

Saint Helena Youth Group

Who: Open to all teens in 7th to 12th grade and their friends!

Where: Most Sunday meetings at the parish convent (1301 Yost Road)

When: See various dates below...mostly Sunday evenings unless specified

How: Questions? Contact Christian Thompson – cthompson@sainthelenachurch.org

Heads up! Our schedule is always subject to change – that is why it is so important to join our email list.

Simply click this link <https://www.jotform.com/231994962521161> or email Christian to be added to our email list to stay up-to-date on our events and meetings. No pressure – come when you are able.

Goals for this upcoming year of youth group: Introduce teens to the power and beauty of the treasures of our Catholic faith and a life with Jesus through the rosary, adoration, *Lectio Divina*, service projects, and friendship.

September 7 (7–8:15 PM, Parish Convent) – Kickoff Night: You Belong Here

- Opening Prayer and Scripture Reflection
- Weekly check-in: High's & Low's and updates
- Teaching: Created for Relationship with God
- Small Group Discussion: Why Do We Need God?
- Project: Commitment Cards: "What I'm Hoping for This Year"
- Closing Prayer – Rosary Scriptural Reflection – First Glorious Mystery: The Resurrection

September 21 (7–8:15 PM, Parish Convent) – Topic: "Mission: Identity in Christ through Relationship"

- Opening Prayer and Scripture Reflection
- Weekly check-in: High's & Low's and updates
- Teaching: Every Saint Was a Teen Once and a Look at Courageous Teen Saints
- Small Group Discussion: What Holds You Back from Living Boldly for Christ?
- Project: Brown Bag Lunches for the Homeless - Assemble lunches (tuna pouches, granola bars, snacks, bananas, water; discuss: "Who is my neighbor?" (Luke 10:25–37)
- Closing Prayer – Rosary Scriptural Reflection – Second Glorious Mystery: The Ascension

October 5 (7–8:15 PM, Parish Convent) – Topic: "Plugged In or Pulled Apart? – Faith in a Noisy World"

- Opening Prayer and Scripture Reflection
- Weekly check-in: High's & Low's and updates
- Teaching: Distraction vs. Discernment
- Small Group Discussion: Tips for Building a Daily Prayer Routine
- Project: Make "Distraction Detox" cards and commit to replacing 10–15 minutes of screen time each day with prayer, silence, or scripture for one week. Share ideas on how to create a sacred space at home.
- Closing Prayer – Rosary Scriptural Reflection – Third Glorious Mystery: The Descent of the Holy Spirit

October 19 (Afternoon Trip) – Trip to Merrymeade Farm – October Fall Festival

- Hayride, pumpkin picking, apple cider donuts...and of course...the famous corn maze!
- Prayer – Rosary Scriptural Reflection – Fourth Glorious Mystery: The Assumption of Mary

November 2 (7–8:15 PM, Parish Convent) – Topic: "What Happens After We Die?"

- Opening Prayer and Scripture Reflection
- Weekly check-in: High's & Low's and updates
- Teaching: Catholic View of Heaven, Hell, and Purgatory
- Small Group Discussion: What do you hope for when you think about eternal life? What makes the idea of heaven attractive or difficult to imagine? How does our faith affect the way we live now?
- Project: Write and Share Your Own Obituary
- Closing Prayer – Rosary Scriptural Reflection – Fifth Glorious Mystery: The Coronation of Mary

November 16 (7–8:15 PM, Parish Convent) – Topic: “Called to Greatness – Vocation and Purpose”

- Opening Prayer and Scripture Reflection
- Weekly check-in: High's & Low's and updates
- Teaching: What Is God's Plan for My Life?
- Small Group Discussion: Vocations – Holy Joyful Living through Marriage, Priesthood, Religious Life
- Project: Write encouragement and prayer letters to seminarians, priests, and newly married couples
- Closing Prayer – Rosary Scriptural Reflection – First Joyful Mystery: The Annunciation

November 22 (2:30–4 PM, Church Parking Lot) & November 23 (7–11 AM, Church Parking Lot)

Thanksgiving Weekend Service: Parish Food Drive

- Teens, parents, siblings help collect, organize, and sort food
- Shifts available Saturday afternoon – 2:30 from 4:00pm and Sunday morning from 7:00 to 11:00am
- Sunday morning option from 11:30am to 12:30pm: Assist with drop-off at distribution center
- Snacks, drinks, fun opportunity to serve and socialize
- GREAT opportunity for service hours – spread the word and bring some friends

December 7 (7–8:15 PM, Parish Convent) – Topic: “Advent Night: Waiting on God”

- Opening Prayer and Scripture Reflection
- Weekly check-in: High's & Low's and updates
- Teaching: Advent Is for the Brave
- Small Group Discussion: Where Do I Need God to Show Up in My Life Now?
- Service Project: Make crafts for elderly and homebound parishioners to brighten up their holidays
- Closing Prayer – Rosary Scriptural Reflection – Second Joyful Mystery: The Visitation

December 14 (7–8:15 PM, Parish Convent) – Christmas Party Celebration

- Opening Prayer and Scripture Reflection
- Weekly check-in: High's & Low's and updates
- Christmas Party Potluck – everyone bring a snack or dessert to share!
- Closing Prayer – Rosary Scriptural Reflection – Third Joyful Mystery: The Nativity

January 4 (7–8:15 PM, Parish Convent) – Topic: “New Year, New Heart: Spiritual Goals with God”

- Opening Prayer and Scripture Reflection

- Weekly check-in: High's & Low's and updates
- Teaching: The Light Shines in the Darkness – Identity in Christ (John 1:1-18)
- Small Group Discussion: How can you let Christ's light shine in your life this year? What's one way you want to grow spiritually in 2026
- Project: Write your Spiritual Resolutions for the new year
- Closing Prayer – Rosary Scriptural Reflection – Fourth Joyful Mystery: The Presentation

January 25 (7–8:15 PM, Parish Convent) – Topic: “Called to Follow” Introduction to Discipleship”

- Opening Prayer and Scripture Reflection
- Weekly check-in: High's & Low's and updates
- Teaching: The First Disciples – What Does It Mean to Follow Jesus? (Mark 1:14-20)
- Small Group Discussion: When have you felt Jesus calling you closer to Him? What's one area of life where it's hard to follow Jesus right now?
- Project: Guided silent prayer and adoration in the chapel
- Closing Prayer – Rosary Scriptural Reflection – Fifth Joyful Mystery: Finding of Jesus in the Temple

February 1 (7–8:15 PM, Parish Convent) – Topic: “Why Lent? Preparing to Walk with Christ”

- Opening Prayer and Scripture Reflection
- Weekly check-in: High's & Low's and updates
- Teaching: “Return to Me with your whole heart” (Joel 2:13)
- Small Group Discussion: What's one Lenten sacrifice or practice you want to take seriously this year? How can we encourage each other during Lent? Brainstorm prayer, fasting, almsgiving ideas
- Project: Hygiene Kits for Homeless – Collect & assemble hygiene items (soap, toothbrush, deodorant)
- Closing Prayer – Rosary Scriptural Reflection – First Sorrowful Mystery: The Agony in the Garden

March 1 (7–8:15 PM, Parish Convent) – Potluck Snacks and Easter egg Stuffing

- Opening Prayer and Scripture Reflection
- Weekly check-in: High's & Low's and updates
- Service Project: *A Teen Favorite!* Help stuff 4,000+ Easter Eggs for the parish's Easter Egg Hunt!
- Closing Prayer – Rosary Scriptural Reflection – Second Sorrowful Mystery: The Scourging at the Pillar

March 29 (7–8:15 PM, Parish Convent) – Topic: “Holy Week: Walking with Jesus to the Cross”

- Opening Prayer and Scripture Reflection
- Weekly check-in: High's & Low's and updates
- Teaching: The Passion – Why Did Jesus Have to Die? (Mark 11:1–10, Mark 14-15, Philippians 2:6–11)
- Small Group Discussion: What part of Jesus' Passion speaks most to your heart? What does it mean to you that Jesus suffered for your salvation?
- Project: Stations of the Cross reflections in chapel
- Closing Prayer – Rosary Scriptural Reflection – Second Glorious Mystery: The Ascension

April 19 (7–8:15 PM, Parish Convent) – Topic: “Divine Mercy: Trust, Confession, Grace”

- Opening Prayer and Scripture Reflection
- Weekly check-in: High's & Low's and updates
- Teaching: What is Divine Mercy? (John 20:19-31)
- Small Group Discussion: When have you experienced God's mercy in your life? Why is it sometimes hard to trust in Jesus?
- Project: Pray the Divine Mercy Chaplet in the chapel

April 26 (7–8:15 PM, Parish Convent) – Topic: “The Road to Emmaus: Seeing Jesus in the Mass”

- Opening Prayer and Scripture Reflection
- Weekly check-in: High's & Low's and updates
- Teaching: Recognizing Jesus in the Mass (Luke 24:13-35)
- Small Group Discussion: Where do you most often recognize Jesus in your everyday life? What does the Eucharist mean to you personally? Are you bored when you come to Mass? How can you explain to someone that we actually meet and receive Jesus in the Mass
- Project: Guided silent prayer and adoration in the chapel
- Closing Prayer – Rosary Scriptural Reflection – Third Glorious Mystery: The Descent of the Holy Spirit

May 3 *OR* May 31 (7–8:15 PM, Parish Convent) – Topic: “The Holy Spirit: The Forgotten Person”

- Opening Prayer and Scripture Reflection
- Weekly check-in: High's & Low's and updates
- Teaching: Who is the Holy Spirit and What are His Gifts? (Acts 2:1-11)
- Small Group Discussion: Which gift of the Holy Spirit do you think you need most right now? How can we invite the Holy Spirit into our lives?
- Service Project: “Bundle of Joy” Baby Kits – Collect & assemble newborn bags (wipes, diapers, pacifiers, pouches, toys, etc.) and donate them to a local crisis pregnancy center
- Closing Prayer – Rosary Scriptural Reflection – Fourth Glorious Mystery: The Assumption of Mary

June 7 (7–8:15 PM, Parish Convent) – Summer Cookout: “Sent Out – Living as Missionary Disciples”

- Opening Prayer and Scripture Reflection
- Weekly check-in: High's & Low's and updates
- Teaching: The Great Commission (Matthew 28:16-20)
- Small Group Discussion: What's one way you can share your faith this summer? What holds you back from being bold about your faith? Share best moments from the past year in youth group.
- Hand out participation, leadership, graduation recognition awards, prizes, and gifts
- Closing Prayer – Rosary Scriptural Reflection – Fifth Glorious Mystery: The Coronation of Mary