



Hebrews 6:19 "This we have as an anchor of the soul, sure and firm,  
which reaches into the interior behind the veil..."

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### **Hello High School Family!**

It has and is a privilege to help guide you through our faith and journey with you toward our heavenly kingdom. It has been great to get to know you and your family these past few years.

I am excited to announce a new change we have in our Anchor Youth Ministry programs starting this year! We are moving all our High School Small Group Ministry on Wednesday evenings from 7:15-8:45 PM to St. Thomas Aquinas. Life Teen will stay at St. Cecilia on Sundays from 7:00-8:30 PM. Registration for both programs is open at [stceciliaparish.org/formation/faith-formation-registration](http://stceciliaparish.org/formation/faith-formation-registration)

I am so excited for this change to help the formation of our students and leaders. This change came about from discussions, surveys among the teenagers, discernment and through prayer. Having all High School small groups under one roof will allow for students to see the larger Catholic teenage community here in Ames to signify that we are not alone in our faith. Secondly, this change will allow for students to gather together to listen to guest speakers and then break down the topic with their small group. It will also allow us to gather together to adore our Lord in Eucharistic Adoration. This change will allow the high school students to experience the feel of a college campus ministry environment to encourage them to continue to seek out their faith at their future college campus ministry.

Our High School Small Group Ministry is intended to be a 4-year program with a focus on developing & forming a relationship with Christ in the first two years (Confirmation preparation years) and then going deeper into our faith and preparing for life after High School the last two years. Here are our 4-year goals:

In 9th Grade, small groups focus on getting to know & trust each other. They are invited into discipleship and small groups. They also focus on developing their relationship with Christ by learning how to pray by exploring many different prayer formats to help them find a prayer format that works for them.

In 10th Grade, small groups journey through the video series, *The Search* by Chris Stefanick which addresses big life questions about our faith, and then they discuss Theology of the Body which helps teens understand our God-given identities as male & female.

In 11th Grade, small groups focus on discernment of life decisions and finding out their spiritual gifts to help them discern what college they would like to go to and what to study there. They also have the opportunity to explore topics of their choice.

In 12th Grade, small groups focus on topics to help them prepare for life after high school such as mental health, friendships, life skills, money, and holiness. They again have the opportunity to explore topics of their choice.

In addition to High School Small Group Ministry, we also have Life Teen. Here we gather all together and discuss a variety of topics (community, friendship, hot topics, sexuality, etc.) throughout the year. These topics are relevant and up to date on issues and concerns that are going on within teenagers' lives. We gather together with an activity. Then listen to a guest speaker or Core Team member give a talk. Then, we break into small groups to discuss, and finally we come back all together to pray. We are a very laid back, relaxed and welcoming community. We encourage teens to bring their friends. We also encourage all High School students to come check out Life Teen a few times throughout the year.

If you are interested in volunteering with Anchor Youth Ministry in any way, please let me know by email or phone. If you have any questions or concerns at all throughout the year, please do not hesitate to call, email, or stop by my office anytime. I am here to help you help your son/daughter and yourself to become disciples of Jesus Christ.

To Jesus through Mary,

Kayla Greiner

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