

# SYNC UP

## LIFE NIGHT PLANNING SHEET

DATE \_\_\_\_\_

### GOAL FOR THIS NIGHT

The goal of this Night is to bring teens to a greater clarity of God's call on their lives and will be given practical tools that will help discern that call.

### ABOUT THIS NIGHT

This Night is all about discerning your vocation. Obviously, this process of discernment by its very nature cannot be concluded in one LIFE Night, so this Night will give the teenagers some tools and put them face to face with people who have different stories. The opening skit will sarcastically look at how we never take the time to ask what God wants of us, which is the starting point of discerning a vocation. The Night will spotlight the different vocations and give the teenagers the opportunity to ask questions directly to a panel of people who have responded to God's call. The importance of the Night is to help the teenagers begin to live a life of discerning God's call. The end of the Night will introduce teenagers to the Liturgy of the Hours which is a prayer form used to consecrate your entire day to God.

### ENVIRONMENT

The environment for the Night will be set in two different areas of the main room. The first area should be set up like an executive office. This area will be where the Job Opening skit will take place. Make sure to have pictures on the wall and a large desk with a chair in front of and behind the desk. Have fun with this and add pictures of priests and holy men and women on the walls to show that God loves His children. You can make a fake degree and frame it. Add anything that will make this area fit as God's office during an interview. The second environment for the Night should be opposite the desk and should consist of bar stools for each member of the panel. Behind the stools you can hang a sign reading "HOT SEAT" and flood red lighting onto the wall. The goal of this area is to create a game show type environment where the contestants (the panel) will be asked questions by the teenagers at a rapid pace. At the end of the Night the main room will focus into the middle where "Night prayer" will be led by the priest.

## LIFE NIGHT TEAM

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## SAINTS

St. John Vianney  
Therese of Lisieux  
Sts Benedict and Scholastica  
Sts Francis and Claire

## BIBLE

## CATECHISM

1174 - 1178, 1196, 1437,  
2720, 2678, 2698, 1096,  
2691

## GATHER | 15 MINUTES

### INTRODUCE NEW TEENAGERS • 5 MINUTES

Take a few minutes to introduce the teenagers that are at the LIFE Night for the first time so that everyone will get to know them.

### JOB OPENING SKIT • 10 MINUTES

After introducing all of the new teens, turn off the lights and have Christ enter and sit down at His desk. Turn the lights back on and begin the "Job Opening Skit". See attached skit entitled "JOB OPENING".

## PROCLAIM | 20 MINUTES

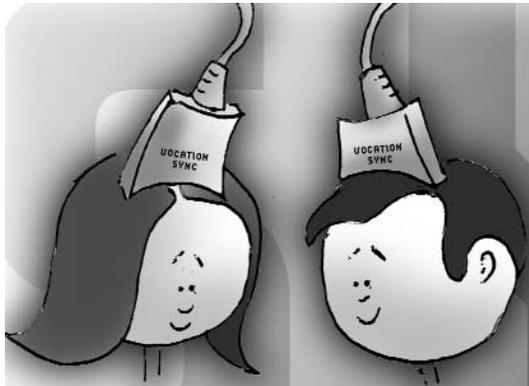
*See attached Teaching entitled "Sync Up". The teaching will lead directly into the Hot Seat portion of the Night contained in the Break.*

## BREAK | 25 MINUTES

### HOT SEAT QUESTIONS • 25 MINUTES

During the Break have the teenagers ask questions of the panel. In order to keep this part of the Night going smoothly, have a 30 second timer that starts at the beginning of each question so that the panel member keeps their answers short and to the point. The goal is to keep the process moving and not to cut someone off if they are in the middle of an important answer, so use your discretion.

Make sure to have some questions ready in advance for each panel member if there are none coming from the teen audience. It is important to make this time fun also so have some funny questions ready to start the Hot Seat time.



# SYNC UP

SEND | 15 MINUTES

## **EXPLANATION OF THE DIVINE OFFICE • 5 MINUTES**

Have the priest explain to the teenagers what the Divine Office is and why it is used by many Religious orders and Priests as a primary form of prayer. The Divine Office is also known as the Liturgy of the Hours. Liturgy of the Hours is the official public prayer of the Church comprised of hymns, psalms, spiritual and biblical reading, and prayers. Sung or recited by certain members of the Church particularly deputed to carry out this duty of thanksgiving, reparation, and adoration of God, this prayer at the same time also solicits graces that Christ's work on earth may continue. Because it is a prayer of the entire People of God, the Divine Office is so arranged that not only those obliged to its recitation, the clergy and Religious, but also the laity may participate in it. Since this formal prayer is to sanctify the entire day, its recitation has been ordered to relate to the chronological hours of the day that we normally meet in contemporary life. Thus it becomes a complement to the Eucharistic Sacrifice in order to bring about a fullness of Divine Worship, which overflows into all the hours of daily living.

## **NIGHT PRAYER • 8 MINUTES**

Have the priest lead the teenagers in Night Prayer. See attached NIGHT PRAYER Handout. When leading "Night Prayer", simply copy this handout and distribute to all teenagers. Have the youth minister/priest lead the prayer. Have the musician lead the hymn. Split the room in half and divide the stanza of the psalm. Assign different teens to read the reading, lead the responsorial and read the Gospel. Have everyone join in the prayer and the dismissal.

## **DISCERNMENT CHALLENGE • 2 MINUTES**

Send the teenagers out with a challenge to discern their vocation. Also, make sure to hand out the sheet with practical tips for discernment. See attached "Discerning a Vocation – Practical Tips".

As another option, you can challenge the teenagers to pray the St. Joseph Novena for discernment of God's call in their life. For more details about the St. Joseph Novena visit <http://www.ewtn.com/Devotionals/novena/joseph.htm>.

**Note: The primary focus of this night is to raise the awareness of "Vocation" in the minds of the teens. The teaching is going to be quick and lead into a panel discussion that we are calling "Hot Seat". The purpose of the talk is to give a broad overview of what vocation means, and how earthly vocations are rooted to our ultimate vocation to "divine beatitude," or heaven.**

**I. Introduction**

A. We've spent the beginning of this semester diving into prayer and talking about Christian Service

B. We'd be remiss if we didn't talk about "Vocation" during this semester



CCC # 1700 Articles 1-8

1. "Vocation" – what is it anyway?

2. VOCATION: A call from God to a distinctive state of life, in which the person can reach holiness. The Second Vatican Council made it plain that there is a "Universal call to holiness in the Church" (Lumen Gentium, 39)

3. One of the ways that the Church defines vocation is the basic, fundamental call that is on every one of our lives – the call to be holy and one day be in heaven for all eternity with God

a. Our very identity as human beings is rooted in the fact that we are called to be in communion with God – to be in total unity with Him

b. And everything we do between now and then is connected to that fundamental calling

C. If you remember the bigger picture of God's plan, then you can see how vocation ties in: God ultimately wants you to be in heaven with Him for all eternity, and He wants you to participate in His life as much as possible before you get there



CCC #1731, 1818

1. Your ultimate "Vocation" is to attain a place in heaven, to "divine beatitude" as the Catechism calls it



CCC #1721

2. Until then, your "Vocation" is to live out God's plan for your earthly life to the fullest extent that you possibly can

## II. So how do we know what God's plan is

A. It would probably help to understand what all our options are first

B. Let's look at what all the options are for God's call on our lives. These options are referred to as "States of Life"



CCC # 2230, 915, 916

### 1. Marriage

a. We have a whole LIFE Night that we will be doing on Marriage before the end of the semester

### 2. Holy Orders

a. There are three different ordinations: A Bishop, which is the highest; a Priest; and a Deacon

b. With Priesthood, someone can be called to Diocesan Priesthood or to be a Priest in a Religious Order. A diocesan Priest is under the authority of the local Bishop, while an Order Priest is under the authority of the Superior of the Order. However, even Religious Order priests need to submit to the authority of the Bishop of the Diocese in which they live and minister

c. And with the diaconate, there are two different types of deacons: 1) Transitional Deacons, which is those who are ordained deacons and will later be ordained a priest, and 2) Permanent Deacons which are deacons that are lay people in the Church who feel called to the permanent ministry of the diaconate – they will not become priests later, they will always be deacons

### 3. Single Life

a. Many people are called to be single – being free of a marriage relationship and children allows them more freedom to serve God and others

### 4. Religious or Consecrated Life

a. There are many different options in this area, almost too many to mention

b. Everything from Religious Orders to Lay Movements in the Church



*If you have been able to secure panel members for each of these vocation options, it might work well here to introduce them as you present each option*



*Most likely you will not have your Bishop present for the LIFE Night – but who knows, you might as well invite him*

*It would also be good to have both a Diocesan Priest and a Religious Order priest if at all possible*

C. Any of these options, or States of Life, could be the calling for your life!

1. Each carries with it certain graces, and challenges, that will contribute to your ultimate vocation – to go to heaven!
2. Though many of you may not have decided what your calling is yet, it is important that you are open to all of the possibilities
3. Many young people today just assume that they are going to be married, and never give another thought to what they will do with their life
4. Every single person should take some serious time of discernment to look at ALL of the possibilities for their life and to seek God's wisdom and guidance for what they should do



*Make copies of the Discernment Handout for all teens. Use the handout to highlight various aspects of a healthy discernment process*

#### D. How to Discern

1. We obviously can't set up a discernment process for every person here tonight – discernment will look a little different for every single person
2. However, the overall process is going to have some key characteristics that will be similar no matter who it is for
3. Let's look at some of those basic characteristics
  - a. See Handout on Discernment in the appendix
  - b. Go through some of the basic characteristics of discerning a vocation

#### III. Panel

A. Tonight, we have a number of these "options" for various states of life actually represented here

B. We want to take some time to put these folks on the "Hot Seat" so to speak

1. We have a number of questions already set for our panel
2. Each panel member will have 60 seconds to answer each question



*For this Hot Seat Activity to work effectively, you'll need to have it set up well in advance. Contact each of your panel members and have them come up with three or four questions that they frequently get asked by young people about vocations. These questions can be the "catalyst" questions that will get the Panel Discussion going. Use these questions to prime the pump until index cards start getting submitted by the teens. Have the Youth Minister, or some key CORE members carefully reviewing submitted questions for appropriateness and to help discern whom on the panel they should be directed towards. Have someone else serve as the time-keeper*

3. We will distribute index cards and pencils so that if you have a question to add, you can submit it to one of the CORE on either side of the room

4. Keep your questions straight forward and to the point – remember, panel members only have 60 seconds to answer

5. We are setting this up this way so we can have as many questions as possible answered tonight

6. If you have other questions that we are not able to get to tonight, write it down anyway, and we will do our best to answer questions later

7. If a question you had was not answered, you can give us an e-mail address or a mailing address at the end of the night and we will make sure you get an answer

C. So, are you ready for a little "Hot Seat"?

1. Let's turn to our panel!



*Make sure to enlist the help of your panel in responding to any remaining questions. Divide the remaining questions between the panel members. They might be willing to respond directly to the teens with an answer via e-mail or regular mail*

## **DISCERNING A VOCATION- PRACTICAL STEPS**

### **Personal Things to Do:**

Go to Mary – ask Her for all the graces and light you will need to please Her Son, work toward building the habit of saying the Rosary every day.

Make a commitment to spend some time each day in prayer. The more definite the time and place, the better.

Receive the sacrament of penance frequently.

Go to daily Mass whenever you can.

Pray often to your guardian angel and to your patron saints for the light of guidance and the grace of help.

If you are struggling with any bad habits (impure pictures, films, immodest clothing or friends) in your life, set up a strategy to deal with it – get it out of your life! It will only be a distraction to your discernment.

Read the lives and/or writings of the saints, especially those who were outstanding priests or religious.

Study the catechism, especially sections about vocation, priesthood, etc.

Begin some work of charity for your neighbor, something that will fit in your life, but will also stretch you somewhat.

### **Discernment Things to Do:**

Set aside a specific time for discernment: 6 months, a year, etc. This doesn't mean that you won't continue discerning beyond this point, it just helps provide an ending point. You can always choose to extend the time frame, or go back to discernment after a break time.

Find someone who can give you spiritual direction as to your vocational calling, especially during this time you have set aside.

During the time frame that you have set aside, decide to attend a vocation discernment retreat.

Talk with others you really respect for their spirituality and faith. Ask them to pray with you, and to pray for you during this time of discernment.

### **Great Web Resources for Discernment:**

[www.nrvcc.net](http://www.nrvcc.net) - The National Religious Vocation Conference

[www.vocation.com](http://www.vocation.com) - Vocational discernment website

[www.visionguide.info](http://www.visionguide.info) - An annual Vocation Magazine with comprehensive resources for vocation discernment

## SKIT: "JOB OPENING"

*The scene is set to look like a typical office. A desk, a few chairs, maybe a bookcase or two--- use whatever supplies your group can put together. A man in white (Jesus) is sitting behind the desk looking at a clipboard when the phone on the desk rings (you can create both this and the following effect by recording the sounds and secretary's voice ahead of time).*

**Jesus:** Yes?

**Secretary's Voice:** Your next interview is here.

**Jesus:** Send him in.

*Almost instantly, a young executive bursts through the door. He is well-dressed, carrying a briefcase and looking official but he is over enthusiastic and practically sprints to the chair facing the desk. Once there, he grabs Jesus' hand, pumping it up and down wildly.*

**Young Exec 1:** Thanks for seeing me! I'm glad to be here! Glad to meet you! I think this is going to be great. I already have a great vibe from you, I think we'll make a great team.

**Jesus:** Can you tell me ---

**Young Exec 1:** A little about myself? Of course! But here, let me show you my resume (*pulls resume out of his briefcase and throws it across the desk*). See? I can make things happen for you!

**Jesus:** Ok...but what I really need---

**Young Exec 1:** Trust me, I know what you need! You need leadership, right? I got it. You need drive? I got it! I'm here to make a name for myself, to rise to the top, to be a success—

**Jesus:** But what I'm looking for---

**Young Exec 1:** Trust me, I'm what you're looking for! I've got charisma (*stops and grins and*

*poses*). I've got charm (*poses again*). And I've got the ambition to make it all the way to the top.

**Jesus:** Ambition isn't really---

**Young Exec 1:** Isn't enough without the right attitude, right? I know! And believe me, I've got the right attitude. I'm a worker, a thinker...I'm a real go-getter!

**Jesus:** But---

**Young Exec 1:** No buts about it! I'm a go get-ter...in fact, I'm going to prove it to you (*jumps up*). I'm going to GO (*points at the door*) and GET the job done!

*Young Exec 1 heads for the door in power walk fashion, Jesus watches him, almost in awe.*

**Jesus:** But you don't even know what I want, what I'm looking for---

**Young Exec 1 (from door):** I'm going to go! And I'm going to get it! (*Storms from room*).

*Jesus sits at his desk for a long minute, regrouping and obviously trying to clear his head. After a significant pause, he crosses out the name on his clipboard and pushes a button on the phone.*

**Jesus:** Please send in the next interview.

*The door bursts open again and another young executive walks in. This one is carrying a flip chart under one arm. He goes to Jesus, shakes his hand quickly, then goes to the corner of the desk and starts setting up the flip chart.*

**Jesus:** I don't know if all this is necessary, I just want to talk—

**Young Exec 2:** I'm almost ready.

**Jesus:** But—

**Young Exec 2:** Trust me!

**Jesus** (*under his breath*): I hate it when people say that to me.

*Young Exec 2 finally finishes setting up the chart and straightens up proudly.*

**Young Exec 2:** There! (*He turns to Jesus with big, phony grin*). Now, let me show you what I can do for you! This (*slaps the first graph on the chart*) represents where your recruitment was about twenty-five years ago. Your numbers were good, souls were being saved. You were probably feeling like the King of the World.

**Jesus:** I am the King of the World.

**Young Exec 2:** Exactly. But here (*flips the page on the chart revealing a graph with figures sloping negatively*). This is where recruitment is today. Not so great, huh?

**Jesus:** I'm not sure recruitment is the right word—

**Young Exec 2:** But here, (*flips another page*) here is where we want recruitment to be.

**Jesus:** That would be great but—

**Young Exec 2:** But how are we going to get there? Good question. Luckily, I have just the answer (*flips final page on the chart, revealing a large picture of himself*). I can help. I already have a plan.

**Jesus:** What plan?

**Young Exec 2** (*thumping the picture dramatically*): Advertising!

**Jesus** (*dubiously*): This isn't really an advertising type thing—

**Young Exec 2** (*ignoring this*): I'm going to get your name out there, on the street. I'm going to sell, sell, sell!

**Jesus:** But—

**Young Exec 2:** In fact, look what I brought! (*Pulls out a bumper sticker or pin or pennant or anything where a logo will be visible. The item reads Jesus for President*) I think we're ready to get started!

**Jesus:** I think you're missing the point.

**Young Exec 2:** Look, you're going to have to trust me on this one; I'm the guy for you.

**Jesus:** But you don't even know what I really need or what I want from you. I want you, I do, but---

**Young Exec 2:** But what? Not like this? You don't like my plan? Fine! Say no more! I'm out of here!

*With that, Young Exec 2 grabs his flip chart and storms from the room. Jesus sighs, takes a deep breath and scratches another name off the clipboard. Then he clicks the phone one last time.*

**Jesus:** Do I have anyone else?

**Secretary's voice:** Just one more, sir.

*A moment later the door opens and a calm young person walks in. He is poised and self-confident but not overbearing. He walks over to the desk and sits down in the chair, waiting for Jesus to introduce himself.*

**Jesus:** Thanks for coming today, Tom.

**Tom:** Thanks for inviting me.

**Jesus:** So, what can you do for our organization?

**Tom:** What do you need?

**Jesus** (*in a hopeful voice*): Excuse me?

**Tom** (*shrugs*): What do you need? What do you want me to do? Whatever it is, that's what I'll do. You're in charge.

*Jesus puts down the clipboard with a smile.*

**Jesus:** You're hired.

**THE END**

## Opening

God come to my assistance  
-Lord, make haste to help me  
Glory to the Father, and to the son, and to the Holy Spirit:  
-as it was in the beginning, is now and will be for ever. Amen.

## Penitential Rite

(these or similar words)  
Coming together at the close of our day, we give thanks to God for all the good, and ask his forgiveness for those moments that we turned away from Him.

## Then either:

Lord have mercy: Lord have mercy  
Christ have mercy: Christ have mercy  
Lord have mercy: Lord have mercy

## Or

I confess to Almighty God...

## Hymn

The Hymn is optional, but if used, something simple like "Holy God We Praise Thy Name" could be used.

## Psalmody

**Antiphon:** Night holds no terrors for me sleeping under God's wings.

## Psalm 91

Safe in God's sheltering care  
I have given you the power to tread upon serpents and scorpions (Luke 10:19)

He who dwells in the shelter of the Most High  
And abides in the shade of the Almighty  
Says to the Lord: "My refuge, My stronghold,  
my God in whom I trust!"

It is he who will free you from the snare  
Of the fowler who seeks to destroy you;  
He will conceal you with his pinions  
And under his wings you will find refuge.

You will not fear the terror of the night  
Nor the arrow that flies by day,  
Nor the plague that prowls in the darkness  
Nor the scourge that lays waste at noon.

A thousand may fall at your side,  
Ten thousand fall at your right,  
You, it will never approach;  
His faithfulness is buckler and shield.

Your eyes have only to look  
To see how the wicked are repaid,  
You who have said, "Lord, my refuge!"  
And have made the Most High your dwelling.

Upon you no evil shall fall,  
No plague approach where you dwell.  
For you has he commanded his angels,  
To keep you in all your ways.

They shall bear you upon their hands  
Lest you strike your foot against a stone.  
On the lion and the viper you will tread  
And trample the young lion and the dragon.

Since he clings to me in love, I will free him;  
Protect him for he knows my name.  
When he calls I shall answer: "I am with you."  
I will save him in distress and give him glory.

With length of life I will content him;  
I shall let him see my saving power.

Glory to the Father....

**Antiphon:** Night holds no terrors for me sleeping under God's wings.

## Reading

*Rev. 22:4-5*

They shall see the Lord face to face and bear his name on their foreheads. The night shall be no more. They will need no light from lamps or the sun, for the Lord God shall give them light, and they shall reign forever.

## Responsory

Into your hands, Lord, I commend my spirit.  
-Into your hands, Lord, I commend my spirit.  
You have redeemed us, Lord God of truth,  
-I commend my spirit  
Glory to the Father and to the Son, and to the Holy Spirit,  
-Into your hands, Lord, I commend my Spirit

## Gospel Canticle

**Antiphon:** Protect us, Lord, as we stay awake; watch over us as we sleep, that awake, we may keep watch with Christ, and asleep, rest in his peace.

## Gospel Canticle

*Luke 2:29-32*

Lord, now you let your servant go in peace;  
Your word has been fulfilled: My own eyes have seen the salvation Which you have prepared in the sight of every people: A light to reveal you to the nations And the glory of your people Israel

Glory to the Father...

**Antiphon:** Protect us, Lord, as we stay awake; watch over us as we sleep, that awake, we may keep watch with Christ, and asleep, rest in his peace.

## Prayer

Lord,  
we have celebrated today the mystery of the rising of Christ to new life.  
May we now rest in your peace,  
Safe from all that could harm us,  
And rise again refreshed and joyful,  
To praise you throughout another day.

We ask this through Christ our Lord.  
-Amen

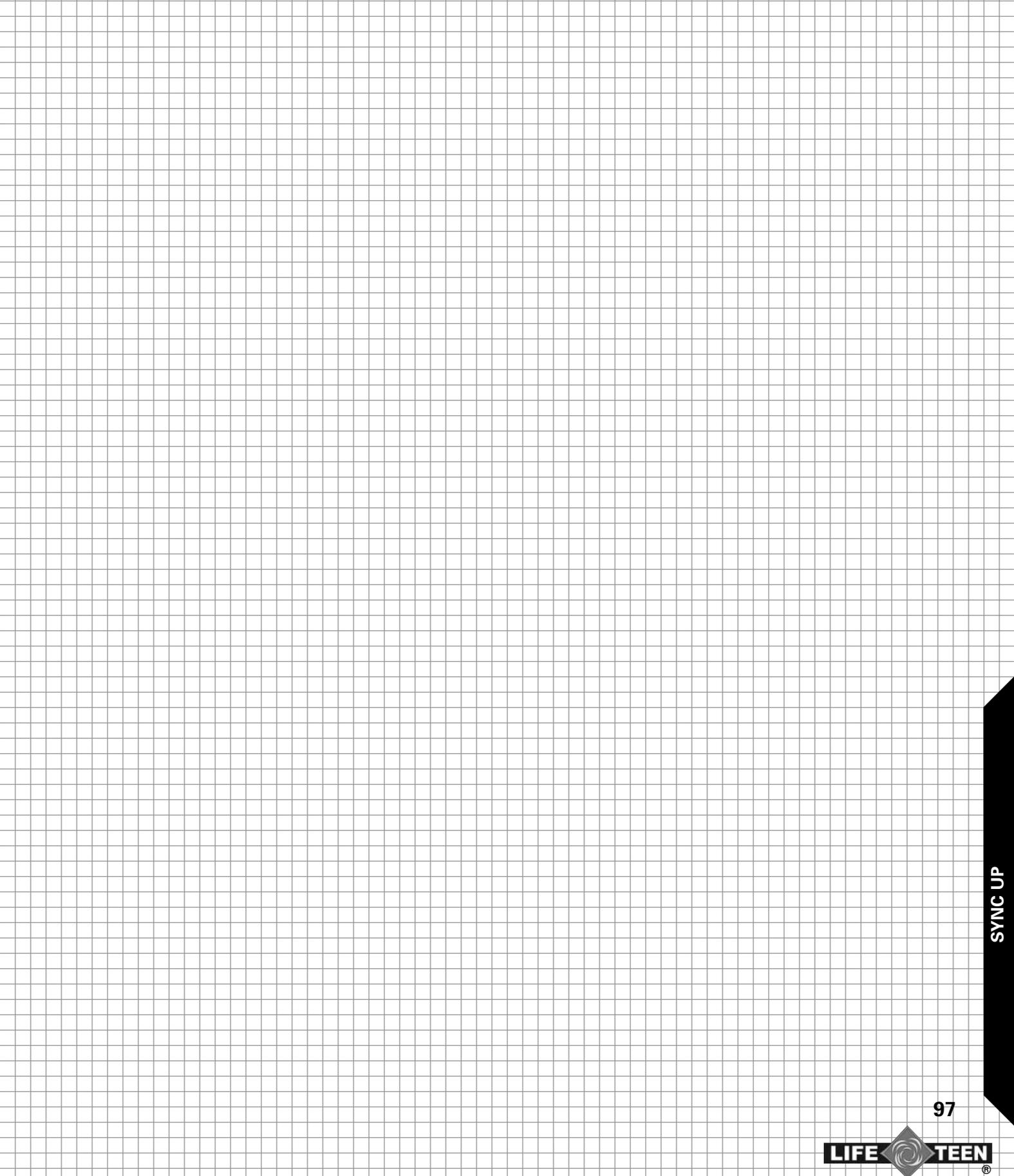
## Dismissal

(While making the sign of the cross)  
May the all-powerful Lord grant us a restful night and a peaceful death.  
-Amen.

Antiphon in honor of the Blessed Virgin  
Sing or recite the Hail Mary, Ave Maria, Hail Holy Queen, Salve Regina, or some other Marian prayer/hymn.



# ROOM PLANNING GUIDE



SYNC UP



# LIFE NIGHT CHECKLIST

- LIFE Night planning team receives a copy of "Sync Up". Each member reads through the LIFE Night, scripture references, and Catechism references before the initial planning meeting.

## 1 MONTH PRIOR TO LIFE NIGHT

- LIFE Night planning team meets, prays, and discusses the LIFE Night. The team assesses where the teens are in their faith journey and makes necessary changes and adjustments to the LIFE Night so it will reach the teens of the parish. The team decides who is responsible for the main elements in the Night.

- Environment \_\_\_\_\_
- Job Opening Skit \_\_\_\_\_
- SYNC UP Teaching \_\_\_\_\_
- HOT SEAT panel \_\_\_\_\_
- Explanation of the Divine Office \_\_\_\_\_
- Night Prayer \_\_\_\_\_

## 2 WEEKS PRIOR TO LIFE NIGHT

- LIFE Night planning team turns in a detailed sheet of the Night including any changes and/or adjustments, to the Youth Minister, listing everyone on the team and their responsibilities.
- Teens and CORE who will be used for drama/teaching/closing prayers should be chosen and given scripts/teaching.
- Invite different people to serve on the panel. Make sure to have the following vocations represented: Marriage, Holy Orders, Single Life, and Religious or Consecrated Life

# SYNC UP

## 1 WEEKS PRIOR TO LIFE NIGHT

- Print "Discerning a Vocation – Practical Tips" Handout
- Print "Night Prayer" Handout
- Teachings should be delivered and practiced to the Youth Minister. Youth Minister should give feedback.

## 2-3 DAYS PRIOR TO LIFE NIGHT

- Run a dress rehearsal for the LIFE Night.
  - Who is running lights?
  - Who is running video?
  - Who is running audio?

## 1 DAY PRIOR TO LIFE NIGHT

- Finalize everything for the Environments
- Purchase pen/pencil & paper for Hot Seat Questions

## 2 HOURS BEFORE MASS & LIFE NIGHT

- Set up Environment
- Team talks through Night to make sure transitions are ready.
- Make sure the room is clean and presentable. Be sure all cords and cables are taped down and hidden out of the way.
- Prep the rest of the CORE on the details of the Night. Hand out copies of small group questions.
- Pray for the success of the Night and the teens who will attend the Night. Pray over the panel and those giving a talk.