

# **@LIFED – FREQUENTLY ASKED QUESTIONS**

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## ***WHAT DOES @LIFED STAND FOR AND HOW IS IT PRONOUNCED?***

@LIFED stands for “Living In Faith Every Day.” It’s a name that our teens came up with several years ago. **LIFED** is pronounced in a single syllable as LIE-FT (not life-ed).

## ***WHEN AND WHERE DO YOU MEET?***

We generally meet two Sundays a month from 12:15-2:00pm from August to June. During warmer weather, we’ll meet in St. Joseph’s Garden. In the colder weather, we’ll meet in the Holy Spouses Room. We’ll occasionally take our gathering off site to a nearby eating place or another location for a service or fun experience.

## ***HOW MANY TEENS TYPICALLY ATTEND @LIFED GATHERINGS?***

We’ve typically had a small group for most of our gatherings (4-6 teens) but we’re hoping to grow. Because our group has tended to be small, it’s been easier for the adult leaders to be nimble & adaptive with our activities as we hear and respond to the teen’s specific faith/moral questions.

## ***WHAT HAPPENS AT AN @LIFED GATHERING?***

Our gatherings are casual and we’ll typically feed the teens as part of our gatherings. Beyond that, we’ll offer experiences, activities & conversations with your teen(s) that they might not hear at their high school and/or with their friends. And these are all geared to help them go a little deeper in faith and continue growing as disciples of our Lord. These will include catechetical, service and fun activities. Some of our activities over the last couple years include:

- Running a game booth at St. Mary's Festival
- Praying Vespers by candlelight, then going to ice cream
- Corn Maze/Pumpkin Patch trip
- Building an altar for Dia de Los Muertos
- Cleaning grave markers at St. Mary Cemetery
- Preparing Brown Bag Lunches for the homeless
- Diaper Drive for Bishop Gallegos Maternity Home
- Epiphany Party
- Stump the Youth Minister
- Bible “Did You Knows”
- Watching a movie and discussing it in light of our Faith
- Easy day hikes (Auburn State Rec. Area & Cosumnes River Preserve)
- Bowling

## **WHO RUNS @LIFED GATHERINGS?**

@LIFED is currently led by three volunteer adult leaders. It is a joy and a privilege to work with the teens of our parish. While we work hard to cover all the logistical bases for our gatherings, we're always open to extra hands to help us. If you're so inclined, we'd love to have your assistance during our regular gatherings and as drivers/chaperones when we are meeting off site. If you're able to volunteer to assist us in anyway during our upcoming year, please contact us and we'll provide additional details.

## **ARE THERE ANY FORMS THAT ARE REQUIRED TO PARTICIPATE?**

Yes, there are three forms that must be completed with your teen(s) for them to participate. The forms can be found on our web page: <http://www.stmarysacto.org/youth-ministry> Completed and signed paper copies must be provided to one of the adult leaders or to the Rectory office. Forms **cannot** be submitted electronically.

## **ARE THERE ANY FEES REQUIRED TO PARTICIPATE?**

As of now, we do not charge a fee to participate in our gatherings. Although, some fees may be requested for specific off-site events that would exceed our ministry's budget.

## **HOW DO YOU COMMUNICATE WITH FAMILIES ABOUT GATHERINGS & EVENTS?**

We currently use Discord as our primary means of communication, which uses a secure server and is only open to families participating in @LIFED. Discord has an app available that allows the reception of text notifications. Any messages sent to teens will automatically include parents as well. Email will be used less occasionally.

## **MY TEEN'S NERVOUS THAT THEY WON'T KNOW ANYONE ATTENDING @LIFED. WHAT DO YOU SUGGEST?**

First, keep in mind that the teens who attend @LIFED are recent alumni of St. Mary School or St. Mary CFF program, so it's very likely that they will know at least one other teen attending. But we are open to your teen bringing another high school teen with them as a guest, even if they do not attend St. Mary Parish. We will expect, however, that their guest/friend will be respectful to the other teens and the adult leaders and will participate in whatever activities we're doing that day. If that guest/friend wishes to continuing attending @LIFED, they will need to complete and submit all the required forms for participation.

*Have other questions? Email us at [hsyouth@stmarysacto.org](mailto:hsyouth@stmarysacto.org).*