

CONTENTS

|  |  |  |
| --- | --- | --- |
|  | [**Welcome**](#_1fob9te) | 2 |
|  |  |  |
|  | [**Map Sunday**](#3dy6vkm) | 3 |
|  | Getting a View of the Terrain - Catholicism |  |
|  |  |  |
|  | [**Tack Sunday**](#2r0uhxc) | 12 |
|  | Catholicism and the theme of Journey |  |
|  |  |  |
|  | [**Summit Sunday**](#1qoc8b1) | 19 |
|  | The Visit |  |
|  |  |  |
|  | [**Lake Sunday**](#3u2rp3q) | 22 |
|  | Reflecting on the Visit |  |
|  |  |  |
|  | [**Handouts**](#18vjpp8)  Handout #1 - Eight Practices of Welcoming Differences  Handout #2 - Interview Questions | 28 |
|  |  |  |

# Welcome

Welcome to the Crossing Paths packet for March and Catholicism! In addition to exploring Catholicism, this packet also engages our youth with March’s theme of “What Does it Mean to Be a People of Journey?”

My most vivid memory of the “Church Across the Street” program, way back in the early 1960’s, was of visiting our local Catholic church and attending Mass. Growing up UU had isolated me from Christianity and as a naive 13-year-old, I had never heard of communion. I don’t recall any preparatory notes from Mr. Means, our charismatic, convertible-driving Sunday School teacher. We simply arrived. I totally panicked when I realized we were in communion line to say something and eat something. My friends and I mumbled through the Eucharist trying to mimic our predecessors and hoping we weren’t causing the Catholic church to be in trouble by feeding us the body and blood of Christ. Then we headed back home and never discussed our experience. All of which is to say that I’m extra grateful for our more intentional, prepared and supportive Crossing Paths approach this month!

And I’m grateful for a number of reasons. In addition to our UU congregations ensuring that our youth are prepared and don’t feel awkward, we also help our youth to see the beauty of these faiths and connect with them. Sometimes that’s not easy, especially in a case like Catholicism where its practices are so different than ours. To deal with that, we’ve worked hard to help our youth identify the common human needs underneath Catholic rituals and practices. I think especially of the way we’ve presented the practice of Lent. Behind this practice is, of course, the idea that we all face temptations and desires that pull us off our true path. I’m also excited about the way this packet makes Catholic theology accessible through the use of fun metaphors and games. Just wait until you read the section explaining the Catholic doctrine of salvation described as “drop-able and sticky!”

Besides sending you into this packet with excitement, I also want to offer one quick reminder:

**Scrapbooking Your Journey:** Throughout the sessions, we remind you and the youth to take pictures of your activities and visits. In the spring, one of the main wrap-up activities will be for the youth to create a scrapbook, memory wall or video of their entire Crossing Paths journey. So, please be vigilant about grabbing these photo opportunities and collecting the photos along the way. Be sure to have photo opt-out permission slips signed by the families. We would love to see your photos, too!

As you help our young youth reflect on their journeys, may your path be deepened as well.

With gratitude for letting us share this journey with you,

***Katie, on behalf of the entire Soul Matters team***

Katie Covey

Soul Matters DRE

[soulmattersre@gmail.com](mailto:soulmattersre@gmail.com)

**Week 1**

# Map Sunday

# Taking in the View through Our Lenses

## 

## Purpose

* Introduce youth to Catholicism using the Crossing Paths binoculars/lenses

## Preparation & Leader Notes

#### Remembering Humility

The aim of Map Sunday is to “get a glimpse” of each religion. There is no way to capture the fullness of these rich religions in a session or two. So today is about impressions and partial views and learning a bit about the faith tradition before your visit. So as a leader you will need to help your youth remember that there is still a lot about each religion left to explore and we need to have humility about what we are learning. Remember the blind men and the elephant? We should never let our exposure to one small part of the elephant lead us to believing we have full understanding. It might also help to remind your youth about our second practice of welcoming: “always be curious” - i.e. always be open and never assume you understand something fully.

#### Dinner and Drive Time Tip (Email to parents ahead of time):

***Before:***

* *As always, we will begin our first week by having our youth write their first impressions and initial knowledge about Catholicism on our graffiti board. To help get your youth thinking, share with them your first impressions and initial knowledge of Catholicism. What comes to mind when you think of Catholicism? What was your first experience of it? What do you admire about the faith? What do you struggle with? What have your Catholic friends taught you about faith by the way they live?*
* *One of the distinctive things about the Catholic faith is the role of the Pope. We’ll be talking about it, so it’s a perfect time to connect with your youth by watching the Netflix movie about the current Pope - Pope Francis - called, “Call Me Francis”:* [*https://www.netflix.com/title/80117627*](https://www.netflix.com/title/80117627)

***After:***

* *In our session, we will explore the way Catholics view salvation differently than Protestant Christians. We called it the “Drop-able and Sticky View of Salvation.” Ask your youth to share the game we played to illustrate the concept.*

***For You:***

* *Expand your knowledge of the current Pope and how he’s shifting Catholicism. Here’s are some links to explore:*

###### <https://www.youtube.com/watch?v=D9CrBwtyz6E>

###### <https://www.youtube.com/watch?v=4N6xw_w3Hgw>

###### <https://www.youtube.com/watch?v=_rHL4P1_GFM>

* *You might not be able to get your youth to watch it with you, but one way or another you should definitely make time to watch the powerful film, Of Gods and Men. Learn more about it here:* [*https://www.rottentomatoes.com/m/of\_gods\_and\_men*](https://www.rottentomatoes.com/m/of_gods_and_men)*.*

#### Pre-Session To-Do List:

* Send out the Dinner and Drive Time Tip. See above.
* Create this week’s graffiti board. Core question: What is Catholicism?
* Make sure you have the technology needed to play the YouTube videos that are part of this session.
* Choose which option you will offer during the Worship. **Order Flash Paper** or locate tea lights.
* Choose “Sticky Salvation” activity options and prepare supplies.

## Session

## Getting a View of the Terrain:

## Catholicism

### I. Entering - Graffiti Board Writing

As youth enter the room invite them to engage the graffiti board. Encourage symbols, words, drawings. These can be representations of Catholicism, words or feelings and experiences that youth have in relationship to Catholicism.

*This Month’s Core Question:* ***What is Catholicism?***

### II. Gathering & Centering - Worship (15 min)

###### **TO DO AHEAD OF TIME:** To prepare for this worship, you need to decide which “sending our hearts and hopes” (“up in smoke”) option you will do. This will require you to purchase one of two types of supplies: 1. [Flash paper](https://www.youtube.com/watch?v=9gTydv7CQ2w) (order from [Amazon](https://www.amazon.com/MilesMagic-Magic-Flash-Paper-Sheets/dp/B07BTRCGNZ) or find in a local store) or 2. tealight candles for each group member.

##### Centering Sound

Invite everyone to calm and center themselves. Use whatever ringing vessel you have chosen (chimes, bowl, bell). Ring the bell/bowl/chimes. Once the sound ends, pause for a moment of silence and then end by saying “Amen” or blessing words of your own.

##### Lighting the Chalice

*We light this chalice in gratitude for the path we share, a path that guides us*

*back to our deepest self,*

*back to each other,*

*And back to life’s gifts and joy.*

##### Welcome & Lead-In to Centering

Leader talking points:

* Welcome to Map Sunday and our exploration of this month’s religion: Catholicism.
* Map Sunday is when we “survey” the religion and use our Crossing Paths “binoculars/lenses” to get a glimpse of the religion before we make our visit and experience it directly, and more fully.
* To begin getting a glimpse of Catholicism, we’re going to use some Catholic meditative music to center us. This music is called “Gregorian Chant.” It is a sung prayer done by catholic monks through the ages, even today. Monks in Catholicism are men who devote themselves to living in community and prayer.
* The first thing you will notice is that It is hauntingly beautiful. The next thing you will notice is that it has the quality of sound echoing. It’s like the voices are bouncing off the stone walls and floating in the air. This is exactly what they intend. It is music designed to create the feeling of sending one’s prayers “up to the heavens.” Monks talk of feeling like their hearts are soaring up to God as they sing.
* So, as we listen, let’s also think of a hope, wish or even prayer that we want to “send into the universe.” If it’s helpful, think of those times you “cast a wish in to the world” by throwing a penny into fountains. But instead of throwing pennies, we are going to help our hopes and wishes float into the sky by using…. [Pick one of the following two options]
* FLASH PAPER OPTION: As you think of the wish or hope you want to float up and out into the world, write it down on these little white sheets of paper. (Pass out the flash paper and a pencil or marker). This is special paper that we will light on fire afterward and let it dissolve into the air. When you are finished writing your hope or wish on the paper, simply hold on to it until the song is done. Keeping thinking about why the wish is important to you.
* CANDLE OPTION: After you’ve thought of the wish or hope you want to float up and out into the world, take one of these tea lights from the basket, lit it and then place it down on the table. Spend a few seconds watching the flame and imagine your wish or hope floating into the air as you continue to listen to the chant.

##### Centering

Start the music and invite the youth to begin the meditation activity of sending their hopes and wishes into the world.

Monks singing Gregorian Chant in a Catholic Benedictine Seminary

[*https://www.youtube.com/watch?v=CBwh1OXw6uI*](https://www.youtube.com/watch?v=CBwh1OXw6uI)

##### Sharing

If you used the [flash paper](https://www.youtube.com/watch?v=9gTydv7CQ2w) option, light a candle and place it on a fire safe plate or in a fire safe bowl. Then have the youth take turns setting the paper on the flame and watching it disappear into the air. Invite the group to share what they wrote, if they wish.

If you used the candle option, invite the youth to take turns blowing out their tealight - i.e. “blowing their wish or hope into the world.” Invite them to share their wish, if they wish.

After the sharing, leader expresses gratitude for everyone’s sharing and for the mysterious way that sending our wishes into the world gives us greater hope that they will happen. Consider making a reference to our ropes by saying something about how expressing our wishes helps us embody the third rope of feeling connected to life and life’s joy.

##### Closing Words

“In the rest of our time together and in the days ahead, **May the ropes be with you.** May we stay close to our deepest and truest selves. May we keep connected to each other, and may we remember to lean into life’s joy. Blessed be. Amen”

##### Extinguish the Chalice

Leader note: If you use a real flame, our advice is to extinguish it now to prevent accidental tipping over or pyro play with hot wax. If you use a tea light, you may wish to extinguish it at the end of the session during the closing words.

### 

### 

### III. Reflecting - Graffiti Board Sharing (5 min.)

Invite reactions to the graffiti board. Instead of asking everyone to say more about what they put up, first ask the group if they see things they don’t recognize? Then ask the person who wrote it on the board to explain. Help the group notice commonalities. Invite those who have Catholic connections to share their knowledge.

### IV. Taking in the Terrain - A Glimpse of Catholicism though the Crossing Paths Binoculars:

### 

### Leader Background - general background to get yourself familiar with the faith

Top Two

* Catholic vs Protestant Comparisons:

<http://www.patheos.com/blogs/naturalwonderers/catholics-protestants/>

* Catholic Faith in 30 Seconds: <https://www.youtube.com/watch?v=jLj2N2qiZ4A>

Digging Deeper (if you have extra time)

* Top 5 Facts about Catholic Women: <https://www.youtube.com/watch?time_continue=46&v=jSUdyMMMGCE>
* What's the Difference Between Friars, Monks, and Jedi?

<https://www.youtube.com/watch?v=xwBiBQztbYA>

* Stephen & Patricia Heaton Have A Catholic Throwdown (starts at 1:50)

<https://www.youtube.com/watch?v=cIIxYLyUTC8>

### Introduction (3 min.)

Leader notes: Explain that the focus of today is to “get a glimpse” of the world of Catholicism. Stress that there is no way to capture the fullness of these rich religions in a session or two. So today is about impressions and partial views and learning a bit about Catholicism before our visit. Remember the blind men and the elephant? We should never let our exposure to one small part of the elephant lead us to believing we have full understanding. Also remember our second practice of welcoming: “always be curious” - i.e. always be open and never assume you understand something fully.

Go on to share that:

1. We will focus only on a handful of the lens/binoculars, both to honor the time-constraints and to focus on the lenses that get at Catholicism's most central characteristics.
2. We will have fun!

## Sizing Up the Terrain

## &

## Locating it on the Map (5 min)

You can keep this simple or get creative. The easiest and more time-efficient approach is to just share the basic facts. If you want to take it to the next level, consider getting a map for your room to capture and compare the size and location of the various religions. Use different colored push pins to represent the various religions and have each push pin represent some sizable increment, for instance 500,000 adherents. Place the push pins at the location of the religions origin or spread them out to represent where it is most practiced today.

When

“The history of the Catholic Church begins with Jesus Christ and his teachings (c. 4 BC – c. AD 30), and the Catholic Church is a continuation of the early Christian community established by Jesus. The Church considers its bishops to be the successors to Jesus's apostles and the Church's leader, the Bishop of Rome (also known as the Pope) to be the sole successor to Saint Peter, who ministered in Rome in the first century AD, after his appointment by Jesus as head of the church.” - <https://www.bbc.com/news/world-21443313>

How Many?

There are an estimated 1.2 billion Roman Catholics in the world, according to Vatican figures. That’s roughly equal to all the people in China (1.3 billion) or 430 times the population of the United States (300 million). Yes, 430 times our population! There are 200,000 UU in our UUA, so Catholics are 6,000 times larger than us. Or to put it another way, for every single UU, there are 6,000 Catholics! More than 40% of the world's Catholics live in Latin America - but Africa has seen the biggest growth in Catholic congregations in recent years. - <https://www.bbc.com/news/world-21443313>

Where

“Latin America accounts for 483 million Catholics, or 41.3% of the total Catholic population. Of the 10 countries in the world with the most Catholics, four are in Latin America. Brazil has the highest Catholic population of any country. The figure was put at 123 million in the last Brazilian census and as high as 150 million in 2010 figures compiled by the World Christian Database. Italy has the most Catholics in Europe, with 57 million, while DR Congo has the biggest Catholic population in Africa, ranking ninth in the world with almost 36 million.”  
<https://www.bbc.com/news/world-21443313>

## 

## Symbol - The Crucifix (5 min)

#### Explain

Share and explain the difference between the cross and the Catholic crucifix.

Start first with how they look different, with a cross being a simple “t-shaped” symbol representing the instrument that was used for Jesus’ crucifixion and a crucifix being the cross with Jesus’ body (known as the corpus) depicted on it.

Note that Protestants tend to focus more on the symbol of the cross and Catholics tend to focus more on the symbol of the crucifix. Explain that the cross focuses on Jesus’ resurrection and is a symbol of triumph (Jesus overcame the cross and death). Whereas the crucifix focuses one on the suffering of Jesus, helping people remember that following Jesus often involves suffering and sacrifice. As one [Catholic teacher](https://www.catholicdoor.com/why-are-crucifixes-important-to-a-catholic/) puts it, “The crucifix reminds us that the Christian journey is not all comfort and success. It involves very real sacrifice. Like Jesus, we must sacrifice our time, our money, our possessions, and sometimes even our lives.”

**The Action of Signing the Cross**

In addition to the crucifix, Catholics also place a great emphasis on a hand motion that signifies the cross. It’s called the [Sign of the Cross](https://www.youtube.com/watch?v=autaIzGDcy8).

* Here are videos to help you tease out the meaning and history of the sign of the cross: <https://www.youtube.com/watch?v=0ZUH6X0K5DI>
* <https://www.youtube.com/watch?v=BpRzqXG1dhc> (Beware: it’s a good talk, but you will have to endure some “puppet interruptions.” Hang in there; it’s worth it.)
* <https://www.youtube.com/watch?v=qIR8S46pvXg>

Practice making the sign of the cross. We practice this because we will want to make the sign of the cross as a way of respecting their traditions when we visit the Catholic Church.

## 

## Leadership & Authority - The Pope (5 min)

### Leader Background

Background on the Role and Authority of the Pope

* <https://www.youtube.com/watch?v=kF8I_r9XT7A>
* <https://people.howstuffworks.com/papacy1.htm>

Digging Deeper - Background on Pope Francis (if you have time)

* <https://www.youtube.com/watch?v=D9CrBwtyz6E>
* <https://www.youtube.com/watch?v=4N6xw_w3Hgw>

* <https://www.youtube.com/watch?v=_rHL4P1_GFM>
* <https://www.youtube.com/watch?v=_oe0z9cn6Ug>

#### Explain

Authority and leadership in the Catholic religion is a very complex topic. For our youth, it can be simplified to focus on two distinctive things about Catholicism:

1. Catholics are led by one central figure, The Pope
2. Unlike Protestant Christians who see the Bible alone as the guide to religious belief and action, Catholics lift up both the Bible and church teachings (as approved by the Pope) as their guides to belief and action.

Even with this simplified approach, challenges exist. Helping independent-minded and free-thinking UU youth engage this authority-based approach with respect can be a challenge. We suggest two approaches: Engage their empathy and expand their view.

1. **Empathy**: We might first be tempted just to ask, “Do you agree with the idea of a Pope being able to tell everyone what to believe?” Instead, for Crossing Paths, consider asking, “Can you imagine why people would find an authoritative spiritual guide helpful? Especially, someone with lots of training and many years of proving themselves as they’ve slowly risen to that place of authority?” Maybe compare Catholics granting authority to the Pope to the way we grant authority to a doctor, elected official or even our UU minister.
2. **Expand:** The other way to ensure a respectful and helpful conversation is to expand the youth’s understanding of the Pope. Remind them that Catholics don’t just see him as the final authority on Catholic belief, but they also see him as a spiritual model and even symbol that unites them (kind of how the Queen of England is a symbol that unites the U.K.). Remember, the Pope doesn’t simply “tell people what to believe,” like any good spiritual leader, he reminds people of their better selves and inspires them by his example. If you have time, you might want to use one of these videos of the current Pope, Francis, to show why many Catholics admire him and are moved by his example:

* <https://www.youtube.com/watch?v=_oe0z9cn6Ug>
* <https://www.youtube.com/watch?v=4N6xw_w3Hgw>
* [https://www.youtube.com/ watch?v=bRbUTfSds0U](https://www.youtube.com/watch?v=bRbUTfSds0U)

**NOTE:** Despite these points of respectful connection, real concerns about papal and priestly authority within Catholicism exist. Crossing Paths is about helping our youth find what is beautiful and inspiring about each of the religions we explore. At the same time, we encourage you as leaders to wrestle with how to best engage points of significant concern and critique. Clearly there are some troublesome aspects to Catholic authority (i.e. clergy sexual abuse, women excluded from the priesthood, the continuing stance against LGBTQ). Consider making time to sit down with your RE Leader or Minister to discern how to best achieve this balance in your context. And don’t forget, many of the same things UUs struggle with about Catholic authority are the same things that Catholics struggle with and are critical of too. Maybe that is the most important point to leave our youth with!

## The Problem and The Solution (30 min)

### 

### Sin & Salvation

#### Explain

The main point to get across to our youth is that Catholics agree with other Christians that sin is the central problem of the world, but their understanding of salvation is different. This difference has to do with the historical split between Protestants and Catholics. Protestants believe that salvation is a one ***event*** that happened when Jesus sacrificed himself on the cross for humanity’s sins. In contrast, Catholics see salvation as a [***process***](https://chnetwork.org/2017/07/05/saved-catholic-response-common-protestant-question/)***.*** They agree that Jesus’ sacrifice on the cross saved us (“justified us in God’s eyes”) but they also see believe that salvation is something that one [can lose](https://carm.org/catholic-salvation-attain). Unlike Protestants who see it as ***an event*** that ***happened*** to and for us, Catholics see it as [***a substance***](https://voice.dts.edu/article/7-key-differences-between-protestant-and-catholic-doctrine-del-rosario-mikel/) that is ***given*** to us, and that we can “drop” or “lose.”

This distinction between an event one needs to know about, and notice verses a substance that one is given and needs to hold on to is why Protestants believe in “salvation by faith alone” and Catholics believe in salvation by faith and works. If salvation is a substance you have to continually struggle to “hold on to,” then one needs some tools to hold on to it and also pick it up when they drop it. And these tools, for Catholics, are good works and doing the [sacraments](https://www.britannica.com/list/the-seven-sacraments-of-the-roman-catholic-church) (sacred rituals) of the Catholic church.

We are, of course, simplifying things with these metaphors of holding on, dropping and picking up. But we recommend this frame to help your youth get this complex theological distinction. There’s a big difference between noticing something that has happened to you (Protestant view) and holding on to something that has been given to you (Catholic). It’s why Catholics take things like weekly confession and eucharist so seriously. They are tools to pick up what they’ve dropped. And other tools - like the rosary and prayer - well, you might say they are tools to keep one’s hands sticky, so you don’t drop the gift of salvation you’ve been given!

### Engage

Here’s super fun game to drive home and help your youth remember the Catholic “drop-able” and “sticky” view of salvation:

Sticky Person Salvation (based on: <http://egadideas.com/1990/01/sticky-guy/> )

Materials:

* A few rolls of duct tape (the small rolls of tape that only have about 20 feet on them)
* Two bags of different colored balloons (25 balloons at least).

Step One: Ask for a volunteer to be “A Good Catholic”

Step Two: Remind the youth that Catholic practices like prayer and the Rosary are ways Catholics “keep their hands sticky” so they can hold on to salvation. Then tell the group to imagine themselves to be Prayer and the Rosary. Just as prayer and the rosary keep one sticky, the group then takes the roll of duct tape and wraps the single volunteer (The “sticky person”) in duct tape with the sticky side out. No tape on the head at all!

Step Three: Divide the rest of the youth into two teams. Remind the youth that Catholics see the sacraments (like weekly confession and Eucharist/Communion) as tools to “pick up” salvation again after one has dropped it by poor behavior or unkind thinking. Honoring this, have each team pick which sacrament they want to represent, ending with one team declaring themselves “Team Confession” and the other “Team Communion.”

Step Four: Hand out a pile of single colored balloons to one team and then a pile of different colored balloons to the other team. On the count of three, each team has five minutes to blow up as many of their “salvation balloons” as possible and stick them to the “Sticky Person”.

Step Five: At the end of five minutes, the adult leader counts the balloons to see which team was able to stick the most.

Step Six (optional): The adult leader declares that they are “sin” and either pulls the balloons off or pops them with a pin, reminding the youth that the Catholic journey of faith is one of salvation constantly “falling off” and having to be stuck back again and again.

Optional “Sticky Salvation” activities:

* Serve sticky cinnamon rolls. Have some fun while you make it a teachable moment. How sticky is “salvation” on your roll? Notice how easily the raisins fall off. And how easy it is to not be our best selves. And also notice how easy it is to stick them back on again and again (as long as you observe the 3 second rule!)
* Straw sucking game: <https://www.youtube.com/watch?v=S_D_xoaWeRk>

Another game to engage the idea of picking up salvation - Paper slips represent salvation, and the straw represents the sacraments picking up salvation!

### Graffiti Board - Filling in the Gaps (3 min.)

Invite the youth to add a picture or word to the graffiti board, picking one thing that engaged them most about today’s session. What did they learn that they think is most important to add.

Remember to use markers that are a different color than was used to fill or the board at the start of the session, so you can continue to track learning over the sessions.

### Looking Ahead - What to do ahead of time or expect (1 min)

Thank the youth for their participation this week. Note one thing that you particularly appreciated or enjoyed about the session you just did with them.

Remind the youth what is happening next week and make sure they know what they have to do ahead of time. Note one thing that you are particularly looking forward to.

### Closing Words (1 min)

“In the days ahead, **May the ropes be with you.** May we stay close to our deepest and truest selves. May we keep connected to each other. And may we remember to lean into life’s joy. Blessed be. Amen”

*Extinguish the chalice if you haven’t already done so.*

# Week 2

# Tack Sunday

***Exploring What Catholics Believe about being a People of Journey***

## Purpose

* Explore how Catholicism thinks about and engages the idea of journey.

## Preparation & Leader Notes

#### Dinner and Drive Time Tips (Email to parents prior to the meeting):

***Before:***

* *This coming Sunday is “Tack Sunday” - a time when we explore the relationship between our church’s monthly theme (journey) and Catholicism. One of the connections we will be looking at is the Catholic practice of pilgrimage. We will talk about how pilgrimage is a “journey that leaves one changed.” To begin to learn more about this, watch the popular and moving movie, The Way:* [*https://www.rottentomatoes.com/m/the\_way\_2011*](https://www.rottentomatoes.com/m/the_way_2011)

***After:***

* *During our session this week, we will talk about the spiritual journey of Lent. We will honor the way in which Catholics use it to teach us all about the temptations we run into on our journeys and how we all have to untangle ourselves from desires and things that cut us off from our true selves. Ask your youth what games we played to get at these tasks of resisting temptation and untangling ourselves from desire.*

***For You:***

* *Explore the Catholic journeys of pilgrimage and Lent on your own by engaging these recommended resources:*
  + **Walking the Camino: Six Ways to Santiago**

<https://www.rottentomatoes.com/m/walking_the_camino_six_ways_to_santiago>

Trailer: <https://www.youtube.com/watch?v=h4nd3P1_CB0>

* Martin Sheen on The Way, fatherhood and spirituality

<https://www.youtube.com/watch?v=3gcL-pVOlZA>

* Bishop Barron on Lent and Overcoming Temptations

<https://www.youtube.com/watch?v=Vm3JK7JYAKs>

#### Pre-Session To-Do List:

* Send out the Dinner and Drive Time Tip. See above.
* Make sure you have the technology needed to play the YouTube videos that are part of this session.
* Graffiti board supplies
* For the worship, prepare the following supplies:
  + A compass for each participant
  + Choose a centering song from the Journey Playlist on Spotify
  + Paper, pens and markers for the drawing of a map
* For the Game called “Desert of Temptation” locate blindfolds, cups and permanent markers.

## 

## 

## Session

## What Does It Mean to be a

## People of Journey... for Catholics?

### Entering - Graffiti Board Writing

*Same Core Question: What is Catholicism?*

As youth enter the room, direct them check out the graffiti board as a way to remind themselves of what they’ve been learning. Using a new color for the markers, invite them to add a new item or embellish an item they’ve already put up.

### Gathering & Centering - Worship (10 min)

##### Centering Sound

Invite everyone to calm and center themselves. Use whatever ringing vessel you have chosen (chimes, bowl, bell). Ring the bell/bowl/chimes. Once the sound ends, pause for a moment of silence and then end by saying “Amen” or blessing words of your own.

##### Lighting the Chalice

*We light this chalice in gratitude for the path we share, a path that guides us*

*back to our deepest self,*

*back to each other,*

*And back to life’s gifts and joy.*

##### Welcome & Centering Words

* Today we continue to learn about Catholicism by exploring how it relates to our monthly theme here at our church: A people of Journey.
* One of the central ways Catholics relate to the idea of journey is through the spiritual practice of [pilgrimage](https://ethoseducation.org/2015/08/15/the-way-what-is-the-purpose-of-a-pilgrimage/). Pilgrimages are a special kind of journey in which one [visits a holy place](https://www.youtube.com/watch?v=Yh645eUjHNk) of some kind. Sacred destinations like The Holy Land in Jerusalem where Jesus lived, taught and died. Or Rome and the Vatican, where the Pope lives. Or many other sites - shrines and churches - where saints are buried or remembered.
* While the destination is important, for Catholics, the most important part is the journey itself and what happens on the journey: [one is changed](https://www.youtube.com/watch?time_continue=28&v=Re5qy9_Iu50).
* In other words: *A pilgrimage is a journey where one comes back different*.
* It’s [not simply a journey to “get away](https://aleteia.org/2013/03/05/why-do-people-go-on-pilgrimages/)” - like a vacation. And it’s not about sightseeing or learning about a new place. It’s about discovering something new about you!
* So, have you ever been on a trip or journey that changed you? Where you came back home feeling different about yourself? Maybe it was a cross-country road trip you took with your family that left you feeling like you had grown up in some significant way. Or a trip to a funeral of a loved one that left you committed to living your life more like they did. Or a volunteer trip you did with your family to help others in need - a trip that made you realize how fortunate you were and left you committed to being a more generous person. Or maybe it was a week-long “trip” to church camp that left you proud to be a UU and gave you a better understanding of what it means to be UU.
* Let’s use our centering time this morning to think and share a bit about these special journeys - these pilgrimages - that left us changed.
* **Centering Object:** While you recall your pilgrimage and how it changed you, I want to give each of you a [compass](https://www.lightinthebox.com/en/p/15mm-high-quality-mini-portable-compass-10-pcs_p1282806.html?currency=USD&litb_from=bing_shopping&country_code=us&utm_source=bingshopping&utm_medium=cpc&utm_campaign=bingshopping&msclkid=5989fe505bd61f97d9f8a26b29918f7f). Use it to help you think about what your journey helped you find that thing that changed you.

##### Centering & Reflection Time

##### Here are a few options about how to structure your reflection time:

##### Play music: Use a song from the Soul Matters playlist on journeys: <https://open.spotify.com/user/mjf4kicgvwkkl7jfbzb0un6qg/playlist/2koKCvEI3tXLsN4d9x2Uri?si=mIYq1AkbRJ6Rm1ZXl847hA>

* Make it activity based: hand out paper and things to draw with and invite the youth to draw a map of their journey, with key moments along the route and a symbol at the end representing how they were changed or what they found that led the to feel different.

##### 1 or 2 minutes of silence, inviting closed eyes or light a candle to focus on.

##### 

##### Thematic Check-in

Invite the group, if comfortable, to share their pilgrimages and how those special journeys changed them. As always, consider sharing your own experience first as a way to model.

End by thanking the youth for sharing and consider relating the activity to our “three ropes.” Pilgrimages are like a rope that leads us back to our deepest self.

##### Closing

“In the rest of our time together and in the days ahead, **May the ropes be with you.** May we stay close to our deepest and truest selves. May we keep connected to each other. and may we remember to lean into life’s joy. Blessed be. Amen”

##### Extinguish the Chalice

Leader note: If you use a flame, our advice is to extinguish it now to prevent accidental tipping over or pyro play with hot wax. If you use a tea light, you may wish to extinguish it at the end of the session during the closing words.

## 

## Exploring the Spiritual Journey of Lent (40 min.)

## 

### I. Introduction

When exploring the relationship between Catholicism and journey, one must talk about Lent, the 40-day observance through which Catholics prepare for Easter. It is a time of fasting, prayer and acts of spiritual self-discipline. Whereas pilgrimages are physical and outward journeys, Lent is a spiritual and inward journey.

It’s also important to talk about Lent during this month because March is when it begins (March 6-April 18).

In this section, we invite you to provide your youth with a general overview of Lent as a core spiritual journey for Catholics and then dive deeper into two particular aspects of Lent (resisting temptation & untangling from desires) through experiential learning and games.

### II. Overview

Use the below recommended resources to educate yourself about Lent and enable you to provide the youth with a brief explanation of it as a core Catholic spiritual journey. It will be helpful to contrast it with the physical and outward journey of pilgrimage that was just explored in the worship. Be sure to just focus on the basics in this part since the next two sections will focus on the two more specific dimensions of the Lent:

* Lent as a journey of resisting temptation
* Lent as a journey of untangling yourself from desire

This is also the section where you will want to explain that while Lent is a core Catholic observance, it is also observed and recognized by all Christians, just to a lesser degree.

Recommended Resources

* Lent - a season of repentance, prayer and fasting

<https://www.youtube.com/watch?list=PL58g24NgWPIxlOD1lVXDei9TngqVR-lTj&time_continue=21&v=skXQ_XD7wHE>

* Lent in the Catholic Church

<http://www.aboutcatholics.com/beliefs/lent-in-the-catholic-church/>

* Bishop Barron on Lent and Overcoming Temptations

<https://www.youtube.com/watch?v=Vm3JK7JYAKs>

* What are the Practices of Lent?

<https://www.youtube.com/watch?v=LvsOFWxbyRM>

### 

### III. The Journey of Resisting Temptation (The story behind Lent)

**Explain**

The Journey of Lent can’t be understood apart from [Jesus’ 40 day journey](https://www.youtube.com/watch?v=w2a_L7gwuHQ) in the desert where he is [tempted by the devil](https://www.youtube.com/watch?v=Vm3JK7JYAKs). Explain to your youth that this is where the 40 day duration of Lent comes from. Also use it to explain how Catholics see Lent and the spiritual journey itself as a matter of being “tempted to move off your true path.” Or an even better way to explain it might be to point out how the Devil was “tempting Jesus to take a detour.” Jesus went to the desert to get ready for his journey of following God. Instead the Devil came along and said, “Hey, don’t these [other roads](https://www.youtube.com/watch?v=Vm3JK7JYAKs) look more inviting?! Why not hop on the road of early pleasure (Stone to bread)? Or how about the road of glory (Rule the world as a king)? Or the road of power (Throw yourself from cliff and invoke Angels to save you)? Jesus resisted all three of these temptations.

Video Options: If you want to compliment your own explanation with a video about Jesus’s temptation in the desert, here are three very different versions to consider:

* The Temptation of Jesus - <https://www.youtube.com/watch?v=mc-x4qKY6Wc>
* Jesus Fasted Forty Days - <https://www.youtube.com/watch?v=hheeM5QzOLM>
* The Devil Tempts Jesus - <https://www.youtube.com/watch?v=w2a_L7gwuHQ>

After explaining the story of Jesus’ time in the desert, be sure to connect this Catholic understanding of resisting the Devil’s temptations to our UU idea of “following your true path.” We UUs may not talk about the Devil tempting us, but we sure know how hard it is to remain true to who we most deeply are. It’s easy for us all to take the off-ramps of pleasure, glory and power, and find ourselves lost.

**Engage**

After all the explaining, have some fun and engage the youth in the journey of resisting temptation with these two activities:

1. **Temptation Gets the Best of All of Us**

Show this video (The marshmallow test: <https://www.youtube.com/watch?v=K3yv_LZi5hI>) and then invite the youth to talk about a time when they struggled and defeated temptation. Playing off the video, invite the youth to talk about the practice of trying not to dwell on the temptation that’s facing us. As one [source](https://thesource4ym.com/stuck-under-temptation/) says, “The longer we contemplate the temptation, the more likely we are to give in to it.”

1. **Don’t Let the Devil Distract You from Your Game Face**

A fun way to think about Jesus’ journey of resisting the Devil is to imagine Jesus as trying to keep focused on God’s call. Like a sports player preparing for the big game, Jesus was trying to “keep his game face on.” The Devil was trying to distract him and his focus. Engage this idea by playing a game we are calling “Game Face.”

Pick one person to represent the Devil. Have everyone else pair up and stand back-to-back. On the count of three, everyone faces their partner, looks each other in the eyes and makes a “game face” with no speaking. The Devil then heckles the pairs and tries to make them lose their “game face” by making them smile and “give in to pleasure.” The first person of the pair to lose their game face and smile or laugh is out. All who remain standing take a new partner. Those who are out become additional Devils and now heckle those who are still trying to stay focused. No touching is allowed (i.e. tickling is not allowed.) The last one or two standing are crowned Game Face Champion(s).

### IV. The Journey of Untangling Yourself from Desire (The Practices of Lent)

**Explain**

So if Jesus’ journey in the desert is the story behind Lent, now let’s talk about the practices that make up the Lenten journey. There are a number of things Catholics do during Lent such as fasting from meat, praying and doing rites of penance. But probably the most well-known practice is that of “giving something up.” Often, it’s a “guilty pleasure” like sweets or watching too much TV. But no matter what it is, it always has to do with desire or something so inviting that we are tempted to do it all the time or at least more often than is good for us.

It’s one big reminder about how easy it is to get tangled up in our desires. For Catholics, then, Lent is about looking closely at how getting tangled up in our desires cuts us off from God. Going back to Jesus’ story in the desert, those temptations for pleasure, glory and power weren’t just off-ramps, they were also traps in danger of tangling Jesus up. The message is clear: on our spiritual journeys we need to be careful to two dangers: tempting off-ramps and desires we get tangled up in.

To help the youth relate to this journey of avoiding traps that tangle us up and cut us off from what most healthy and holy to us, play the Minefield Game.

**Engage**

Desert of Temptation Game

Video of Game: <https://www.youtube.com/watch?v=Yk6j1J2AccA>

(Note: this video is of the original game called Minefield. We have adapted it for Crossing Paths on Catholicism below.)

Materials needed: blindfolds, Styrofoam coffee cups, permanent markers, flat area of ground or floor.

Preparing to play: Invite the group to reflect on things in their lives that function as temptations or traps that they get tangled up in. Ideas might be peer pressure, looks, social media, parent expectations, winning, grades, etc.

Write these traps on the Styrofoam coffee cups with the permanent markers, then place them randomly in a marked section of ground or floor. Works best if temptations (cups) are fairly close together.

Play: Divide into groups of about 4 or 5 or into pairs, depending on the size of your group. Give each team a blindfold. Put the blindfolds on one member of each team. The point of the game is for the unblindfolded members of the team to use their voices to help the blindfolded member make their journey across the “Desert of Temptation” safely. If a blindfolded person stumbles into one of the “Temptations” (the coffee cups) they are out. Another team member takes their place and has to start from the beginning.

But there are two catches as you play.

1. The blindfolded people crossing the desert must stay within the set boundaries, and only one person per team may be on the “Desert of Temptation” at a time (so they can't lead them by touch).

2. The blindfolded members from each team should be on the desert at the same time, as illustrated in the video above.

Winning: The first team who gets one person safely through the “Desert of Temptations” wins.

### 

### Graffiti Board - Filling in the Gaps (5 min.)

Invite the youth to add a picture or word to the graffiti board, picking one thing that engaged them most about today’s session. What did they learn that they think is most important to add?

### Remember to use markers that are a different color than was used to fill or the board at the start of the session, so you can continue to track learning over the sessions.

### Looking Ahead - What to do ahead of time or expect (5 min.)

Thank the youth for their participation this week. Note one thing that you particularly appreciated or enjoyed about the session you just did with them.

Remind the youth that next week is THE VISIT! Share a bit about where you are going, go over logistics and stress any rules that will need observed-e.g., let them know about clothing expectations.

Tacking up our Eight Practices of Welcome

Hand out the list of the Eight Practices of Welcome. Remind the youth that we are using them during our visit next week and will be reviewing how well we do. So ask them to please make time to think about them during the week. Which one do you particularly need to remember and work on for yourself.

Interview Questions

(either now, or before you leave for your visit on Summit Sunday)  
If you are able to include a conversation with a leader as part of your visit, we suggest that you bring questions for the youth to ask. We have included the Interview Questions at the end of this packet as part of the preparation for the visit, labeled Handout #2. We suggest that you ask the youth which question they would like to ask. Be flexible to allow youth to ask their own questions, paraphrase the question from the Handout in their own words, or ask it straight out.   
Remember that we also recommend sending the list of questions ahead of time to the faith leaders you are going to interview. This will allow them to prepare. You might also want to let them know that the youth will be taking turns asking their favorite questions from the list or ones they have generated themselves.

### Closing Words (1 min.)

“In the days ahead, **May the ropes be with you.** May we stay close to our deepest and truest selves. May we keep connected to each other. And may we remember to lean into life’s joy. Blessed be. Amen”

## 

# 

# Week 3

# Summit Sunday

## (The Visit)

## 

## Purpose

* Explore a Catholic church.
* Engage and use our Eight Practices of Welcoming

## Preparation & Leader Notes

#### Dinner and Drive Time Tips (Email to parents prior to the meeting):

***Before:***

* *Talk to your youth about the 8 practices of welcoming and how they might use them in their visit.*
* *Remind youth to bring an offering. We recommend an amount of $ \_\_\_\_\_.*
* *Remind the youth about dress requirements.* ***[Leader note: tailor this bullet to the visit]***

***After:***

* *Ask your youth to share their favorite part of the visit.*
* *Reflect with them on your own experiences with and understanding of Catholicism. Be sure to talk about how your understanding and attitudes have changed over the years. Be sure to model a gracious spirit and talk about what you appreciate about Catholicism. Consider telling them about the first time you attended a Catholic service or had a Catholic friend.*

***For You:***

* *Have some fun and watch the comedian and talk show host Stephen Colbert have a “Catholic Throwdown” with one of his guests:*  [*https://www.youtube.com/watch?v=cIIxYLyUTC8*](https://www.youtube.com/watch?v=cIIxYLyUTC8) *(starts at 1:50)*

#### Pre-Visit To-Do List:

* Arrange for and prepare the drivers. Make sure the drivers:
  + Have the address of the destination and a phone number to call if there are problems.
  + Have a list of who is in their car and their emergency contact numbers.
  + Are familiar with and comply with congregational safety guidelines, such as a license and proof of insurance on record.
* Make sure to collect signed permission slips from group members, with all relevant contact information and emergency numbers. Make a copy to leave at the church, and a copy to bring on the trip.
* Let parents know the approximate time of return and post it on the door of your meeting room.
* Prepare to post a “We Will Return Soon” note in case someone comes late, such as “Sorry we missed you. The Crossing Paths group is visiting \_\_\_\_\_\_\_. We will return at \_\_\_\_\_.
* Bring offering money for each group member or remind them to bring some
* Consider purchasing or bringing a gift for your host. Perhaps an interfaith [poster](https://www.scarboromissions.ca/product/golden-rule-across-the-worlds-religions) or [calendar](http://www.multifaithcalendar.org/pages/2018-Wall-Calendar.php).

Make sure you have collected and clarified all the rules & expectations for your visit. You will share this information before you leave your church on Summit Sunday. Rules and expectations include:

* + the name of the faith community you are visiting. (e.g., First Congregational Church of…)
  + the religion’s name for their house of worship. (e.g., temple, church, mosque…)
  + what the religious leader is called and how they should be addressed (e.g., “They are call a minister and they should be addressed as Rev. Jones or Pastor Jones.”)
  + other behaviors that should be observed (e.g., expect dress, silence in certain spaces, when one can and when one shouldn’t participate in a ritual, etc.)
  + When and if it is appropriate to take pictures with phones. (Remember that we want to have some select moments when photos are gathered so they can be used in the end of year scrapbook or video)

## 

## Session - Visit

### Before You Go

Before you leave, gather as a group at your home church and do the following:

Remembering to be a Good Guest:

Leader reviews basic information and guidelines about how to be respectful during the visit:

1. Share the name of the faith community you are visiting. (e.g., First Congregational Church of…)

2. Share the religion’s name for their house of worship. (e.g., temple, church, mosque…)

3. Tell them what the religious leader is called and how they should be addressed (e.g., “They are called a minister and they should be addressed as Rev. Jones or Pastor Jones.”)

4. Review other behaviors that should be observed (e.g., silence in certain spaces, when one can and when one shouldn’t participate in a ritual, etc.)

5. Make sure everyone’s dress is appropriate and honors the expectations of the tradition you are visiting. If someone has forgotten, address the situation according to the understandings you’ve made ahead of time.

6. Share when and if it is appropriate to take pictures with phones. (Remember that we want to have some strategic moments when photos are gathered so they can be used in the end of year scrapbook or video)

7. Share expectations about texting and use of smartphones.

8. Remind them that they are guests and will be representing Unitarian Universalism to your hosts

9. Go over the travel plans and rules:

* Assign participants to a car and make sure they know to return in the same car.
* Be respectful of their drivers and cars.
* Give emergency contact numbers to drivers.

10.Send the Interview questions ahead of time to the faith leader, optional.

**Packing Up Our Eight Practices**:

Stand together in a circle and share a blessing based on the Eight Practices of Welcoming.

We recommend that you print out this blessing, so the youth have the Eight Practices physically available. Here’s one version of a blessing you could do. Do it as a group by each person taking turns reading one line:

*Leader: Let us take a breath and pause before we go.*

*[PAUSE IN SILENCE]*

*With our feet firmly grounded here at our church home, we are grateful.*

*Here we find community and comfort.*

*Here we also encounter the call to go out, explore and become more.*

*On our journey today, let us take our practices and values with us*

*so we can notice and receive all the gifts offered to us.*

*May we remember to...*

*1. Be fully present*

*2. Be curious*

*3. Be open to being changed*

*4. Be comfortable with discomfort*

*5. Be an appreciative listener*

*6. Be light-hearted*

*7. Be gentle when mistakes are made*

*8. And, be ourselves*

*With all these commitments tucked tightly in our hearts and heads, Amen, Let’s go!*

### The Visit

Have a great time! Don’t forget about collecting pictures for our future scrapbook/memory wall/video project. At the very least get a picture of the youth standing in front of the house of worship.

*Have the youth text or email you 1-2 of their favorite pictures that they took. Save for the spring scrapbook/memory wall/video project.*

### After the Visit (just before everyone heads home)

Looking Ahead - What to do ahead of time or expect (1 min.)

Thank the youth for their participation. Praise something about how the youth handled themselves. Note one thing that you particularly appreciated or enjoyed about the visit.

Remind the youth that next week is Lake Sunday. Lift up anything they need to do or think about ahead of time.

Closing Words

“In the days ahead, **May the ropes be with you.** May we stay close to our deepest and truest selves. May we keep connected to each other. And may we remember to lean into life’s joy. Blessed be. Amen”

# Week 4

# Lake Sunday

## Reflecting on Visit

## 

## Purpose

* Reflect on the visit.
* Review our use of the Eight Practices of Welcoming

## Preparation & Leader Notes

#### Dinner and Drive Time Tips (Email to parents prior to the meeting):

***Before:***

* *Talk with your youth about what they plan to write on the Thank You Card that will be sent to the faith community they visited last week. This will help them prepare, give them a chance to reflect more on the visit and better enable them to write something meaningful.*

***After:***

* *Ask your youth to share which of the 8 Practices of Welcoming were hardest them personally.*
* *Ask them to share something about the graffiti board. They have been adding to each week. Ask them how the board has changed? What’s interesting about how it has changed and grown? How does it show that the group’s understanding of Catholicism has evolved?*

***For You:***

* *Talk with your spouse/partner or a friend about how your own view of Catholicism has evolved over the month as a result of your conversations with your youth.*

#### Pre-Session To-Do List:

* Make or purchase a thank-you card for everyone to sign.
* Find small pieces of paper and pens or markers for worship, one for each group member to write a note to the faith leader.
* Set up technology to play the Centering Song.
* Choose games and become familiar with how to play them.
* (optional) Invite a guest with a Catholic background or experience, perhaps identified in the Parent Orientation, or from a request to the congregation at large. Share Handout #2 with them and let them know the youth will be asking them the questions listed, optional.
* (optional) Make plans to attend the adult service or part of the service as a way of exploring the monthly theme of journey.

## Session

### Entering - Graffiti Board Writing

Using the same graffiti board from past weeks, invite those entering to add words, pictures or impressions that represent what stuck out for them about last week’s visit.

### Gathering & Centering - Worship (15 min)

###### **TO DO AHEAD OF TIME:** To prepare for this worship, you need to find a thank-you card and enough small pieces of paper and pens for each group member to write a note. These notes will be included in the thank-you card.

##### Centering Sound

Invite everyone to calm and center themselves. Use whatever ringing vessel you have chosen (chimes, bowl, bell). Ring the bell/bowl/chimes. Once the sound ends, pause for a moment of silence and then end by saying “Amen” or blessing words of your own.

##### Lighting the Chalice

*We light this chalice in gratitude for the path we share, a path that guides us*

*back to our deepest self,*

*back to each other,*

*And back to life’s gifts and joy.*

##### Welcome

Leader Talking Points:

* Welcome everyone to Lake Sunday!
* Lake Sunday is about coming back from our journey, back down the mountain, and reflecting on our trip.
* I’m excited for us to talk about our visit.
* As we get ready to share, let’s get ready by reflecting on what we saw, not just what we experienced or thought. As you could tell from our visit, visual imagery and space is very important to Catholics and a big part of their spirituality.
* So as we play another Catholic chant, spend some time bringing back to mind the images from our visit that stuck out for you.
* Here are some pens and paper for you to draw those images.
* The chant we will listen to while drawing is about gratitude to God for being tender with human beings and forgiving their faults. Here are some of the words:

“Have mercy on me, O God, in your goodness

In your great tenderness wipe away my faults;

Wash me clean of my guilt, purify me from my sin.”

* As this song of Catholic gratitude centers us, let’s let it get us ready to express thanks for our visit.

##### 

##### Music and Activity for Centering

**Miserere mei, Deus - Allegri - Tenebrae**

<https://www.youtube.com/watch?v=H3v9unphfi0>

##### 

##### Thematic Check-in

Have the youth share their drawings and what images stuck out for them.

After the sharing, leader expresses gratitude for everyone’s sharing.

##### Closing

“In the rest of our time together and in the days ahead, May the ropes be with you. May we stay close to our deepest and truest selves. May we keep connected to each other. and may we remember to lean into life’s joy. Blessed be. Amen”

##### Extinguish the Chalice

Leader note: If you use a flame, our advice is to extinguish it now to prevent accidental tipping over or pyro play with hot wax. If you use a tea light, you may wish to extinguish it at the end of the session during the closing words.

### Reflecting on the Visit (15 min)

Questions to guide the discussion:

## Initial Reactions

**1. What surprised you?** What was completely new? What didn’t you expect?

**2. What was the most interesting part?** What was “cool”? When were you having the most fun?

**3. What didn’t you fully understand?** What confused you? What do you want to learn more about (Leader note: Answer the questions/confusions if you can. Or see if the group can help. If time, look up the answer on a computer/phone. If no time for that, encourage the youth to look it up with their parents or promise to look it up for them)

## Personal Application

**How did the visit and our sessions make you think about your own life differently?** How do you wish your life was more like the Catholics you met and learned about?

Lead the group in discussion about their personal takeaways. Invite them to think about how the visit and the past few weeks of learning gave them a challenge for their own life. Give them some example questions to help them reflect:

* Did the idea of salvation as something you need to hold on to and not drop make you think about a virtue that you want to hold on tighter to?
* We talked about how the crucifix reminds Catholics that sacrifice is central to faith. What belief would you be willing to sacrifice for?
* How might you be able to turn the journeys in your life into pilgrimages?
* Did our session about the journey of Lent make you think about the temptations in your own life differently?

Consider sharing your own personal takeaways first to model and help them think about this. How did the visit and learning invite you to think differently or want to make a change or add something more to your life?

### Games (20 min.)

Going on a Pilgrimage

This is a game of deduction. Figure out the pattern and don't be the last one! The leader must already know the 'secret' or pattern to the game. A pattern can be one or more of the following:  
  
1. Things which start with a certain letter of the alphabet such as the letter G (gold, groceries, garbage etc.)  
2. Things which end with a certain letter of the alphabet  
3. Words with two vowels or consonants together (wheel, pizza, book etc.)  
4. Words with a certain letter in the of the word such as the letter K (kangaroo, book, coke etc.)  
5. Items consisting of two words (hot dogs, baking dish, waffle iron etc.)  
6. Items of the same color  
7. Items with the same number of letters  
8. Items which begin with the last letter of the last item mentioned.  
You can think of other patterns.  
  
**Rules**

The game begins by one player saying, "I'm going on a pilgrimage and I'm going to bring \_\_\_\_\_\_" and at this point the player picks anything they would like to bring on the trip. Let's assume that the pattern is things which begin with the letter 'S’, so the player says "socks". Then the next player says " I'm going on a pilgrimage and I'm going to bring sandwiches. All players who have figured out the pattern would say "Okay, you can bring that on the pilgrimage". But let's say the third person hasn't caught on to the game yet and says, "I'm going on a camping trip and I'm going to bring bananas." All players who know the pattern should say, "No, you can't bring bananas" and play continues to the next player until everyone has caught onto the pattern. If a player thinks they know the pattern they must wait until their turn and say what they are bringing to the camping trip. If their items fit the pattern, they can then whisper what they think the pattern is to the lead player and the lead player will say yes or no. If someone really can’t figure out the pattern, they can ask for clues. A clue for this example might be a long drawn out “ssssssssquash.” adapted from <http://www.partygamecentral.com/games.php?gnm=153&flagtype=category&category=ice-breaker&offset=12>

Whert (yes, whert) in the Desert

Jesus’ temptation in the desert is the basis for the journey of Lent. Use this game to underline the focus required to find out who is changing the rules. Find out who the Devil is!  
  
The person who is “It” leaves the room. The remaining group chooses a leader to represent the Devil and sits down in a circle. “It” returns and sits in the circle. The leader will decide on a repetitive motion for the entire group to make. When the leader changes motions, everyone must follow suit. “It” tries to guess who the leader is. The leader keeps changing her motions and the group keeps following, but the group must try to deceive the person guessing by watching anyone but the leader to find out the next motion. When the leader is found out, they must leave the room and the group chooses a new leader. - adapted from UUA’s Deep Fun Games <https://www.uua.org/youth/library/adults-ministry/deepfun/45589.shtml>

### Engaging the Graffiti Board - Stepping back to see how far we’ve come! (5 min)

* Gather around the graffiti board or take it down and bring it into the circle.
* Pause to see if there are any last things to add.
* Invite reactions and discussion

1. **What strikes you as you look at all the colors?** Were there some weeks where we seemed to learn more than others? Are their more words than pictures? What does that mean?
2. **Is there anything on the board that needs corrected?** Any “understanding” that was incomplete or misunderstood?
3. **What 2-3 things seem to best describe the essence of Catholicism for you?** If you had to explain Catholicism to someone else, which 2-3 items on the board would you talk about?

* Take some selfies! Individual and as a group. Remember to remind the youth that we will be using these pictures in the spring to create a scrapbook, memory wall or video to document our journey this year.

### 

### 

### Eight Practices Review (8 min.)

Remind the youth that Crossing Paths is not just about visiting and learning about other religions. It’s also about learning skills and practices to better engage new people and new ideas throughout our entire life. So explain that you are reviewing how well the group used the 8 Practices not just to “grade ourselves” but also to push ourselves to develop them as “life practices.”

There are a number of ways to review the practices:

1. **As a group**: Have the group evaluate itself as a whole by going through the list one by one and asking the group to share when they did each practice well and when they could have done it a bit better.
2. **As individuals:** Ask each person to pick one practice they feel they did well and one practice they wish they had done better and want to work on. Take turns having each youth share their answers.

### Looking Ahead - What to do ahead of time or expect (1 min.)

Thank the youth for their participation this week. Note one thing that you particularly appreciated or enjoyed about the session you just did with them.

Remind the youth what is happening next week and make sure they know what they have to do ahead of time. Note one thing that you are particularly looking forward to.

### Closing Words (1 min.)

“In the rest of our time together and in the days ahead, **May the ropes be with us**. May we stay close to our inner and truest selves. May we keep connected to each other. May we remember to lean into life’s joy. - Blessed be. Amen”

*Extinguish the chalice if you haven’t done so earlier.*

## 

## 

## Add-Ons for Groups with More Time

### Option #1 - Interview

If you have time, consider inviting a congregant with a background in Catholicism to visit and talk with the youth. You can do this after or before you reflect on your visit - both have advantages and disadvantages. Use Handout #2 “Interview Questions.”

### Option #2 - Attend the Adult Service on Journey

“Visiting” your own worship service can enrich the experience tremendously. If you usually meet during the service, consider changing and expanding your schedule for Lake Sunday, attending the service first then staying after to do the Lake Sunday session. You can go even deeper with this by asking your minister or ministers to come talk with the youth after the service about what they appreciate about Catholicism and how they see UUs and Catholics being similar and different when it comes to belief and their understanding of what it means to be a people of journey.

## 

## 

## Handout #1

## The Eight Practices of Welcoming Differences

1. Be fully present

2. Be curious

3. Be open to being changed

4. Be comfortable with discomfort

5. Be an appreciative listener

6. Be light-hearted

7. Be gentle

8. Be yourself

## 

## 

## Handout #2

## Interview Questions

1. How has Catholicism helped enrich, heal or deepen you?
2. We learned that Catholics often prefer the crucifix to the cross. Does one of these symbols have more meaning to you than the other?
3. How has Catholicism influenced your understanding of “God”? How has being a Catholic led to you talking about God differently than others?
4. Who is your favorite saint? And do you pray to them?
5. What is your favorite service, ritual or holiday of the Christian year?
6. We listened to a Gregorian chant during one of our worship services. Do you ever listen to chants? Or sing them yourself?
7. What sound or taste do you most associate with Catholicism?
8. What are the major misconceptions out there about Catholics? What do you wish others better understood?
9. Our church’s monthly spiritual theme is “How are We a People of Journey?” What does “Being a Person of Journey” mean to you? How has your Catholic faith influenced that? We learned a little about the journey of pilgrimage and the journey of Lent, so we’d love to hear how those have been especially important journeys to you.
10. Is there a particular Catholic belief or perspective that you think is especially relevant to our culture and political climate right now?
11. What’s your favorite thing about being a Catholic?

### Some Resources to Remember:

## Soulful Home Family Guides

Invite your parents to explore the themes at home with their entire family

by subscribing to our monthly parent guides, **Soulful Home.**

Here’s the link to the Soulful Home page on our website: <https://www.soulmatterssharingcircle.com/soulful-home.html>.

Here’s [a link](https://drive.google.com/file/d/1OHcB6nfK-zAW75FrqT7NNjdP5wFeYZJM/view?usp=sharing) to a PDF flyer you can share with families.

## Inspiration Facebook Page

To keep you inspired as a group leader, check out our

Soul Matters Facebook inspiration page:

<https://www.facebook.com/soulmatterssharingcircle/>

Consider also sharing it with your youth and their families!

## Soul Matters Spotify Music Playlists

Discover musical inspiration on each of our monthly themes through our playlists:

<https://www.soulmatterssharingcircle.com/spotify-lists.html>

A great source of inspiration and connection for you, the youth and their families!

## Crossing Paths Authors:

## Katie Covey, DRE of Soul Matters Sharing Circle

## Rev. Scott Tayler, Team Lead of Soul Matters Sharing Circle



© 2018-19 Soul Matters ALL RIGHTS RESERVED

**Crossing Paths is for use only by congregations who**

**have purchased the curriculum from Soul Matters.**

To purchase, see our website:<http://www.soulmatterssharingcircle.com>