



2011-2012 Handbook

St. John Lutheran Church
Youth and Family Ministry

Deb Bachman,
Youth and Family Ministries Team Leader

In the following pages...

Children, Youth and Family Ministry Philosophy.....	3
What is Live Out Loud?.....	5
What is included in Live Out Loud?.....	5
How are parents involved?.....	5
Expectations.....	6
Retreats.....	7
Communication.....	7
Policies and Procedures.....	8
Discipline.....	8
FaithLife Plan.....	9
Favorite Verse.....	9
Calendar.....	10
Registration Form.....	12
Volunteer Form.....	14
Fall Retreat Registration Form.....	16

Contact Information

Deb Bachman, Youth and Family Ministries Team Leader

deb@stjohncf.org

Office: 268-0165

Cell: 830-6934

www.facebook.com

Children, Youth and Family Ministry Philosophy

St John Mission—We are a community called by Jesus Christ to “go and make disciples” by equipping and inviting people of all ages to live as disciples of Jesus Christ.

St John Vision—Growing the kingdom of God by living and sharing a life changing and passionate faith in Jesus Christ.

All that we do and hope for as a community is focused on expanding the kingdom of God by inviting and equipping individuals and families to live an authentic faith in Jesus Christ through celebrating God’s love in worship, growing as disciples of Jesus Christ, and living the purposeful life of a disciple.

The Children, Youth and Family Ministry at St John is built around passing on the faith to the next generation. We hope to equip, encourage and partner with parents and caregivers to share their faith with their children. Relationships are key in passing on the faith and being disciples of Jesus Christ. The children, youth and family ministry at St John creates opportunities for adults to be present in the lives of children and youth and to walk with them in their faith journey. From birth through 12th grade, we strive to have as many adults as possible in the lives of children and youth that support them, encourage them, share the Gospel with them and pray for and with them.

Five Principles that Guide Children, Youth and Family Ministry:

1. Faith is formed by the power of the Holy Spirit through personal, trusted relationships, often in our own homes. Faith is passed on first and foremost in the home and we hope to equip, encourage and partner with parents and caregivers.
2. The church is a living partnership between the ministry of the congregation and the ministry of the home. You cannot send your kids to church to “get” faith. It has to be a partnership.
3. Where Christ is present in faith, home is church too. The church is not a building, but a community of believers and that can be present anywhere, not just the building we gather together in on Sunday mornings and other times.
4. Faith is caught, not taught. The opportunities we have for our children and youth to see faith in action are vital to their faith development. It is not just about what we just teach (yes of course it is important to teach the faith), but our youth need living examples of people trying to live the faith and encouraging them in their faith.
5. If we want Christian children and youth, we need Christian parents and adults. As adults, we all need to keep learning and be willing to grow and stretch. If we aren’t growing and learning, how can we expect our kids to do it? You aren’t going to pass on the faith if you aren’t willing to continue to grow in your own faith.

**Five Principles taken from Frogs Without Legs Can’t Hear by David Anderson and Paul Hill*

As our youth mature and grow and eventually branch out in their lives, we want them to be mature disciples as well. Our success is not based on the amount of youth in the program, but it is based on helping youth grow in their relationship with God and to become a fully devoted disciple of Christ. A study was done across denominations that sat down with students to look at what helped them become a mature Christian—a fully devoted disciple of Christ. From that study—the Exemplar Youth Ministry Study—came a list of qualities that those youth possessed. These are the goals we lay in front of us and that we look towards as we build relationships with our youth, pass the faith onto them and most importantly help them to grow their relationship with God.

These are the things we want our youth to walk into their lives with:

- ◇ **Seeks Spiritual Growth:** alone and with others pursues questions, guidance and commitment through conversation, study of faith, reading the bible, prayer, small groups, retreats
- ◇ **Possesses a Vital Faith:** keenly aware of God present and active in one's own life, the lives of others, and the life of the world
- ◇ **Practices Faith:** actively practices faith in Jesus Christ privately and publicly through regular attendance at worship, participation in ministry and leadership in a congregation
- ◇ **Makes the Christian Faith a Way of Life:** recognizes God's "call" and integrates one's beliefs into the conversation, decisions, and actions of daily life
- ◇ **Lives a Life of Service:** involved in activities caring for others and addressing injustice and immorality
- ◇ **Reaches Out to Others:** reaches out to others who are different or in need through prayer, hospitality, conversation and support
- ◇ **Exercises Moral Responsibility:** lives with integrity utilizing faith in making considered moral decisions
- ◇ **Speaks Publicly about Faith:** speaks openly about Jesus Christ and God's participation in one's own life and the life of the world
- ◇ **Possesses a Positive Spirit:** reflects loving and hopeful attitudes toward others and life

The only way we can have youth that possess these qualities is by working together. It is all of us—staff, volunteers, families and congregations—partnering together to pass on the faith to our youth. We want our youth to know and take ownership of this congregation as well as the congregation taking ownership of them and their families. We want them to feel loved, supported, encouraged and part of this faith community. We want them to know the church here at St John, the church in the Cedar Valley and the church in the world. But there are things that the community here at St John can do that the larger church cannot do. This community of faith can know our youth in a way the larger church cannot – they can support and nurture our youth in ways the larger church cannot. It's not about being single minded or limiting our youth, but about nurturing and supporting them.

The congregation will be invited in to the youth and family program here at St John. It will not be a separate identity, but an integral part of this faith community. We will involve families and the congregation on Sunday evening teaching times and with all that we do.

What is Live Out Loud?

Live Out Loud is not simply an excuse for junior high students to be as loud as they possibly can all the time! Live Out Loud is a program designed to help our junior high students and their families grow in their faith and live and share a life changing and passionate faith in Jesus Christ. Life has been given to us through the grace of Jesus Christ and we are to live it and live it loud—sharing the light and message of the Gospel to all we meet and wherever we go. It's about going beyond Sundays and taking our faith into each day of the week. It goes beyond “being confirmed.” Students are challenged to dig into God's Word, to spend time with God and get to know Him more and live their lives in worship to God, in thanksgiving for all we've been given and in service to others.

What does Live Out Loud include?

The first two years (typically 7th and 8th grade) of Live Out Loud, students will dig into God's Word, the foundation of our faith. They will spend time with God getting to know what He has done for all of His people. Students will also look in depth at The Lord's Prayer, the Ten Commandments, and the Sacraments of Holy Baptism and Holy Communion. This is based upon a curriculum entitled *Here We Stand*. They will be challenged to take the knowledge and apply it to how they live their lives today. They will meet in a large group session for teaching and then break into small groups to dig further into what they studied that night as well as support and encouragement. They will also be given resources to take home during the week—to study with their families in their homes. Large group fellowship and service activities will be offered throughout the year as well as opportunities for small group Bible study, fellowship and service.

The third year (typically 9th grade) of Live Out Loud is focused on building upon the foundation of the first two years. *Here We Stand* and *re:form* are the basis and supplemented with other lessons. This year asks the questions: What do I believe and how can I live that out as a passionate disciple of Jesus Christ? Students study the Apostle's Creed, spiritual gifts, traits of being a disciple and theology of the Lutheran church. They will meet in a large group session for teaching and then break into small groups to dig further into what they studied that night as well as support and encouragement. They will also be given resources to take home during the week—to study with their families in their homes. Large group fellowship and service activities will be offered throughout the year as well as opportunities for small group Bible study, fellowship and service.

How are parents involved?

The partnership between the home and the congregation is critical. Parents are encouraged and invited to be involved in Live Out Loud and all aspects of the youth and family ministry here at St John. There are many different ways parents can be involved. Included with this handbook is a volunteer form for all parents to fill out and turn in. Please read through carefully to find the best way for you to be involved!

Activities and discussion questions will be available each week on the Youth and Family Ministry blog. The link will be emailed out each week. Families are encouraged to look at those together to deepen the

experience. Parents are also asked and encouraged to help out with at least one special activity throughout the year. All of them are outlined on the Volunteer Form.

We also encourage families to come together on Wednesday evenings to St John. A meal will be served from 5:15pm until 6:00pm, with an education hour following from 6:00pm until 7:15pm. There will be several learning opportunities for parents, Firelight and Club 56, and new this year, a time for junior high students to gather for fellowship and a devotion. High school students will meet from 7:30pm until 9:00pm.

Expectations

There are a certain number of expectations for students in Live Out Loud. There are many things that you simply can't learn by talking about or listening—you need to actually do them!

Attendance: Students are expected to attend the weekly teaching and small group times on Sundays. If there are issues with attendance, parents will be contacted. Students in the first two years will meet from 5:00pm until 6:30pm. Students in their third year will meet from 6:00pm until 7:15pm. Students are asked to be there promptly so we can begin and end on time. If a student will be absent, please call 268-0165 or email deb@stjohncf.org no later than noon on Sunday. You may also contact their small group leader.

Worship: Worship is central to faith development. Students and families are encouraged to be in worship every week if possible. From September 2011 until August 2012, there are over 60 worship opportunities here at St John. Each student is expected to complete 20 Worship Notes each year. Worship note forms can be found in the atrium, on the wall next to the library. There is a spot to return the forms in the same location.

Experiences: Outside of worship, youth are encouraged to explore other ways to live out their faith and grow in their relationship with God. The only limit on these activities is that it should fall into one of these categories: discipleship (studying God's Word); fellowship (gathering with other Christians to have fun and support each other); and service (doing things to help others and serve their needs). We ask that each student have 20 experiences each year. There will be things offered here through the congregation and the youth and family ministry program. You can also do things on your own. In order to experience a variety of activities, each activity can only count for 7 of your 20 points. For example, Sunday morning Bible studies can only count for 7 of your 20 experiences. The other 13 need to come from other activities. There will be a short form to record your experience. If you have questions about any experience, you can ask Deb.

Possible experiences:

- *anything offered by the congregation or youth and family ministry program
- *small group Bible studies (including Sunday morning Bible study)
- *book reports (clear the book with Deb first)
- *taking part in worship (band, reader, usher, dramas, etc.)
- *service projects with your family or yourself, service trips, etc.
- *week of Bible camp in the summer

A calendar is found at the back of this handbook with some of the dates and opportunities and some will come up throughout the year. Forms for all the activities will be located by the worship note forms.

Faith Basics: There are certain basics of the faith that all students are expected to know at the conclusion of Live Out Loud. 7th and 8th grade students are expected to know the Lord's Prayer, the Ten Commandments and the Sacraments. 9th grade students are expected to know the Apostle's Creed. Some Scripture will also be expected to be known.

Retreats

Retreats are a time for students to get to know each other on a deeper level as well as experiencing another place where the church is present. St John is blessed to work with Ewalu Bible Camp for our retreats this year.

7th and 8th grade students are expected to attend one retreat in the fall. The date of the retreat is October 22nd—23rd (Sat—Sun). It is a 24 hour retreat leaving at 1pm on Saturday and returning around noon on Sunday. There is a cost of \$45 for this retreat. Scholarships are available. The registration form is included in the back of this handbook.

The 9th grade students are expected to attend a fall retreat and then a spring retreat. The fall retreat is a time for students to get to know each other deeper. The spring retreat focuses on getting ready for their Affirmation of Baptism and completing their FaithLife Plans. There is a \$45 fee for the fall retreat and no charge for the spring retreat. The fall retreat is October 1st—2nd (Sat—Sun). It is a 24 hour retreat leaving at 1pm on Saturday and returning around noon on Sunday. The Spring Retreat is April 13th—14th. We will leave roughly around 5pm on Friday night and return around 4pm on Saturday.

Communication

Communication is key to keeping parents up to date with what is happening during Live Out Loud and junior high ministry. A weekly email will be sent of what was talked about at Live Out Loud, what was sent home, any announcements, upcoming activities or deadlines, and other information. Email addresses will not be shared and used for communication purposes only. Please be sure to include any email address you would like this communication sent to on your registration form.

Texting is another way to pass along quick and vital information. Your cell phone number (and the students) is asked for on the registration form as well for this purpose only. If texting is not part of your plan, please indicate that so there are no unwanted charges for you. These numbers will not be shared.

Policies and Procedures

Sunday evenings: The youth room will be opened (when staffed by an adult) from 5pm until 6pm for 9th grade students, closed from 6pm until 6:30pm, and open from 6:30pm until 7:15pm for 7th and 8th grade students. This is to help families who have students in both age levels to make only one trip. All students are welcome to attend. Any student at St John on a Sunday evening and not meeting in large or small group is expected to be in the youth room, not wandering around the church.

Wednesday evenings: The youth room is open each Wednesday night there is school from 3:30 until 5:00pm. Students can do their homework, play video games, play ping pong, play board or card games or simply hang out together. Snacks and beverages are available for purchase during this time. The meal begins serving at 5:00pm. The Wednesday night Junior High time (starting at 6pm) will consist of games, fellowship and Bible study. Students will need to be picked up promptly at 7pm.

Inclement Weather: On Wednesdays, the policy remains that if school lets out or is cancelled due to weather, the youth room will not be open that day. On Sundays, the call will be made as soon as possible and put the announcement on KWWL, the website, email and weather line. You can always call the church office to check.

No food and beverages: No food or beverages, besides water, will be allowed during teaching times unless provided by leadership.

Please see the Children, Youth and Family Handbook for further policies and procedures.

Discipline

At Live Out Loud, we follow the two commandments of Jesus:

Love the Lord your God with all your heart, soul, mind and strength.
Love your neighbor as yourself.

Each person is a precious and loved child of God. Everyone is on the same level. We ask that students and leaders treat everyone as just that. This includes:

- *Entering and leaving respectfully
- *Follow directions
- *Respect whoever is speaking—both in large group and small group
- *Respect property—both church and each other's
- *Be courteous to all you meet

Unacceptable behavior will be dealt with quickly, creatively, lovingly and as firmly as possible because it is detrimental to relationships and development of the community, and sometimes to the safety and well-being of other students and adults. Discipline situations are learning opportunities and teaching op-

portunities. We will ask students to be responsible for their own actions. Adults will strive to model self-control, good communication skills, forgiveness and reconciliation, as well as resolutions that build self-esteem and help students understand what it means to treat each other as children of God. Discipline will be dealt with by the adult leadership. If a student continues to be disruptive or dangerous to other students in the class, they will be asked to correct the behavior, or return to the group at a later time after discussion with parents. A parental contact will be made if inappropriate behavior continues to cause hurt to youth or adults.

FaithLife Plans

After a student has finished Year 3 of Live Out Loud, they will be asked to present a FaithLife Plan before they participate in the Affirmation of Baptism service. The FaithLife Plan is a project that does more than state some convictions that the student has at this stage in life. It recognizes that the student has come to this point in faith by a unique path, that the student is a unique individual within the whole Body of Christ, *and* that the student has a path to walk with Christ in the future. Our hope is that the Faith Life Plan celebrates the student's redeemed relationship with God, the path that led to this point, and the student's unique strengths. We also hope each student will present a plan for continuing in that relationship.

The main purposes of the FaithLife Plan is to discuss what you believe about God, what difference that makes in your life and how you are going to live out your commitment to God and the church using the gifts and strengths God has given you.

This plan can be presented in many different ways. A one page typed paper can be wrote and read. A student can also choose to do a project in which they make something or use their gifts to express their faith journey. Some examples of projects are making something of wood or metal, scrapbooks, singing or performing a piece of music, making a PowerPoint presentation or drawing pictures. The projects will need to be approved, regardless of what they are.

Year 3 students will keep a notebook/journal throughout their year that will assist them in writing their FaithLife Plan. They will be given more details as the year progresses. They will finish writing their FaithLife Plans at the Spring Retreat. They will meet with Deb to read through it and the final draft will be due shortly after returning from the retreat.

Favorite Verse

Each Year 3 student will also be asked to choose a favorite verse. We ask that each student choose one Bible verse (may be a few verses) that is particularly meaningful to them. This could be one they've memorized or they have heard a lot or that has really spoken to them in their life. They will also need to explain why they have chosen this verse.

Live Out Loud and Junior High Ministry Calendar

Date	Event	Time
August 14th	Parent Orientation	
August 28th	Small Group Leader Training	
September 4th	BREAK	
September 11th	7th Grade Bible Presentation	11:00am
	Intro Lesson/Covenants	5:00pm
September 18th	Class	
September 25th	Class	
October 1st and 2nd	9th grade Retreat	TBA
October 2nd	Class for 7th and 8th grade only	
October 9th	Class	
October 14th	Junior High Lock In at UNI	TBA
October 16th	Class	
October 22nd and 23rd	7th and 8th grade retreat	TBA
October 23rd	Class for 9th grade only	
October 28th	Romans and Christians	7-10pm
October 30th	Class	
November 6th	Class	
November 11th	Game/Pizza/Movie Night	7pm
November 13th	Food Scavenger Hunt for all grades	5-7:30pm
November 20th	Class	
November 27th	Thanksgiving BREAK	
December 4th	Class	
December 11th	Class	
December 16th	Junior High Lock In	9pm
December 18th	Class	
Dec. 25th and Jan.1st	BREAK	
January 8th	Class	
January 15th	Class	
January 22nd	Class	
January 28th and 29th	Ski Trip	TBA
January 29th	Class	
February 5th	Souper Bowl of Caring/ Commerical Party	5pm
February 5th	BREAK	
February 12th	Class	
February 19th	Class	
February 26th	Class	

Live Out Loud and Junior High Ministry Calendar Continued

March 4th	Class	
March 11th and 18th	BREAK	
March 25th	Class	
April 1st	Class	
April 8th	Easter BREAK	
April 13th and 14th	9th Grade Spring Retreat	
April 15th	Class - 7th and 8th grade only	
April 22nd	Class	
April 28th	Mystery Dinner	5pm
April 29th	Class	
May 2nd	FaithLife Plan Presentation	6:00pm
May 6th	Affirmation of Baptism Service	11:00am
May 6th	Class - 7th and 8th grade only	
May 13th	Class	
May 20th	Final Bash - all grades	5-7pm

The youth room is open every Wednesday starting August 31st from 3:30pm until 5:00pm. If there are no activities on a Wednesday, the youth room is not open.

Sunday morning Bible study begins on Sunday, October 9th from 11:00am until 11:45am in the youth room. It is open to anyone in grades 7-12. We will meet every Sunday morning until May 13th with the exception of these dates: November 27th, December 18th and 25th, January 1st, February 5th, March 11th and 18th, April 8th and 22nd, May 6th.

Live Out Loud 9 Schedule
5pm - Youth Room Open
6pm - Large Group
6:45pm - Small Group
7:15pm - Dismissal

Live Out Loud 7/8 Schedule
5pm - Large Group
6pm - Small Group
6:30pm - Dismissal
until 7:15pm - Youth Room Open

St. John Lutheran Church

Medical Release • Contact • Waiver Form

Emergency Contact Information: (in case parent cannot be reached)

Name _____ Relationship _____

Home phone _____ Cell phone _____ Work phone _____

Name _____ Relationship _____

Home phone _____ Cell phone _____ Work phone _____

Medical Information:

*Be sure, when applicable, to bring ample supply of prescribed medication that your child(ren) is currently using. The medication should be in the original container it was initially received including notation as to whom it is prescribed and direction regarding the medication's administration. [NOTE: Not applicable for regular, weekly programming.]

Please list all medications your child(ren) are currently prescribed and/or taking. Also, please list any health or allergy alerts.

Insurance Company: _____ Company Phone Number: _____

Policy Holder Name: _____ Policy Number: _____

Participant's Physician: _____ Phone: _____

Dentist: _____ Phone: _____

Liability Waiver/Release and Photo Release:

In the case of emergency, I understand that reasonable effort will be made to contact my family before medical attention is given. However, if the situation presents danger to me/my child's well being, I give permission to a licensed physician to hospitalize, anesthetize, or perform surgery when medically necessary.

I hereby release and hold harmless St. John Lutheran Church, its agents, officers, employees, members, volunteers, and other chaperoning adults from any and all claims or causes of action regarding any act or omission resulting in injury, illness, loss, or damages to me or members of my immediate family, whether directly or derivatively, arising from or pertaining in any manner to any and all matters associated with my participation in and/or occurring during my participation in the above-stated activity and/or trip. I also hereby acknowledge and assume the risk, for myself and/or on behalf of the minor child, of all the risks associated with my participation in the above-stated activity and/or trip, and I acknowledge that I have been fully informed by St. John Lutheran Church, its agents, officers, employees and members of said risks and having been so informed, elect to assume those risks by me/my child's participation in the above-stated activity and/or trip. I also give the St. John Lutheran Church Children, Youth and Family Ministry, the right and permission to use my son/daughter's photograph(s) in its promotional material and publicity efforts. I understand that the photograph(s) and video (s) may be used in publications, print ads, direct mail pieces, electronic media (video, internet, Facebook, etc.) or other forms of promotion. I release the St. John Lutheran Church Children, Youth and Family Ministries, the photographer, their offices, employees, agents, and designees from liability for any violation of any personal or proprietary right I may have in connection with such use.

Parent/Guardian Signature

Date

Volunteer Involvement Form

St. John Lutheran Church 2011-2012

715 College Street, Cedar Falls, IA 50613 ~ 319-268-0165 ~ www.stjohncf.org

Contact Person: Deb Bachman (deb@stjohncf.org)

Name: _____

Address: _____ City: _____ Zip: _____

Phone Number : _____ Cell Phone Number: _____

Email Address: _____ Work Number: _____

Small Group Leader for Live Out Loud

- *Have a passion for Jesus Christ and sharing the Gospel with Junior high students in many different ways
- *Loves junior high youth
- *Commit to every Sunday evening that Live Out Loud is happening
- *Investing in the lives of those in your small group
- *Willing to go through training before

Wednesday Night Junior High Team

- *Have a passion for Jesus Christ and sharing the Gospel with junior high students in many different ways
- *Love junior high school kids!
- *Be willing to be present (within a schedule) for the Wednesday night Junior High Program
- *Supervise, help lead, and build relationships with students
- *Commit to being on the team for one year and attend training

Sunday morning Bible study Team

- *Have a passion for Jesus Christ and sharing the Gospel with junior high students in many different ways
- *Love junior high and senior high school kids!
- *Be willing to be present (within a schedule) for the Sunday morning Bible study (11am – 11:45am)
- *Supervise, help lead, and build relationships with students
- *Commit to being on the team for one year and attend training

Senior High Ministry Team

- *Have a passion for Jesus Christ and sharing the Gospel with senior high students in many different ways
- *Love senior high kids!
- * Be willing to be present (within a schedule) for the Wednesday night Senior High Program
- *Supervise, help lead, and build relationships with students
- *Be available to help with or find volunteers to help with various events/activities
- *Commit to being on the team for one year and attending training

Sunday Night Youth Room Supervisor during Live Out Loud

- *Have a passion for Jesus Christ and sharing the Gospel with junior high students in many different ways
- *Love junior high school kids!
- *Be willing to be present and occasionally help lead the weekly Junior High Bible Study

Volunteer for Sunday evening LIVE OUT LOUD help

- *Have a passion for Jesus Christ and sharing the Gospel with students
- *Be willing to help with attendance, check in, and other tasks on Sunday evenings

Volunteer for Overnight Retreats/Trips

- *Have a passion for Jesus Christ and sharing the Gospel with students

OVER 

*Likes to go with students and stay at camps or other places with them

Volunteer who can help with weekday activities

*Have a passion for Jesus Christ and sharing the Gospel with students

*Is available during the weekdays to help with activities

Volunteer to bring snacks and beverages

*Likes to bake (either at home or HyVee)

*Willing to share with hungry students

Other gifts you have that you are willing to share:

*Please list other gifts or resources that you have and are willing to share with the youth and family ministry program

(Examples: a cool farm to hang out at, tents, pool, boat, carpentry, music, teaching, etc.)

Volunteer for Junior High activities (please mark which activity you would be willing to help out with)

Each parent is expected to volunteer for at least one event within the junior high program.

*Have a passion for Jesus Christ and sharing the Gospel with students

*Likes to hang out with students doing fun things as well as service work and other activities

Junior High Lock In at UNI (October 14th-15th)

Romans and Christians (October 28th)

Game/Movie/Pizza Night (November 11th)

Church Lock In (December 16th)

Ski Trip (January 28th – 29th)

Commercial Party (February 5th)

Mystery Dinner (April 28th)

Fall Retreat Registration Form

Contact Person: Deb Bachman (deb@stjohncf.org)

Student Information:

Student #1

Name: _____

Which Retreat: 9th Grade October 1st – 2nd 7th and 8th Grade October 22nd – 23rd

Student #2

Name: _____

Which Retreat: 9th Grade October 1st – 2nd 7th and 8th Grade October 22nd – 23rd

Parents:

Are you able to drive students to and/or from the retreat? Yes No

Payment

Cost is \$45 per student.

Check (please write down check number _____) Cash

Checks can be made out to St John Lutheran Church and returned to Deb.