflect on charity and loyalty. Start off by explaining to the girls about the symbolism of a knot. Infinity knots or celtic knots symbolize eternity or a promise that is not to be broken. There are quite a few variations on the knot, one of the more popular being the Celtic knot, which is dated to the 1st century AD, which is often referred to as the 'mystic knot' or the 'endless knot'. You cannot tell the beginning or end and it is an allusion to eternity, everlasting life.. Loyalty is about keeping your word and staying true. Knots are meant to stay strong and be unbroken. To emphasize this idea the girls can make charity or loyalty bracelets with an infinity knot.

STEP 1: Before the activity you should gather all the material listed on the previous page for each of the girls to make their b bracelet.

STEP 2: Using several tablets or phones, have the girls follow the instructions by going to link below. You can also print off instructions if you like.

<http://remarkablydomestic.com/2013/08/06/diy-infinity-knot-bracelet/>





STEP 3: Using the instructions have the girls make the bracelets. While they are working on the bracelets you can play the two videos below.

You can also tell them to story of the organization called Knots of Love that make blankets and hats for sick children and adults. As of July 2016 they have given away 307,269 knitted & knotted caps to chemo patients & 15,709 tiny blankets to babies in incubators.

If the girls are interested in doing this project or learning how to knit in order to help make blankets, this could be something you could set up as an “After Challenge Meeting” type project.

<http://www.knotsoflove.org/kol-kids>

ACTIVITY 2: VIDEO ANSWERS

Explanation: This is a quick video to help the girls see how being charitable is an important virtue for any Christian. The second video shows team loyalty.

VIDEO



ANSWERS

The Coat: A Story of Charity

<http://youtu.be/cp3IH8ZNvIQ>

Kerri Strug Vaults at Atlanta 1996 | Countdown to Rio 2016

<https://youtu.be/Bwa5Bf656As>

ACTIVITY 3: CHARITY & LOYALTY VIRTUE CARDS



Print off the virtue and saint cards for the month before the meeting. Pass out the virtue cards and brainstorm with the girls different ways to live this virtue of the month. Make sure they put the card somewhere they will see it every day. The idea is that if you do something 30 times for 30 days, it becomes part of your daily habits. If you do good things each day - that is called a virtue. The card is a visible reminder to practice the virtue of the month each day.

August & September:
**WHY ARE LOYALTY &
CHARITY IMPORTANT?**

4 **Connect** → *To Christ: Gospel Reflection*



TIP

Remember – the gospel reflection is a moment to help the girls understand how Jesus responded to this week's question with his life or his words in the gospel. Choose one of the girls to read the passage.

GOSPEL READING

Luke 16:10-13

The person who is trustworthy in very small matters is also trustworthy in great ones; and the person who is dishonest in very small matters is also dishonest in great ones. If, therefore, you are not trustworthy with dishonest wealth, who will trust you with true wealth? If you are not trustworthy with what belongs to another, who will give you what is yours? No servant can serve two masters. He will either hate one and love the other, or be devoted to one and despise the other. You cannot serve God and mammon.

GOSPEL INSIGHTS

Explain the gospel passage to your team so that they can better understand the life of Jesus.

This passage helps us understand the importance of loyalty and charity. Mammon is money or wealth but in a negative context where someone is greedily consumed by it. Jesus starts off by speaking about trust and loyalty. That you prove your loyalty in the little things – keeping your word, arriving on time, being there for people. Then he goes onto speak about your heart. Whatever you love will dictate your actions. If you are concerned about one thing, it is hard to focus on another. Jesus is saying that we need to keep our priorities straight in order to be loyal and charitable.

REFLECTION QUESTIONS TO TALK ABOUT

What are some little things that people trust you with to prove your loyalty?
What are some small acts of love that we could do to show our greater love?
What are some tempting things that can consume our thoughts and our hearts and distract us from what is important?
Have you ever had a moment where your loyalty or love was tested?

1

2

3

6

5

4

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



Jesus answers it directly by saying charity and loyalty are proven in the little and great things. He tells us how important it is to have our hearts and minds set on the right things.

Connect → *Saints and Stories*



Remember – your team and you are not the only people in the world who have asked the question. Let's talk about other people who have asked themselves this same question and found an answer.

Venerable Angelina Lo Dico



Angelina was born in Italy in 1900. Her father was the town pharmacist and her mother was a teacher. Angelina was very religious from the time she was young, thanks to her uncle who was a priest and encouraged Angelina in her faith. She was active at her parish and part of many youth groups. She decided to follow in her mother's footsteps and become a teacher. When she was 21 years old, she moved to a nearby town called Tinchì to teach there. The town was so poor and small, that it did not have a church or schoolhouse. The school was set up in an old barn. Angelina lived in a small room attached to the school house. She taught her students with great love and she taught them how to pray. On Sundays, she would walk almost 7 miles to go to Mass because none was offered in Tinchì. The townspeople admired her spirituality so much, that many began to walk to mass with her. Angelina knew that many people could not make the journey so she persuaded the parish priest to start coming to Tinchì and celebrating mass at the school house. She would compare her school house barn to the barn in Bethlehem. Angelina saw the need and was determined to build a little chapel in Tinchì. She had her students pile up stones, bricks and straw near the school because she had no money to pay workers to build a chapel. Angelina would work in the fields and selling eggs in her spare time to raise funds to pay workers to build the chapel. Finally, her dream became a reality and in 1929, the chapel of Christ the King was opened in Tinchì. With her missionary spirit, Angelina would travel across the country side near the village in all kinds of weather to talk about God and minister to the sick. A great many people that she helped were afflicted with tuberculosis and malaria. Because of her father's pharmaceutical background, she was trained in basic nursing skills that were a great help in the rural community. She would often give up her own bed to a homeless person or someone sick. In 1930, Angelina discovered that she had tuberculosis. She returned home to her family and died two years later in 1932, when she was only 33 years old. In the town of Tinchì, she is remembered as "the teacher saint."

August & September:
**WHY ARE LOYALTY &
CHARITY IMPORTANT?**

4 *Connect* → *Saints & Stories*



Venerable Domenica Bernardini

Sergio and Domenica Bernardini are an Italian couple who are both in the process of canonization and declared venerable because of their heroic virtues. Domenica Bedonni was born in 1889 in Italy. She was a very religious young girl and wanted to actually join a congregation of nuns when she was 18 years old but felt called by God to get married. Domenica was known in her village for being cheerful, lively, very pious, active, and hardworking. She was engaged for a time being but her fiancée was a soldier and died before the wedding. In 1914 she met Sergio Bernardini. Sergio had experienced a great deal of loss in his life even though he was close to the same age as Domenica. His parents, first wife and their children all died within a year of each other due to sickness. He had travelled to work in the mines in the US to pay off the debts from the medical care and funerals. When he came back to Italy, he met Domenica. They married in 1914 and moved to a small farm. They spent their lives focused on family, work and the parish. In 13 years, Sergio and Domenica had ten children, eight girls and two boys. They were simple and devout people, who educated their 10 children in faith and love for the poor. They prayed the rosary as a family daily and would often walk long distances to get to mass each day. They were generous to anyone who sought food or solace, especially during the difficulties of the First World War. This generosity rubbed off on their children and eight of their ten children entered the missionary religious life with different congregations. One of their sons became a bishop in Turkey. When Sergio retired, he and his wife “adopted” a Nigerian seminarian – paying for his priestly education in Rome out of their modest pension. Years later, this seminarian was not only ordained a priest but became a bishop of his hometown in Africa. For the last ten years of his life, Sergio and Domenica visited their children, dedicated their time to prayer and retreats. At the age of 82, Sergio’s health began to decline and he died in 1966 at his home with his wife and children present. Domenica lived with her daughter for 5 years until she passed away in 1971. Pope Francis declared them venerable examples of heroic virtue in 2015.



5 Decide → Team Promise



TIP

This is the part of the meeting when you help your team to come to a decision to live their lives differently after discovering the answer to the question of the week and connecting to their own life. Ask them these questions as a recap of the meeting & come up with a good team promise.



What did we find out in the activity, gospel and saints? What is the answer to the question of the week?

We learned that charity and loyalty are truly Christian virtues that we should practice every day because they show our love for God and neighbor.

How can this meeting and question effect my life this week and in the future?

Every day I can do an act of charity or show my loyalty in the little things.

What are we going to decide together to do differently this week? What is our team promise?

(Ask the girls first because it needs to be their decision. If there are no Ideas, then here is a suggestion: **Do the acts on your charity deck.**)

What was our team promise last week? Did we do it?

.....
.....

6 Project Time!

What do we need to work on this week during the meeting for our project?

(Check back to page 4 for your week by week plan)

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.....
.....

What do we need to work on after our meeting to be ready for next week?

.....
.....

Don't forget to end the meeting with a prayer!

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