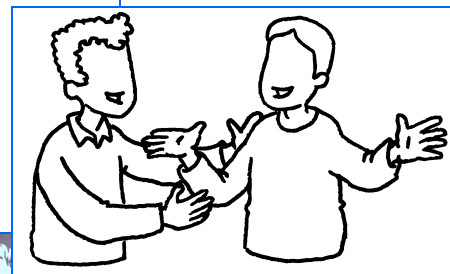
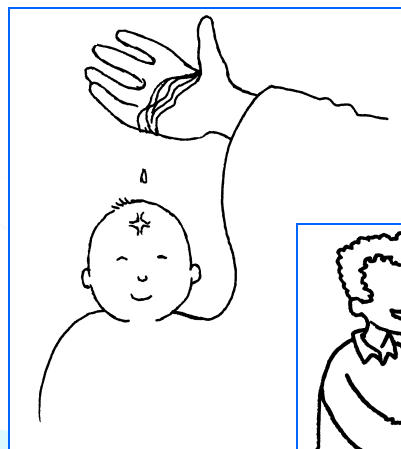
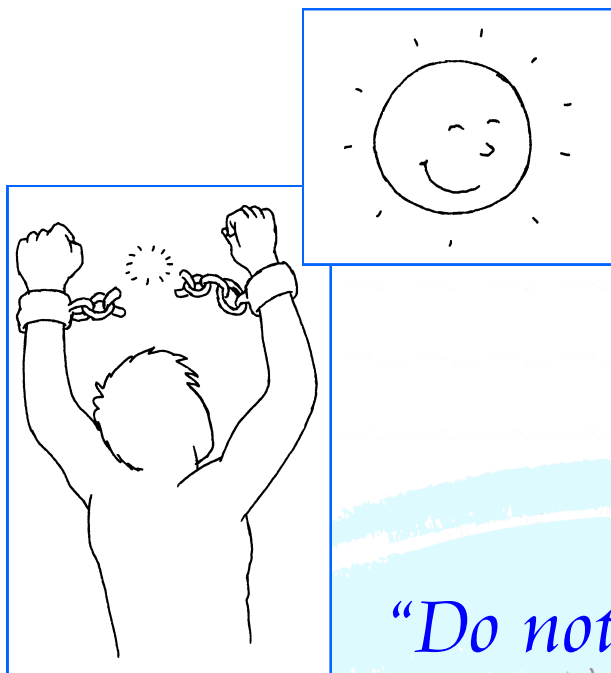
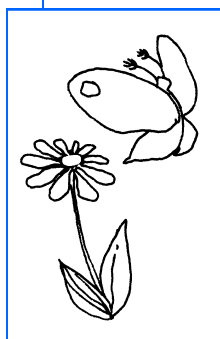
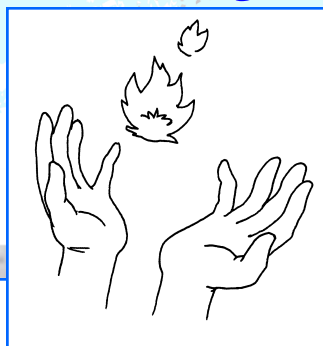


**Catholic Bishops' Conference of the Philippines
Episcopal Commission on Youth**



*“Do not be afraid, Mary,
for you have found favor with God.”*

[Lk 1:30]



National Youth Day 2016

Formation Program

Ayaw kahadlok,
Maria,
kay gikahimut-an
ka sa Dios.

*Do not be afraid, Mary,
for you have found
favor with God.*

Dai ka
matakot,
Maria,
huli ta
nawiwilihan
ka nin
Dios.

Maria,
indi ka
magkahadlok,
kay ginpakita
sang Dios
ang iya kaayo
sa imo.

*Dika agbuteng, Maria,
ta pinaraburannaka ti Dios.*

*Huwag kang
matakot,
Maria,
sapagkat naging
kalugud-lugod ka
sa Diyos.*





Catholic Bishops' Conference of the Philippines
EPISCOPAL COMMISSION ON YOUTH

Message

Dear young people,

***Do not be afraid... for you
have found favor with God!*** [cf. Lk 1:30]

It is very fitting that the theme of this National Youth Day 2018, taken from the words of the archangel Gabriel to the young Mary, conveys the spirit that the Church desires to impart to you, young people, in every NYD that you celebrate. You are favored and loved by God! You are a precious gift to the Church! Thus, you have nothing to worry or be afraid of.

The Episcopal Commission on Youth of the Catholic Bishops' Conference of the Philippines offers you this NYD2018 Formation Program. Prepared in collaboration with the diocesan youth ministries in the Bicol Region, it hopes to be a helpful resource towards a truly spirit-filled celebration of the NYD2018 in the dioceses, parishes, BEC's, organizations and other settings, especially since this NYD opens our 2019 Year of the Youth!

Let our celebration of the NYD2018, accompanied and led by our youth ministers—clergy, religious and lay—ignite all the more our excitement for greater things to come for the youth of our Church, as we also welcome the 2019 Year of the Youth, our next pastoral theme in the ongoing nine-year novena towards 2021.

It is my prayer that through your dedication and commitment in your respective youth ministries, the NYD2018 Formation Program will be able to bless more young people, affirming them that they are BELOVED, GIFTED and EMPOWERED; thus, enabling them to courageously respond to God's call to MISSION (cf. Theme of the Year of the Youth 2019: ***Filipino Youth in Mission: Beloved. Gifted. Empowered.***)

May the NYD2018 theme deepen your devotion to Mary: she, whom our Lord gave to us as our mother [cf. Jn 19:27] and whom our dear Pope Francis continues to offer to us as our model in listening to and following God's call. Allow her to be your motherly companion and guide in your journey of faith. Let the great trust that the Lord has given to Mary be your assurance that He also places His trust in you as you accept and embrace His wonderful plan in your life.

From the experience of recognizing the many great things that the Mighty One has done for us last NYD2017, may the NYD2018 celebration be a moment of affirmation and encouragement for you, preparing you to offer your joyful and humble FIAT to Him.

Your *ka-lakbay* in Christ,

+ LEOPOLDO C. JAUCIAN, SVD, DD
Bishop of Bangued
Chairman of the
CBCP-Episcopal Commission on Youth

2018 October 12
Memorial of Our Lady of the Pillar



Table of Contents

Conceptual Plan.....	1
Pre-NYD: Preparatory Session.....	5
WYD2018 Message of Pope Francis.....	10
NYD Proper	
Opening Session.....	14
Session 1.....	17
Session 2.....	24
Concluding Session.....	28
Post-NYD.....	32
References and Resources.....	33
Appendices.....	35
Acknowledgments.....	64

*In the sixth month,
the angel Gabriel was sent from God
to a town of Galilee called Nazareth,
to a virgin betrothed to a man named Joseph, of the house of David,
and the virgin's name was Mary.*

And coming to her, he said,

“Hail, favored one!

The Lord is with you.”

*But she was greatly troubled at what was said
and pondered what sort of greeting this might be.*

Then the angel said to her,

*“Do not be afraid, Mary,
for you have found favor with God.”*



*“Do not be afraid, Mary,
for you have found favor with God.”*

[Lk 1:30]

The Scripture theme of the National Youth Day (NYD) 2018 mirrors the theme and message of His Holiness Pope Francis to the youth on the occasion of the 33rd World Youth Day (WYD) 2018

RATIONALE

The Catholic Church in the Philippines observes the National Youth Day (NYD) as a special day for her great treasure--the youth. Traditionally set every 16th of December, this is an occasion which highlights the Church's preferential ministry for the youth. The youth ministries in the dioceses as well as ecclesial organizations spearhead the programs and undertakings in this regard, including the setting aside of the Mass collections during this day for youth ministry.

The CBCP-Episcopal Commission on Youth prepares a formation program that is both formative (mainly with elements of catechesis, fellowship and worship) and festive, and proposes it for the use at the level of dioceses, as well as organizations, parishes, schools and other settings, in their celebration.

OBJECTIVES

For the NYD2018 Formation Program, the participants are expected to:

- **celebrate their Catholic faith and embrace their identity as God's beloved children;**
- **receive guidance in seeking their vocation through prayerful discernment; and**
- **share courageously in the mission of Christ, following the example of Mary.**

The NYD2018 Formation program, prepared by the ECY in collaboration with the Bicol youth ministries, hopes to lead the young people to a meaningful reflection and discovery of God's invitation for them. Journeying onwards to the 2019 Year of the Youth, it endeavors to lead the youth to give their courageous YES to Him who always puts His faith, hope and love in them.

TIME ELEMENT

The program is designed for one full day. However, the different sessions and/or elements may be implemented in a series of meetings, with the last session as the culminating activity or as the main celebration of the NYD2018.

The sessions and/or elements may be adjusted in a way that is more feasible or applicable to the setting (e.g. diocese, or organization, or parish, or school, etc.) implementing the program.

MODE OF CELEBRATION

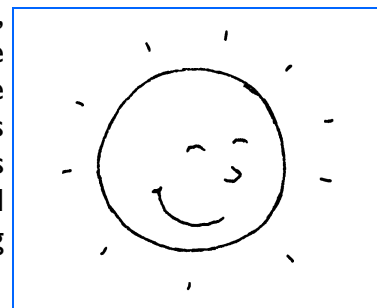
The target date for the implementation of this program is on the date set for National Youth Day, i.e. 2018 December 16, or on any date near it.

The program may also be adapted in the celebration of other youth events, such as the Diocesan Youth Day. In this case, it may be necessary to orient the participants about the NYD.

PRE-NYD

Youth Ministry Week (YM Week)

The week preceding the NYD (i.e. December 09-15) is celebrated as YOUTH MINISTRY WEEK [cf. Resolution of the National Youth Coordinating Council (NYCC) 2003, title revised in the NYCC2017]. The animation of this weeklong celebration is entrusted to the Regional Youth Coordinating Councils.



PREPARATORY PROGRAM

The pre-NYD2018 program aims to supply participants with a helpful and interactive experience to better prepare them for the local celebration of the NYD2018.

Organizers of a local NYD celebration (for example, the diocesan youth ministry), shall encourage their participants to undertake this pre-NYD program in their respective origins (for example, in their parishes) before gathering for the celebration (at the diocesan level).

PROGRAM FLOW (SESSIONS)

The program is composed of the following sessions:

1. Opening Session

- 1.1. Arrival/ Registration/ Animation
- 1.2. Bible Enthronement
- 1.3. Welcome Message
- 1.4. Orientation
- 1.5. Getting-to-Know Activity

2. Session 1

DO NOT BE AFRAID

- 2.1. Assembly and Animation
- 2.2. Orientation
- 2.3. Station Walk
 - a. Welcome
 - b. Challenge
 - c. Processing
 - d. Proclamation
 - e. Movement to the next station
- 2.4. Synthesis and Conclusion

3. Session 2

MARY... YOU HAVE FOUND FAVOR WITH GOD

- 3.1. Assembly and Animation
- 3.2. Orientation
- 3.3. 7-Step Gospel Sharing
 - a. Steps 1-5: Gospel Sharing in Small Groups
 - b. Steps 6-7: Input and Conclusion

4. Concluding Session

COURAGE IN THE PRESENT MOMENT

- 4.1. Preparation for the Holy Mass: Holy Rosary
- 4.2. Holy Eucharist
 - a. Homily: Excerpts from the WYD2018 Message of Pope Francis
 - b. Post-Communion: Commitment Rite
5. Vocation Festival

ORGANIZERS

This Formation Program is ideally run by an Organizing Team, i.e. a team of youth ministers, composed of the following:

- a. Organizing Team: Composed of youth ministers and leaders who take on the mission of implementing the NYD2018 Formation Program. By partners or in smaller teams, they work on specific areas connected to the program, e.g. training and accompaniment of facilitators, liturgies, animation (icebreakers), preparation of materials, registration, food, cleanliness, etc., while also working together in a coordinated way.
- b. Main Facilitator: A youth minister who spearheads the implementation of the entire program, and sees to the coordination of the entire Organizing Team towards providing the participants a meaningful experience of the NYD2018; for example, at the level of the diocese, the Diocesan Youth Director is suited to take on this role.
- c. Emcees: Youth ministers or leaders who guide the participants during plenary sessions, including those parts of the program which are outside the modules, e.g. assembling, welcoming, break times, etc. They should be equipped with facilitating skills.
- d. Group Facilitators: Youth ministers or leaders who, as needed, take charge of sessions in small groups.

Notes in Selecting Facilitators

When choosing facilitators, it is helpful to consider some important skills. Facilitators should have good

communication skills to be able to give clear instructions to the participants, and should be able to have a clear grasp of the program, to contextualize it to the participants and to make it flow in a logical way. They should also be capable of engaging and leading the participants to full and active participation in the activities.

Notes for the Organizing Team

Though the roles in the Organizing Team are varied and distinct, it is important that each one in the Team has a full grasp of the program. Following are concrete proposals as guide in assuming these critical roles in the program:

- a. Know the WYD2018 Message by heart, and make it your own.

It is beneficial for you to read and reflect on the Holy Father's Message. Consider it personally addressed to you. Keep it present in your mind and heart everywhere and at all times. This will surely lead you to effectively carry out your role/s in this program.

- b. Go through the whole process of each session over and over again.

Have a good grasp of the session objectives and the flow by which the session aims to achieve them. Practice what you are going to say. Write down your thoughts if necessary.

- c. Be constantly present.

As you would notice, there are sessions or moments in a session where you may not have a direct task. However, it is helpful to be constantly present, actively participating in the activities, listening to the inputs and sharings. By your active presence, show a good example of participation to the participants. Be open to assist your teammates as needed, e.g. distributing handouts, animating, etc.

- d. Pray.

It is God's work that you partake in this NYD2018 celebration, so remain always connected to Him. Pray to the Holy Spirit to guide you, the rest of the Organizing Team, and the participants, along a meaningful NYD2018 journey.

Pope Emeritus Benedict XVI tells us, in his WYD2015 message, "Find in the Eucharist the wellspring of your life of faith and Christian witness, regularly attending Mass each Sunday and whenever you can during the week. Approach the sacrament of Reconciliation frequently."

Make available the Sacrament of Reconciliation during the NYD celebration, or encourage the participants to go to confession before coming to the NYD as part of their preparations.

Conclude the NYD2018 Formation Program with a Closing Eucharist to celebrate as a community of faith, as well as to make it as a send-off for the participants to commit to live the Holy Father's invitation to take courage and live in God's favor, following the example of Mary.

LOGISTICS

Overall, this formation program requires the following:

- a. A suitable venue, spacious for moving around and for small group sharing, with smaller venues where the stations for the Station Walk can happen; and
- b. Audio-visual equipment (sound system, microphones, audio jack connectors, LCD projector, computer, etc.) to address and communicate to a large assembly.

Other materials needed per session are indicated in each session module.

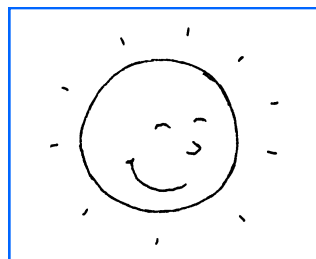
If writing materials (i.e. pen, and some pieces of paper) will not be provided for the participants, it is important that they be informed to bring their own when they are invited to this gathering.

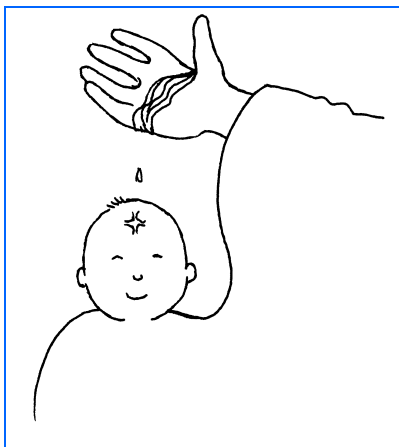
PARTICIPANTS

Young people are welcome to participate; this is for them! However, to make the most of this formation program, if the number of participants will exceed 500, it is advised to hold simultaneous programs in different venues, or to hold the program for another set of participants on a separate day.

Encourage young people to bring their personal Bible, rosary and writing materials (journal and pen) to this gathering; it will be helpful to begin/ support the culture of bringing these basic aids in our faith to faith-related events such as an NYD celebration.

 notes





Each group participating in a local NYD2018 celebration (e.g. a parish delegation attending the celebration at the diocesan level) is highly encouraged to gather at least once before the event. A helpful observation in past activities: among groups sent for an event, there is a marked difference between a group where camaraderie and a shared purpose for the trip are already established, as compared with another group where either or both are absent, or perhaps weak. This group encounter is of course upon the responsibility of the group leader; the following Preparatory Session guide is offered for his/her use.

The proposed schedule and flow of this Preparatory Session may be adjusted and/or modified, according to the availability of everyone preparing for the NYD2018 celebration. It is recommended though, that the participants are able to prepare themselves one week before the event, to be able to make a full preparation for it.

Time frame: around 7 hours
(e.g. from 09:00 AM to 04:00 PM)

Materials needed:

- Handout: Pope Francis' Message for the WYD2018
- PowerPoint: song lyrics (as applicable)
- PowerPoint: Guide questions
- PowerPoint/ AVP: "What is the NYD"
- Altar decorations: Image/Icon of Mary, Bible, candles, cloth and other ornamentals

Music:

- Animation songs
- Chants from Taizé
- "Mary Most Holy, Mother of All"
- Instrumental (for reflection)

Each participant:

- Writing materials (paper and pen)
- Bible
- Rosary

Before 09:00 AM **Welcome and Registration**
Animation

Joyful animation songs are played as the participants arrive and register for the Preparatory Session.

Fifteen (15) minutes before the start of the program, facilitators and animators invite the participants to engage in singing and dancing animation songs to energize them and to serve as a way of building the community spirit for the gathering.

09:00 AM **Opening Prayer**

After the animation, and as a way of opening the gathering, the Facilitator invites the participants to invoke God's presence through the opening prayer.

The following flow is suggested. The Facilitator/s may follow this, or create their own flow, considering the culture/context of their participants.

1. Opening Song: "Diyos ang Bukal ng Buhay" (Taizé), see p. 39.

2. Gospel Reading: Announcement of the Birth of Jesus [Lk 1:26-38]

An assigned reader proclaims aloud the Gospel text, while the rest of the assembly is invited to listen attentively and wholeheartedly.

3. Personal Reflection (5-10 minutes)

The Facilitator invites the participants to open their Bibles to the same Gospel text, and read it on their

own. Then, the Facilitator encourages them to allow God to speak to them through the text, as they ponder on and answer these guide questions:

- “Do not be afraid”: Is there a situation now in your life where God is telling you, “Do not be afraid”?
- “You have found favor with God”: What moment in your life have you experienced God’s favor?

The Facilitator instructs the participants to journal their personal reflection.

4. Dyad Sharing (6 minutes)

After the time for personal reflection, the Facilitator asks the participants turn to the person beside them to share their thoughts/ realizations.

5. The Lord’s Prayer (may be recited or sung together)

6. Closing Song: Magnificat (Taizé), see p. 39.

09:30 AM **Session: The National Youth Day**

1. Icebreaker/ Getting-To-Know Activity (20 minutes)

The Facilitator engages the participants to a getting-to-know activity to break the ice and build camaraderie among them.

For this, a song or a game that will help the participants learn about and be comfortable with each other may be used.

2. Overview of the Program (5 minutes)

The Facilitator provides an overview of the Preparatory Session.

3. Orientation on the NYD (25 minutes)

The Facilitator gives an orientation on the NYD: what it is, its journey (cf. pp. 35-36), etc. through creative and interactive means, e.g. short skit, AVP, trivia game, PowerPoint, etc.

10:20 AM **Break**

10:40 AM **Message of Pope Francis for the WYD2018**

1. Assembly

The time after the break is devoted to reading and reflecting together Pope Francis’ Message for the World Youth Day 2018 (cf. pp. 10-13).

Participants are provided with copies of the message. The Facilitator sets the reflective atmosphere as he/she invites the participants to a guided reading and reflection of the WYD2018 message.

As we have learned earlier in the program, our annual themes for the NYD adopt the annual themes offered by our Holy Father for the celebration of the WYD. Thus, together with the universal Church, we reflect together on the message of our dear Pope Francis for us, young people.

Let us read together the message of our Holy Father for the WYD2018, which is centered again on Mary, our Mother and model disciple. Through the Archangel Gabriel, our Blessed Mother received God’s reassuring words: “Do not be afraid, Mary, for you have found favor with God.”

The Facilitator instructs the participants: as the message is read aloud, they follow by reading it quietly, underlining any words or phrases that strike them in the message.

At the signal of the Facilitator, assigned persons read aloud the WYD2018 message to the big group.

2. Reading of the Message (10 minutes)

3. Personal Reflection (5-10 minutes)

After reading together the WYD2018 message, the participants spend some period of silence as they ponder on the following questions:

- What feelings/emotions were evoked in me while reading the message of the Holy Father for the WYD2018? Why?
- What words/lines from the message did I find very meaningful? How can this/these guide me in my preparation for the NYD2018?

The Facilitator encourages them to journal the fruits of their reflection.

4. Sharing in Small Groups (20-30 minutes)

Participants are instructed to form groups of four (4) in small circles, to share with one another the fruits of their personal reflection. The Facilitator gives ample time for this small group sharing. He/She also encourages them to offer their listening ears and hearts to be inspired by the sharing of their fellow participants.

5. Sharing in the Assembly (10-15 minutes)

The Facilitator calls on the attention of everyone, and asks for volunteers to share in the big group his/her reflection or the insights gained from the small group sharing.

6. Synthesis (5-10 minutes)

The Facilitator acknowledges everyone for their active participation and openness to be blessed and inspired by the message of Pope Francis for the WYD2018. He/She also invites everyone to treasure the insights and realizations gained from the session, that they, too, may follow Mary's example in her humility and courage to submit to God's divine plan for her.

7. Closing Song: Mary Most Holy, Mother of All

To meaningfully close the session, the Facilitator invites everyone to join in singing and following the gestures of the song.

12:00 PM **Angelus, Lunch break**

01:00 PM **Assembly and Animation**

To gather the participants for the afternoon activity, the Facilitators lead them to an animating song or game to energize them.

01:20 PM **Catechesis**

As an additional input to help deepen their reflection on the NYD2018 theme, the participants listen to a catechesis on vocation and discernment, which will

offer Mary as a model for young people in their journey towards embracing and following God's divine call for them.

The Speaker may make use of the following points in designing and giving his/her input:

1. Vocation

Vocation, as St. John Paul II explained, "always marks a sort of turning point on the path of our relationship with the living God." Our vocation opens us to a new perspective, and our Christian existence is given a deeper meaning in view of the future, to the life that each of us will choose to live as a fruit of our mature decision.

As young people, we are reminded that while we may have our own concerns and plans for the future, we should open and submit ourselves to the greater plan God has prepared and is offering us, in His own perfect time. This is the moment of vocation, concerning directly each of us as particular persons, but as what happened in Mary's annunciation, this vocation is also an unveiling of God's mystery before us—a mystery where, before we make our personal choice and decision, "a vocation refers back to another choice... a choice on the part of God, which has preceded the human choice and decision. Christ spoke of this to the Apostles during his farewell discourse: 'You did not choose me, but I chose you' [Jn 15:16].

(cf. Letter of the Holy Father John Paul II to All Consecrated Persons Belonging to Religious Communities and Secular Institutes on the Occasion of the Marian Year 1988)

How can we make ourselves more open to God's beautiful plan for our futures, for our lives?

2. Listen, Discern, Live

Our dear Holy Father, Francis, calls on us to learn to listen, discern and live, for us to recognize God's voice "calling us from on high and, while enabling us to develop our talents, makes us instruments of salvation in the world and guides us to full happiness."

Listening: We should learn how to listen carefully to God's voice, as He "comes silently and discreetly, without imposing on our freedom. Thus it can happen that his voice is

drowned out by the many worries and concerns that fill our minds and hearts” (Message of Pope Francis for the 2018 World Day of Prayer for Vocations). Learning to take ample time each day for prayer and reflection is a good way for us to be able to listen to God’s voice clearly in the midst of the many worldly noises surrounding us. This is also the example that our Blessed Mother showed us, how she quietly reflected on the events in her life and pondered them in her heart [cf. Lk 2:19].

Discerning: Our dear Pope Francis tells us that the way for us to realize all the more our vocation is through spiritual discernment, “a process by which a person makes fundamental choices, in dialogue with the Lord and listening to the voice of the Spirit, starting with the choice of one’s state in life” (Synod of Bishops, XV Ordinary General Assembly, Youth, Faith and Vocational Discernment, II, 2). As young people, we are challenged to learn this process, for us to grow in our capacity to make decisions according to God’s will, to “read within” our own life and realizing where we should go and what we should do. Practicing the art of spiritual discernment leads us to imitate our Blessed Mother in humble obedience to the promptings of the Spirit: “Let it be done to me according to Your word” [Lk 1:38].

Living: Learning to listen and discern makes us more conscious we are here in this world for a reason, a reason that God holds. Thus, every day is an occasion for us to encounter Him, our incarnate Lord, for, as Pope Francis tells us, “Vocation is today! The Christian mission is now! Each one of us is called – whether to the lay life in marriage, to the priestly life in the ordained ministry, or to a life of special consecration – in order to become a witness of the Lord, here and now.” If we will allow God to help us realize that He is calling us to give ourselves totally to Him, then we should not be afraid! We have Mary who sets for us an example of courage in offering oneself to serve God. (cf. Message of Pope Francis for the 2018 World Day of Prayer for Vocations)

3. Mary, Our Model of Vocation

Mary was chosen by God to become the mother of Jesus. From Eve’s disobedience, God made a promise of victory over the evil one. Thus, He called on women to take part in this mission: women who were considered powerless and weak, such as Sarah, Hannah, Deborah, Ruth, Judith, Esther, etc.

Mary stands out among these women, she who is redeemed from the moment of her conception. In the fullness of time, she, who has found favor with God, was able to respond with a courageous and obedient Yes to the vocation He gave her as the mother of His only begotten Son, Jesus (cf. Catechism of the Catholic Church 489-494).

Indeed, Mary is for us a model for every vocation: she with courageous faith, who sang of the joy of leaving herself behind and entrusting to God the plans she had for her life. Pope Francis invites us to turn to her, “so that we may be completely open to what God has planned for each one of us, so that we can grow in the desire to go out with tender concern towards others” (cf. Message of Pope Francis for the World Day of Prayer for Vocations 2015).

This input may be succeeded by a forum, where participants can ask questions or share their insights. It will be good to have the Facilitator serve as moderator of this interaction between the Speaker and the participants.

02:45 PM **Homework: Spiritual Preparation**

After spending a day of reflection on the theme of the NYD2018 through the WYD2018 Message of Pope Francis and listening to a catechetical input on Vocation and Discernment, the participants are given homework which they are encouraged to do for the coming days as their continuing spiritual preparation for the NYD2018 celebration.

A handout is provided to each participant for this homework. The Facilitator explains the homework to the participants (see p. 37).

03:15 PM **Conclusion**

As a meaningful conclusion to the preparatory session, the group may celebrate the Holy Eucharist, thanking the Lord for all the graces received and asking for His continuing guidance as each one prepares for the NYD2018 celebration.

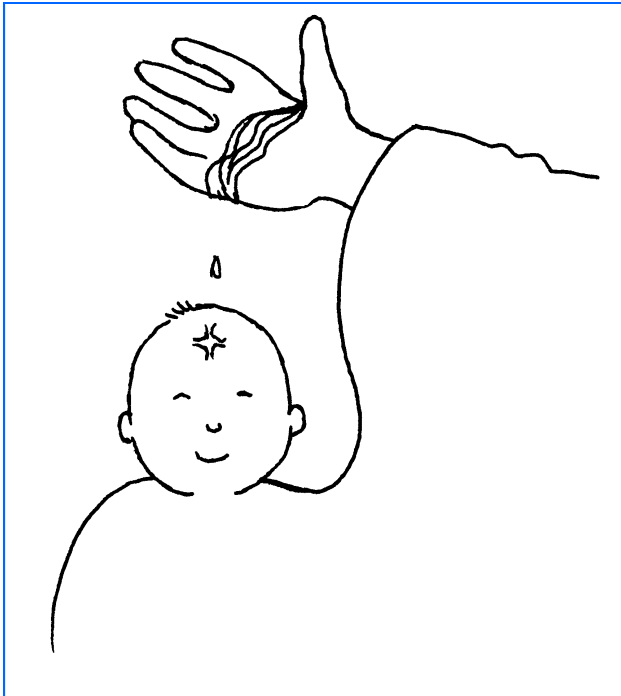
If it is not possible to celebrate the Holy Eucharist, the Facilitator invites everyone to pray together the Holy Rosary, as a way of lifting to God their gratitude for the fruitful gathering, as well as seeking our Lady’s intercession for their continuing spiritual preparation

for the NYD2018.

An available rosary guide with intentions for vocations can be downloaded here—
[http://gods-call.com/docs/SpiritualMotherhood/Rosary for Vocations13.pdf](http://gods-call.com/docs/SpiritualMotherhood/Rosary%20for%20Vocations13.pdf)

04:00 PM **Farewell**

In the coming days leading to the NYD2018, the youth ministers and leaders will do well to encourage and monitor their youth members as well as one another in the actualizing of their personal spiritual preparation, possibly using both traditional forms (via parish announcements) and modern means (through an e-group in social media). This way can also help build the excitement for the NYD2018 celebration as well as provide accompaniment to the youth.



 notes

... then the angel said to her,
"Do not be afraid, Mary,
for you have found
favor with God.
Behold, you will conceive



MESSAGE OF HIS HOLINESS POPE FRANCIS FOR THE 33rd WORLD YOUTH DAY 2018

"Do not be afraid, Mary, for you have found favour with God." [Lk 1:30]

Dear young people,

World Youth Day 2018 represents another step in preparation for the international WYD due to take place in Panama in January 2019. This new stage of our pilgrimage falls in the same year that the Ordinary Assembly of the Synod of Bishops will meet on the theme: *Young People, the Faith and Vocational Discernment*. This is a happy coincidence. The focus, prayer and reflection of the Church will turn to you young people, with the desire to receive and, above all, to embrace the precious gift that you are to God, to the Church and to the world.

As you already know, we have chosen to be accompanied on this journey by the example and intercession of Mary, the young woman of Nazareth whom God chose as the Mother of his Son. She walks with us towards the Synod and towards the WYD in Panama. If last year we were guided by the words of her canticle of praise – "The Almighty has done great things for me" (Lk 1:49) – teaching us to remember the past, this year we seek, together with her, to listen to the voice of God who inspires courage and bestows the grace needed to respond to his call: "Do not be afraid, Mary, because you have found favour with God" (Lk 1:30). These are the words addressed by God's messenger, the Archangel Gabriel, to Mary, an ordinary girl from a small village in Galilee.

1. Do not be afraid!

As is understandable, the sudden appearance of the angel and his mysterious greeting: "Hail, full of grace, the Lord is with you" (Lk 1:28), strongly

disturbed Mary, who was surprised by this first revelation of her identity and her vocation, as yet unknown to her. Mary, like others in the Sacred Scriptures, trembles before the mystery of God's call, who in a moment places before her the immensity of his own plan and makes her feel all her smallness as a humble creature. The angel, seeing the depths of her heart, says: "Do not be afraid"! God also reads our inmost heart. He knows well the challenges we must confront in life, especially when we are faced with the fundamental choices on which depend who we will be and what we will do in this world. It is the "shudder" that we feel when faced with decisions about our future, our state of life, our vocation. In these moments we are troubled and seized by so many fears.

And you young people, what are your *fears*? What worries you most deeply? An "underlying" fear that many of you have is that of not being loved, well-liked or accepted for who you are. Today, there are many young people who feel the need to be different from who they really are, in an attempt to adapt to an often artificial and unattainable standard. They continuously "photo-shop" their images, hiding behind masks and false identities, almost becoming *fake* selves. Many are obsessed by receiving as many "likes" as possible. Multiple fears and uncertainties emerge from this sense of inadequacy. Others fear that they will not be able to find an emotional security and that they will remain alone. Many, faced with the uncertainty of work, fear not being able to find a satisfactory professional position, or to fulfil their dreams. Today a large number of young people are full of fear, both believers and non-

believers. Indeed, those who have accepted the gift of faith and seek their vocation seriously are not exempt from fears. Some think: perhaps God is asking or will ask too much of me; perhaps, by following the road he has marked out for me, I will not be truly happy, or I will not be able to do what he asks of me. Others think: if I follow the path that God shows me, who can guarantee that I will be able to follow it through? Will I become discouraged? Will I lose my enthusiasm? Will I be able to persevere for the whole of my life?

In moments when doubts and fears flood our hearts, *discernment* becomes necessary. It allows us to bring order to the confusion of our thoughts and feelings, to act in a just and prudent way. In this process, the first step in overcoming fears is to identify them clearly, so as not to find yourself wasting time and energy by being gripped by empty and faceless ghosts. And so, I invite all of you to look within yourselves and to “name” your fears. Ask yourselves: what upsets me, what do I fear most in this specific moment of my life today? What blocks me and prevents me from moving forward? Why do I lack the courage to make the important choices I need to make? Do not be afraid to face your fears honestly, to recognize them for what they are and to come to terms with them. The Bible does not ignore the human experience of fear nor its many causes. Abraham was afraid (cf. Gen 12:10ff), Jacob was afraid (cf. Gen 31:31; 32:7), and so were Moses (cf. Ex 2:14; 17:4), Peter (cf. Mt 26:69ff) and the Apostles (cf. Mk 4:38-40; Mt 26:56). Jesus himself, albeit in an incomparable way, experienced fear and anguish (cf. Mt 26:37; Lk 22:44).

“Why are you afraid? Have you no faith?” (Mk 4:40). In admonishing his disciples Jesus helps us to understand how the obstacle to faith is often not *scepticism* but *fear*. Thus understood, the work of discernment identifies our fears and can then help us to overcome them, opening us to life and helping us to calmly face the challenges that come our way. For us Christians in particular, fear must never have the last word but rather should be an occasion to make an act of faith in God... and in life! This means believing in the fundamental goodness of the existence that God has given us and trusting that he will lead us to a good end, even through circumstances and vicissitudes which often bewilder us. Yet if we harbour fears, we will become inward-

looking and closed off to defend ourselves from everything and everyone, and we will remain paralyzed. We have to act! Never close yourself in! In the Sacred Scriptures the expression “do not be afraid” is repeated 365 times with different variations, as if to tell us that the Lord wants us to be free from fear, every day of the year.

Discernment is indispensable when searching for one’s vocation in life. More often than not our vocation is not obvious or evident at first but rather something we come to understand gradually. Discernment, in this case, should not be seen as an individual effort at introspection, with the aim of better understanding our interior make-up so as to strengthen us and acquire some balance. In such instances the person can become stronger, but is still confined to the limited horizon of his or her possibilities and perspectives. Vocation, however, is a *call from above*, and discernment in this context principally means opening ourselves to the Other who calls. Prayerful silence is therefore required in order to hear the voice of God that resounds within our conscience. God knocks at the door of our hearts, as he did with Mary; he longs to establish friendship with us through prayer, to speak with us through the Sacred Scriptures, to offer us mercy in the Sacrament of Reconciliation, and to be one with us in the Eucharist.

It is also important to dialogue with and encounter *others*, our brothers and sisters in the faith who have more experience, for they help us to see better and to choose wisely from the various possibilities. When the young Samuel hears the voice of the Lord, he does not recognize it immediately. Three times he runs to Eli, the older priest, who in the end proposes the right response to give to the Lord’s call: “If he calls you, you shall say: ‘Speak Lord, for your servant hears.’” (1 Sam 3:9). In your doubts know that you can rely on the Church. I know that there are very good priests, consecrated men and woman and lay faithful, many of whom are also young, who can support you like older brothers and sisters in the faith. Enlivened by the Holy Spirit, they will help you to make sense of your doubts and understand the plan of your own vocation. The *other* is not only a spiritual guide, but also the person who helps us open ourselves to the infinite riches of the life that God has given us. It is important to create spaces in our cities and communities to grow, to dream and to

look at new horizons! Never lose the enthusiasm of enjoying others' company and friendship, as well as the pleasure of dreaming together, of walking together. Authentic Christians are not afraid to open themselves to others and share with them their own important spaces, making them spaces of fraternity. Dear young people, do not allow the spark of youth to be extinguished in the darkness of a closed room in which the only window to the outside world is a computer and smartphone. Open wide the doors of your life! May your time and space be filled with meaningful relationships, real people, with whom to share your authentic and concrete experiences of daily life.

2. *Mary!*

"I have called you by name" (Is 43:1). The first reason not to fear is the fact that God has called us *by name*. The angel, God's messenger, called Mary by name. To God belongs the power to give names. In the work of creation, he calls into existence every creature by name. There is an identity behind a name, that which is unique in every single thing, in every single person; that intimate essence that only God truly knows. This divine prerogative was shared with man when God invited him to name the animals, the birds and also his own offspring (Gen 2:19-21; 4:1). Many cultures share this profound biblical vision; they recognize in a name the revelation of the profound mystery of life and the meaning of existence.

When God calls someone by name, he also reveals to the person his vocation, his plan of holiness and fulfilment, through which the person becomes a gift to others and is made unique. And when God wants to expand the horizons of life, he gives a new name to the person he is calling, as he did with Simon, whom he called "Peter". From here comes the custom of taking a new name when entering a religious congregation, to indicate a new identity and mission. Since the divine call is unique and personal, we need the courage to disentangle ourselves from the pressure of being shaped by conforming patterns, so that our life can truly become an authentic and irreplaceable gift to God, to the Church and to all.

Dear young people, to be called by name is therefore a sign of our great dignity in the eyes of God and a

sign of his love for us. God calls each one of you by name. All of you are *the "you" of God*, precious in his eyes, worthy of respect and loved (cf. Is 43:4). Welcome with joy this dialogue that God offers you, this appeal he makes to you, calling you by name.

3. *You have found favour with God*

The main reason why Mary need not be afraid is that she has found favour with God. The word "grace" speaks of love freely given, not owed. How much we are encouraged to know that we do not have to earn the closeness and help of God, by presenting a "*Curriculum Vitae* of excellence", full of merits and successes! The angel says to Mary that she has *already* found favour with God, not that she will obtain it in the future. And the same formulation of the angel's words helps us understand that divine grace is continuous, not something passing or fleeting; for this reason, it will never fail. Even in the future, the grace of God will always be there to sustain us, especially in moments of trial and darkness.

The continuous presence of divine grace encourages us to embrace our vocation with confidence; our vocation demands a commitment of faithfulness that needs to be renewed each day. Our vocational path is not without its crosses: not only our initial doubts, but also the frequent temptations that crop up along the way. The feeling of inadequacy accompanies Christ's disciple to the end. Yet he or she knows the help of God's grace.

The Angel's words descend upon our human fears, dissolving them with the power of the Good News of which we are heralds: our life is not pure chance or a mere struggle for survival, rather each of us is a cherished story loved by God. That we have "found grace in his eyes" means that the Creator sees a unique beauty in our being and that he has a magnificent plan for our lives. The awareness of this certainty, of course, does not resolve all our problems nor does it take away life's uncertainties. But it does have the power to transform our life deeply. The unknown that tomorrow holds for us is not a dark threat we need to overcome, but a favourable time given to us for living out the uniqueness of our personal vocation, and for sharing it with our brothers and sisters in the Church and in the world.

4. *Courage in the present moment*

From the certainty that God's grace is with us comes the strength to take courage in the present moment: the courage to carry forward what God asks of us here and now, in every area of our lives; courage to embrace the vocation which God reveals to us; courage to live out our faith without hiding or diminishing it.

Yes, when we open ourselves to God's grace, the impossible becomes a reality. "If God is for us, who can be against us?" (Rom 8:31). God's grace touches the "now" of your lives, "takes hold" of you as you are, with all your fears and limits, but it also reveals his marvellous plans! You young people need to know that someone truly believes in you: please know that the Pope has confidence in you, that the Church has confidence in you! For your part, have confidence in the Church!

To the young Mary was entrusted an important task, precisely because she was young. You young people have strength as you go through a phase of your lives where energy is not lacking. Make use of this strength and this energy to improve the world, beginning with the realities closest to you. I want important responsibilities to be given to you within the Church; that there may be the courage to make space for you; and that you may be prepared to take on these responsibilities.

I invite you once again to contemplate Mary's love: a caring, dynamic and concrete love. A love full of boldness and focused completely on the gift of self. A Church permeated by these Marian qualities will always be a Church going forth, one that goes beyond her own limits and boundaries to let the grace she has received overflow. If we allow ourselves to be truly touched by Mary's example, we will live out authentically that charity which urges us to love God above all else and above ourselves, to love those with whom we share our daily life. And we will also love those who may seem hardly lovable in themselves. It is a love that is service and dedication, above all towards the weakest and poorest, love that transforms our faces and fills us with joy.

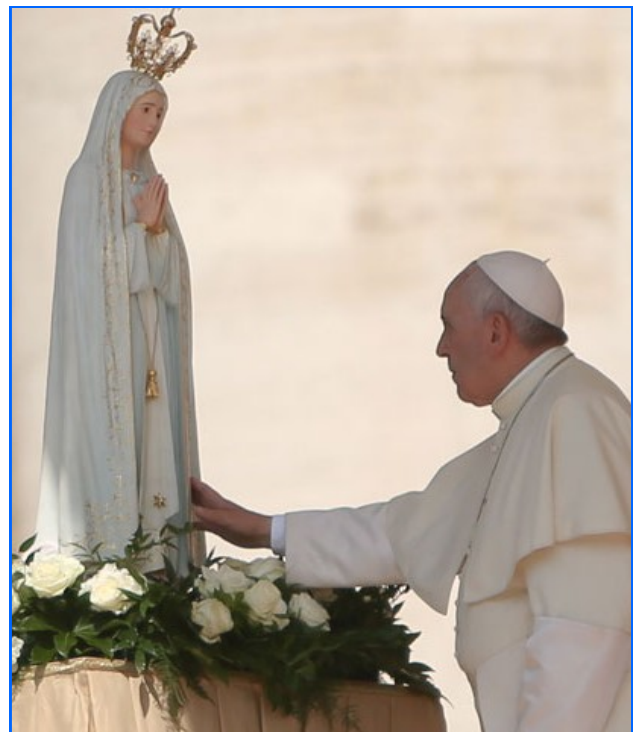
I would like to end with the beautiful words Saint Bernard used in a famous homily on the mystery of

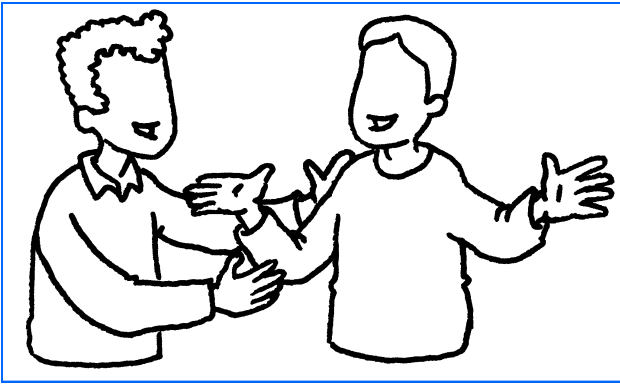
the Annunciation, words that express the anticipation of all humanity for Mary's response: "You have heard, O Virgin that you will conceive and bear a son; you have heard that it will not be by man but by the Holy Spirit. The angel awaits an answer... We too, O Lady, are waiting for your word of compassion... In your brief response we are to be remade in order to be recalled to life... This is what the whole earth waits for, prostrate at your feet... Answer quickly, O Virgin" (Sermon 4, 8-9; Opera Omnia).

Dear young people, the Lord, the Church, the world are waiting for your answer to the unique call that each one receives in this life! As World Youth Day in Panama draws closer, I invite you to prepare yourselves for our gathering with the joy and enthusiasm of those who wish to participate in such a great adventure. WYD is for the courageous! Not for young people who are searching only for comfort and who withdraw whenever difficulties arise. Do you accept the challenge?

*From the Vatican, 11 February 2018
VI Sunday of Ordinary Time,
Memorial of the Blessed Virgin Mary of Lourdes*

Franciscus





Time frame: 07:00 to 09:15 AM

Materials needed:

- Altar
- Candles
- Flowers
- Image of the Blessed Mother (preferably under the title venerated in the diocese/ place)
- Holy Bible
- PowerPoint: Closing Prayer
- PowerPoint: Orientation
- PowerPoint: Mechanics for the Getting-To-Know Activity
- Music: Ang Puso Ko'y Nagpupuri
- Music: Mary, Mother of All

07:00 AM **Welcome and Reception
Animation**

Joyful animation music is played as the participants arrive to entertain them and set the joyful mood of the gathering.

Participants get to know their assigned group upon registration. Each group should have around ten (10) members. Volunteers usher the participants to the main venue and to the designated area for their assigned group.

08:00 AM **Opening Liturgy:
Bible Enthronement**

1. Song: Magnificat/ Ang Puso Ko'y Nagpupuri (Taizé), see p. 39.

Selected participants carry the following in a solemn procession towards the altar: lighted candles, flowers, image of the Blessed Mother, and a Bible.

2. Opening Prayer

An assigned leader reads aloud the opening prayer.

*Almighty Father,
help us to ready our ears, our minds
and our hearts for Your Word.
Grant that we may willingly accept Your Word
which is the source of our life, grace and love.*

*Through this celebration
of the National Youth Day 2018,
we hope to be nourished by Your Word,
acquire Your wisdom,
and share Your love to others,
so that we may be called Your beloved children
and blessed like our Mother Mary.
Amen.*

3. Gospel Reading

From the Holy Gospel according to St. Luke [1:26-30]

*The angel Gabriel was sent from God
to a town of Galilee called Nazareth,
to a virgin betrothed to a man named Joseph,
of the house of David,
and the virgin's name was Mary.
And coming to her, he said,
"Hail, full of grace! The Lord is with you."
But she was greatly troubled at what was said
and pondered what sort of greeting this might be.
Then the angel said to her,
"Do not be afraid, Mary,
for you have found favor with God.*

A brief moment of silence is observed.

4. Closing Prayer

This prayer may be projected via PowerPoint for everyone to read aloud, or a prayer leader may invite the assembly to repeat after him/her each line:

*O Loving and Merciful Father,
You have chosen the Blessed Virgin Mary
as the Mother and companion of Your Son,
the image and model of Your Church,
and the Mother and model of the youth.
Grant that through her example,
we may have the courage to not be afraid
to live as Your true and devoted servants.
Give us the grace to fully embrace
the path of discipleship,
and in turn, fulfill the mission
of proclaiming You to our families,
friends, and community.
Continue to favor us with confidence and courage
as we, who gather with joy and thanksgiving
on the occasion of the National Youth Day 2018,
consecrate ourselves to the Sacred Heart of Jesus
and the Immaculate Heart of Mary.
Use us as You will for Your glory.
We make this prayer through Jesus Christ, Your Son
who lives and reigns with You
in the unity of the Holy Spirit,
one God forever and ever.
Amen.*

In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

Closing Song: “Mary Most Holy, Mother of All”

08:20 AM **Welcome Message (10 minutes)**
Acknowledgment of Participants

After the opening prayer, the participants receive a welcome message from the leader of the Organizing Team (e.g. the Youth Director), or the Bishop of the diocese (or his representative).

Afterwards, the Main Facilitator also reads the message of the ECY Chairman, Most Rev. Leopoldo C. Jaucian, SVD, DD to the participants (see opening pages of the NYD2018 Formation Program).

Following the welcome, the Main Facilitator acknowledges the groups present for the NYD celebration.

08:30 AM **Orientation (10 minutes)**

The Main Facilitator provides an orientation on why the Church celebrates the National Youth Day. The orientation is done in a creative way, utilizing the resources available in their setting (e.g. PowerPoint, audio-video presentation, parade of past NYD themes through placards, etc.).

Then, agreements are also set with the participants. These are “BE” statements which will help everyone have a full and fruitful celebration:

BE on time: Be mindful of the time. Be at the assembly area before the session begins. Let the Emcees assist you in managing the time, etc.

BE attentive: Listen to the Emcees when they are giving instructions. Listen well to the speakers who will provide input. Listen carefully to your group mates during sharing moments. Allow yourself to be enriched by the things that you will hear.

BE 100% participative: We are here to participate; thus, give your best in everything, and surely you will gain 100% as well! Do not miss the fun and learning by being preoccupied with taking pictures/ selfies/ groupies during the activities. Put your mobile phones on silent mode during sessions; use them only during break time. Let the Documentation Team capture the meaningful moments for you. Furthermore, should you wish to post your pictures/ insights/ realizations on FB, Twitter, etc. do this only during break time.

BE an OMG (Online Missionary of God): When we share the experience, particularly on social media, please use the following hashtags:

#NYD2018

#FavoredByGod

#CourageousLikeMary

08:30 AM **Getting-To-Know Activity**

After the orientation, the Main Facilitators lead the

assembly to a getting-to-know activity, which the participants will do in their assigned groups, as designated to them during the reception. Group Facilitators assist the participants in the activity:

1. In their assigned groups, the participants divide themselves into two small groups by counting off 1-2. All no. 1 will form an inner circle, while all no. 2 the outer circle. The people in the inner and outer circle should face each other.
2. As a lively animation song is played, the people in the inner circle move to the left, while the people in the outer circle move to the right.
3. When the music stops, the participants also stop from moving. Then, they turn to the person in front of them and introduce themselves: name, age and origin (e.g. parish, organization, etc.).
4. After this brief self-introduction, the Main Facilitator offers a question to be answered by each pair. They have 1-2 minutes to share with each other their answers to the question by the Main Facilitator.
5. The process continues until the participants have introduced themselves to the people in their assigned group.

Here are the questions for no. 4:

1. How are you feeling today?
2. What is your youth ministry involvement in your parish/ organization?
3. Describe in a word or short phrase your experience of preparing spiritually for the NYD2018.
4. What are the challenges/fears you faced as you prepared for the NYD2018? How did you overcome this/these?
5. From your journal, share your most significant reflection/realization from your 7-day spiritual preparation for the NYD2018.

The Main Facilitator acknowledges everyone for their active participation in the activity, and then calls for a morning break.

09:15 AM

Break (20 minutes)



 notes

Do not be afraid

Session 1
NYD2018



Time frame: 09:35 AM to 12:30 PM

Materials needed:

- A photo illustration of the challenge in each of the station
- Station 1: 1 piece of bond paper for the group
- Station 2: Blindfold for each participant and obstacle objects (e.g. chairs, trash cans, boxes, etc.)
- Station 3: Elevated platform (high chair/table or mobile ladder)
- Station 4: 10 pieces of paper (or monoblock chairs for a more challenging activity) per group

Before 09:35 AM **Assembly and Animation**

Before the end of the break, the Emcees call the attention of the participants to gather in the plenary area. Animators engage them in a lively animation song.

09:35 AM **Orientation (25 minutes)**

After the animation, the Main Facilitator introduces the session and provides instructions for the activity, which will unfold in four (4) stations.

A small group of 10 participants will be merged with 3 other small groups to create 1 big group with 40

members. There should be 4 big groups, each of which will start with one of the 4 stations.

When there is a larger number of participants, such as an assembly of 500 participants, the participants will be subdivided into 4 clusters with 125 participants. In each cluster, the participants will be grouped into 4 groups with 31-32 members in each small group.

In this case, each of the 4 stations will be multiplied according to the number of small groups in each cluster. This is for easier management and execution of the challenges in each station. The process in each station is designed for a maximum of 40 participants; if larger than that, then the desired experience may not be achieved.

Each group will go through challenges in four (4) stations. At the end of each activity, the Station Facilitators will provide a deepening, guided by the WYD2018 Message of Pope Francis.

Thirty (30) minutes are allotted for each station; after which, the group moves to the next station. This goes on until all the groups have gone to all the 4 stations.

	1st 30 minutes (10:00-10:30)	2nd 30 minutes (10:35-11:05)	3rd 30 minutes (11:10-11:40)	4th 30 minutes (11:45-12:15)
Group/ Cluster 1	Station 1	Station 2	Station 3	Station 4
Group/ Cluster 2	Station 2	Station 3	Station 4	Station 1
Group/ Cluster 3	Station 3	Station 4	Station 1	Station 2
Group/ Cluster 4	Station 4	Station 1	Station 2	Station 3


Volunteers should be available to usher and assist the groups in their movement from station to station.

Venues for each station should be spacious enough for the challenges, and proximate enough to facilitate movement.

As we now journey to reflect on and deepen the theme of our NYD2018 celebration, this session will surely be a fun and challenging experience and, at the same time, will affirm the Lord's challenge for us: "Do not be afraid!"

We are invited to be more open to His guidance, to the people around us, and to the events that will unfold before us which hopefully will bring us insights and realizations regarding His divine call for us – our vocation.

After giving the instructions, the Main Facilitator wish them well as they proceed with the Station Walk. Volunteers lead the groups to their assigned stations for the first 30 minutes.

 **notes**

I AM HOPEFUL!

Station 1

1. Welcome

The Station Facilitator joyfully welcomes the participants. Then, he/she gives a piece of paper containing the instructions for the challenge that the group will execute.

2. Challenge: Cross Over Me!

Using the piece of bond paper provided, your group should be able to pass through it altogether (without breaking the pattern). The challenge should be accomplished by the group within five (5) minutes.



The group is given two (2) minutes to strategize.





The Station Facilitator provides a deepening of their insights and realizations from the challenge that they did as a group, guided by the WYD2018 Message of Pope Francis:

Just like the challenge that you experienced earlier, there are also situations in our lives where we are overcome by fear. We feel confused, worried, unable, and insecure.

Pope Francis, in his message for the WYD2018, reminds us: “[God] knows well the challenges we must confront in life, especially when we are faced with the fundamental choices on which depend who we will be and what we will do in this world. It is the ‘shudder’ that we feel when faced with decisions about our future, our state of life, our vocation. In these moments we are troubled and seized by so many fears.” (WYD2018 Message of Pope Francis, no. 1, par. 1)

“And you young people, what are your fears? What worries you most deeply? An ‘underlying’ fear that many of you have is that of not being loved, well-liked or accepted for who you are. Today, there are many young people who feel the need to be different from who they really are, in an attempt to adapt to an often artificial and unattainable standard. They continuously ‘photo-shop’ their images, hiding behind masks and false identities, almost becoming fake selves. Many are obsessed by receiving as many ‘likes’ as possible.” (WYD2018 Message of Pope Francis, no. 1, par. 2)

Let us not allow our fears and insecurities to win over us. We are challenged to place our hope in God, He who never ceases to hope in us.

The Facilitator may cite some examples from the Scriptures, e.g. Gen 22:9-12 (Abraham’s Test) and Lk 19:2-10 (Zacchaeus the Tax Collector), etc.

4. Proclamation

As conclusion to the station, the Facilitator invites them to shout the exhortation for them to be hopeful and confident in God despite their fears and insecurities: “I am hopeful!”

5. Movement

Volunteers accompany the group as they walk to the next station, while shouting their learning statement.



3. Processing

After the challenge, the Station Facilitator acknowledges everyone for their active participation. Then, he/she asks the following questions to aid processing of the experience:

- How did you feel while doing the activity? (For example: confused, frustrated, worried, etc. Redirect answers which are not emotions.)
- Any significant learning/insight? (For example: “Don’t give up!”, “Believe in one another.”, and the like)

I AM OBEDIENT!

Station 2

1. Welcome

The Station Facilitator joyfully welcomes the participants. Then, he/she gives a piece of paper containing the instructions for the challenge that the group will execute.

2. Challenge: Follow the Leader!

The group members form a straight line. They all wear a blindfold, except for one who will serve as the group leader/guide. The leader stands at the end of the line and, using commands and signals, instructs the blindfolded members to move from the starting point to the end point while avoiding the obstacles.



The group is given two (2) minutes to strategize.

3. Processing

After the challenge, the Station Facilitator acknowledges everyone for their active participation. Then, he/she asks the following questions to aid the processing of the experience:

- How did you feel while doing the activity? (For example: excited, scared, worried, etc. Redirect answers which are not emotions.)
- Any significant learning/insight? (For example: “Follow the leader.”, “Trust,”, and the like)

The Station Facilitator provides a deepening of their insights and realizations from the challenge that they did as a group, guided by the WYD2018 Message of Pope Francis:

Your experience in the challenge earlier can be similar to our own life situations wherein obstacles and uncertainties cause us to close our eyes shut and become scared, weakening our faith.

Pope Francis asks us in the words of our Lord Jesus: “Why are you afraid? Have you no faith?” (Mk 4:40). In admonishing his disciples Jesus helps us to understand how the obstacle to faith is often not scepticism but fear.”

Our dear Holy Father tells us: “fear must never have the last word but rather should be an occasion to make an act of faith in God... and in life! This means believing in the fundamental goodness of the existence that God has given us and trusting that he will lead us to a good end, even through circumstances and vicissitudes which often bewilder us.” (WYD2018 Message of Pope Francis, no. 1, par. 4)

In the face of our own obstacles and confusion, we need to learn to follow our Leader, the Head of the Church, Jesus Christ. As His disciples, we should obey what our Leader teaches us, like our Blessed Mother who submitted herself to the Lord despite her own fears and confusion about what the angel told her.

Obedience is doing what Jesus tells us, even in the face of obstacles and doubts. Obedience is not an easy task for all of us; it takes courage and perseverance to continuously and courageously follow Him.

The Facilitator may cite some examples from the Scriptures, e.g. Jn 1:43 (Call of the Disciples), Mt 26:37-41 (Jesus prays at Mt. of Olives), etc.

4. Proclamation

As conclusion to the station, the Facilitator invites them to shout the invitation for them to submit themselves to God even in the midst of doubt and confusion: “I am obedient!”

5. Movement

Volunteers accompany the group as they walk to the next station, while shouting their learning statement.

I AM TRUSTING!

Station 3

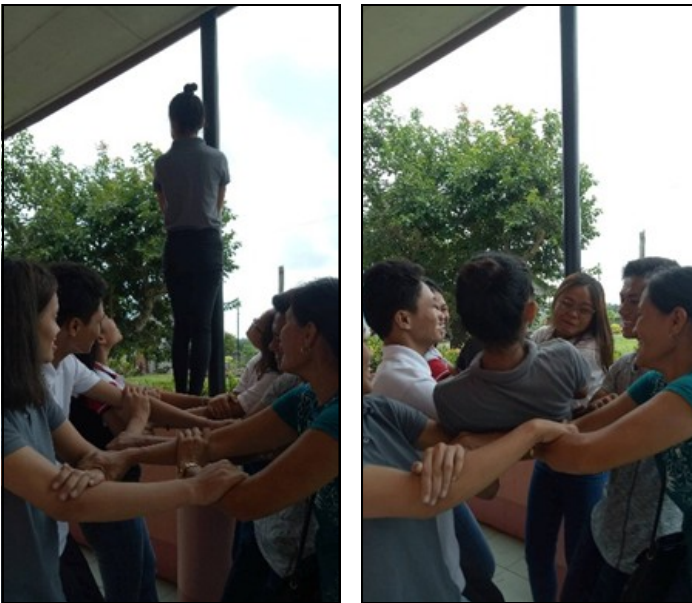
1. Welcome

The Station Facilitator joyfully welcomes the participants. Then, he/she gives a piece of paper containing the instructions for the challenge that the group will execute.

2. Challenge: You Fall, I Fall!

One of the group members stands on an elevated platform, while the rest stand behind him/her. He/She places his/her arms on his/her chest, then lets him/herself fall from his/her back, while the people behind him/her catches him/her.

The same process is done until all the members have experienced falling and being caught by their group mates.



The group is given two (2) minutes to strategize how they will do the challenge.

3. Processing

After the challenge, the Station Facilitator acknowledges everyone for their active participation. Then, he/she asks the following questions to aid the processing of the experience:

- How did you feel while doing the activity? (For example: excited, scared, doubtful, etc. Redirect answers which are not emotions.)
- Any significant learning/insight? (For example: “There are people who are willing to catch me when I fall.”, “Letting go can be a wonderful experience.”, and the like)

The Station Facilitator provides a deepening of their insights and realizations from the challenge that they did as a group, guided by the WYD2018 Message of Pope Francis:

In this challenge, we ourselves have experienced falling and being caught by our group members. In the same challenge, we also experienced catching others who were falling. We can relate this situation to those moments in our lives when our own worries and anxieties grip us in fear, that we do not want to risk falling or failing. But isn't it rewarding and liberating when we are able to face our fears by trusting, and then realizing that we can overcome them, and that there are people who trust themselves that they are able to catch and help others when we fall—and these people include ourselves?

Pope Francis explains to us: “Multiple fears and uncertainties emerge from [this] sense of inadequacy. Others fear that they will not be able to find an emotional security and that they will remain alone. Many, faced with the uncertainty of work, fear not being able to find a satisfactory professional position, or to fulfil their dreams. Today, a large number of young people are full of fear, both believers and non-believers. Indeed, those who have accepted the gift of faith and seek their vocation seriously are not exempt from fears.” (WYD2018 Message of Pope Francis, no. 1, par. 4)

Everyone experiences failure. Even the bravest, the strongest or the most powerful person is not exempted from it. But it does not matter how many times one falls; what matters is how we face the fall, and how we rise. What counts is how we dare to trust—and with trust, we deal with those failures and face the new beginning that awaits us.

In times “when doubts and fear flood our hearts discernment becomes necessary.” Our dear Pope Francis invites us to reflect on the events of our life in the light of faith, with the assurance that God is journeying with us every step of the way, and so we have nothing to fear. We

just have to keep on going and be trusting.

The Facilitator may cite some examples from the Scriptures, e.g. Mt 14:26-31 (Jesus walks in the sea), Mk 4:37-40 (Calming of the storm), etc.

4. Proclamation

As conclusion to the station, the Facilitator invites them to shout the invitation for them to persevere and stand up beyond our failures: “I am persistent!”

5. Movement

Volunteers accompany the group as they walk to the next station, while shouting their learning statement.

I AM OPEN TO OTHERS!

Station 4

1. Welcome

The Station Facilitator joyfully welcomes the participants. Then, he/she gives a piece of paper containing the instructions for the challenge that the group will execute.

2. Challenge: Cross the Bridge!

The group forms a single line, with everyone holding each other's hand. Using the pieces of paper provided, each one in the group should be able to cross from the starting point to the end point. Their foot should not step outside the paper laid on the floor, and the group should not break the line.



The group is given two (2) minutes to strategize how they will do the challenge.

3. Processing

After the challenge, the Station Facilitator acknowledges everyone for their active participation. Then, he/she asks the following questions to aid the processing of the experience:

- How did you feel while doing the activity? (For example: enjoyed, nervous, worried, etc. Redirect answers which are not emotions.)
- Any significant learning/insight? (For example: “Think of others.”, “Communicate.”, “Teamwork.”, and the like)

The Station Facilitator provides a deepening of their insights and realizations from the challenge that they did as a group, guided by the WYD2018 Message of Pope Francis:

The challenge that you just accomplished as a group is a good reminder that no matter how smooth or rough our journey in life may be, we are surrounded by people who are willing to sail with us!

Pope Francis also emphasized the significance of encounter and dialogue with the other—in particular, with our brothers and sisters in the faith who have more experience—as we journey towards discovering ourselves and embracing our vocation.

“In your doubts know that you can rely on the Church. I know that there are very good priests, consecrated men and women and lay faithful, many of whom are also young, who can support you like older brothers and sisters in the faith. Enlivened by the Holy Spirit, they will help you to make sense of your doubts and understand the plan of your own vocation.

Never lose the enthusiasm of enjoying others' company and friendship, as well as the pleasure of dreaming together, of walking together. Authentic Christians are not afraid to open themselves to others and share with them their own important spaces, making them spaces of fraternity.

Open wide the doors of your life! May your time and space be filled with meaningful relationships, real people, with whom to share your authentic and concrete experiences of

daily life.” (WYD2018 Message of Pope Francis, no. 1, par. 6)

The Facilitator may cite some examples from the Scriptures, e.g. 1 Sam 3:9 (the young Samuel and Eli), Ex 14:13-14 (Crossing of the Red Sea), etc.

4. Proclamation

As conclusion to the station, the Facilitator invites them to shout the invitation for them to welcome others and allow these people to guide them in their faith-journey. “I am open to others!”

5. Movement

Volunteers accompany the group as they walk to the next station, while shouting their learning statement.

12:00 PM Synthesis and Conclusion

Lively background music is played as the participants gather again at the assembly hall.

The Main Facilitator acknowledges everyone for their active participation in the Station Walk. He/She asks for volunteers to share their most significant insight/realization from the session.

After hearing the sharing of some of the participants, the Main Facilitator gives the synthesis of the session:

The session we had this morning brought to our consciousness our own fears, worries and apprehensions as young people who journey through life, discovering our purpose, realizing our vocation. In the face of all our doubts and fears, our dear Holy Father, Francis, echoes Jesus’ words for us: “Do not be afraid!”

We may feel lacking and inadequate. But we are never without value, for we are made in the image and likeness of God! And so, we are hopeful in Him.

We may not know what the future holds, but we know Who holds the future, and the One Who holds that future knows what is best for us. Thus, we are courageous in Him.

We may worry about falling, but He who calls us will ever be with us, always ready to raise us up. And so, we are trusting in Him.

We may sometimes feel lonely in our journey, but we are never alone, for the Lord Who is ever with us sends people to guide and direct us towards realizing His beautiful plan for us. Thus, we open ourselves to others.

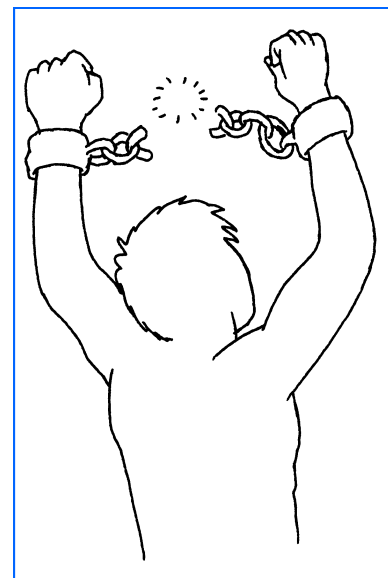
We may feel confused, worried or anxious at times, but like Mary, we trust that God is preparing something very beautiful for us. He is not finished with us yet. If we will let Him enter our lives, He will surely transform our hearts and bring out the best in us, the way He has made an impact on and changed the lives of these people...

A short video about people who were called by God in the Bible is shown to the participants.

Video: The March of the Unqualified
<https://www.youtube.com/watch?v=QnoPIuENS-I>

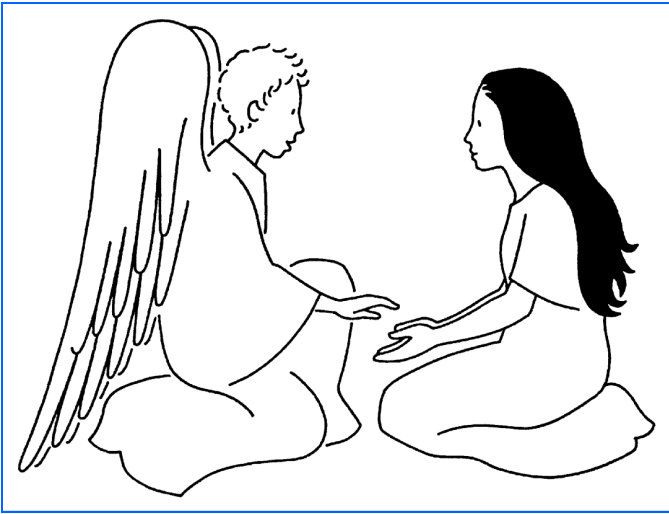
Let us not be afraid to embrace God’s plan for us. For, like the people in the Bible, including our Blessed Mother, our Lord calls us, not according to worldly standards. He knows that we can do great things despite our weakness. He makes us worthy before Him. With Mary, our mother, let us not be afraid.

As a conclusion, the participants join in singing and animating “Mary, Mother of All”.



Mary...you have found favor with God

Session 2
NYD2018



Time frame: 01:30-04:00 PM

Materials needed:

- Personal Bible (per participant)
- Writing materials (per participant)
- Handout: Reflection
- Guide for the Seven-Step Gospel Sharing
- Music: instrumental for reflection

Before 01:30 PM **Assembly and Animation**

Before the end of the lunch break, the Emcees call the attention of the participants to gather in the plenary area. Animators engage them in a lively animation song.

01:30 PM **Orientation (30 minutes)**

After the animation, the Main Facilitator instructs everyone to be seated in their respective assigned groups. The Small Group Facilitators are also seated with them.

The Main Facilitator prepares the participants for the next session, where they will be invited to spend time in prayer, reflection and sharing of God's Word, in the way of the Seven-Step Gospel sharing.

He/She provides an orientation about this Gospel sharing method, and about each of the steps.

After giving the orientation, the Main Facilitator sets the mood for the Seven-Step Gospel Sharing. He/She asks each group to be seated in a circle, close enough for the participants to hear each other.

At the signal of the Main Facilitator, the Small Group Facilitators take over in leading their assigned groups.

02:00 PM **Seven-Step Gospel Sharing:
Steps 1-5 (1 hour)**

In each small group, the Small Group Facilitator leads the participants from Step 1 until Step 5.

Step 1: We invite the Lord.

Will someone please invite Jesus in prayer?

Step 2: We read the text.

Let us open our Bible to the Gospel of Luke, Chapter 1.

Observe if everyone is able to open their Bibles at the right section. Be ready to assist those who might have difficulty.

Will someone, please, read verses 26-38?

After someone has read aloud the said verses...

Will someone read the same text from a different version or language, if possible?

Step 3: We pick out any words and meditate on them.

We pick out any words or short phrases, read them aloud prayerfully three times with a short pause in between.

For this part, the Small Group Facilitator listens to the small group members as they share the words/phrases that struck them from the Gospel text. It is not necessary to have everyone in the group proclaim aloud.

Afterwards...

We read the text again.

Ask someone, or do it yourself, to read aloud the selected Gospel text.

Step 4: We let God speak to us in silence.

We keep silence for three (3) minutes and allow God to speak to us.

Step 5: We share what we have heard in our hearts.

Now, we open the moment for each one to share what word or phrase has touched you personally, and why.

At this point, the Small Group Facilitator leads the small group in sharing, making sure that debate or preaching will be avoided. They also keep track of the time in order to finish the activity within the allotted time frame, while enabling each one to be able to share.

03:00 PM **Seven-Step Gospel Sharing:
Steps 6-7 (1 hour)**

Step 6: We look at life together.

The Small Group Facilitator invites his/her small group to turn their attention to the Main Facilitator, who will introduce the Plenary Speaker.

The Plenary Speaker leads the assembly in deepening their understanding of the Gospel text, as he/she invites them to live a life of prayerful discernment, following the example of Mary.

He/She may be guided by the following points, which were drawn from the WYD2018 Message of Pope Francis.

Today, we are invited to own the words of the Archangel

Gabriel to Mary of Nazareth: “Do not be afraid... for you have found favor with God!”

What does it mean “to be favored”? How do we experience God’s favor in our life?

- *We are favored because God, Who created us, loves us and calls us by name!*

Like Mary, we are favored because of who we are—human beings who are greatly loved by God! We may feel imperfect and weak; we may see ourselves as a failure, but the truth remains that God puts His favor in us. He loves and accepts us for who we are. In fact, like Mary, God calls us by our name!

“...to be called by name is therefore a sign of our great dignity in the eyes of God and a sign of his love for us. God calls each one of you by name. All of you are the “you” of God, precious in his eyes, worthy of respect and loved (cf. Is 43:4). Welcome with joy this dialogue that God offers you, this appeal he makes to you, calling you by name.” (WYD2018 Message of Pope Francis, no. 2, par. 1-3)

“The main reason why Mary need not be afraid is that she has found favor with God.” Which means she is graced! “The word ‘grace’ speaks of love freely given, not owed.”

We do not need to present to God a “Curriculum Vitae of excellence”, in order to gain God’s favor! The words of the angel to Mary are also the very same words that God is giving us, helping us understand that “divine grace is continuous, not something passing or fleeting; for this reason, it will never fail.” (WYD2018 Message of Pope Francis, no. 3, par. 1)

- *We are favored because we are graced! (cf. WYD2018 Message of Pope Francis, par. 14 and 16)*

We are favored because the God who loves us fills us with the abundance of His grace – not only the innate gifts and capabilities that we have, but the grace of His Spirit that directs us in the face of whatever challenges and difficulties we are facing. We can always count on God’s Presence to sustain us, especially in times of trial and darkness.

“That we have ‘found grace in his eyes’ means that the Creator sees a unique beauty in our being and that he has a magnificent plan for our lives. The awareness of this

certainty, of course, does not resolve all our problems nor does it take away life's uncertainties. But it does have the power to transform our life deeply..." (cf. WYD2018 Message of Pope Francis, no. 3, par. 3)

- We are favored because we have the Church as our family!

The Catholic Church is a family that we can rely on, guiding us towards realizing the universal call to holiness through the vocation the Lord is offering us (i.e. ordained ministry, consecrated life, marriage, or the single state). The Church is where we are able to share in Christ's mission.

"When God calls someone by name, he also reveals to the person his vocation, his plan of holiness and fulfillment, through which the person becomes a gift to others and is made unique". (cf. WYD2018 Message of Pope Francis, no. 2, par. 2)

"In moments when doubts and fears flood our hearts, discernment is necessary." (cf. WYD2018 Message of Pope Francis, no. 1, par. 3) Discernment can only be done in the spirit of prayer, in our personal encounter with God who loves us.

Last October 2018, Pope Francis called for the 15th Ordinary General Assembly of the Synod of Bishops, on the theme "Young People, the Faith and Vocational Discernment." The said theme expresses how much the Church values the presence of young people, we who are treasured as the Church of today.

We can rely on the Church to accompany us and help us understand and follow where God is leading us, in the midst of the many situations and concerns surrounding us that may affect how we will decide on the fate of our future and our faith. Thus, when we feel the shudder in the face of decisions about our future, our state of life, our vocation, we can rely on God who speaks to us in prayer and to the Church who guides us towards our vocation and mission (cf. WYD2018 Message of Pope Francis, no. 1, par. 1).

Thus understood, "the work of discernment identifies our fears and can then help us to overcome them, opening us to life and helping us to calmly face the challenges that come our way" (cf. WYD2018 Message of Pope Francis, no. 1, par. 4). Remember the input given to you about listen, discern and live? Our dear Holy Father encourages us to

learn and grow from this process which will help us become deeply attuned to the voice of God speaking in the depths of our hearts and offering His love to us.

The Blessed Mother is for us a fitting example, "a powerful presence in building and nurturing this personal relationship with Christ" (KA-LAKBAY, p. 60). Nurturing our prayer life will help us become more discerning and welcoming of His will, as "the sign of a genuine faith-relationship with God is the acceptance of the mission to, in turn, evangelize others" (KA-LAKBAY, p. 75).

- Let us unceasingly experience being favored by God like Mary.

Thus, the Message of the Holy Father for us, young people, clearly resonates with the theme of the 2019 Year of the Youth, which our Catholic Church in the Philippines has begun to celebrate: "Filipino Youth in Mission: Beloved. Gifted. Empowered". Let us embrace continuously the precious gift that we are to God, to the Church and to the world! Celebrating with joy the gift of faith that we have received in the Sacrament of Baptism, that is affirmed in the Sacrament of Confirmation, and that is continually nourished in the Holy Eucharist, let us confidently capture once again our true identity as God's beloved children. Taking Mary as our model in prayer and discernment, we are then empowered to live our mission, proclaiming with her our own "fiat": "I am the handmaid of the Lord. May it be done to me according to your word."

Step 7: We pray together.

After thanking the resource person who delivered the input, the Main Facilitator invites the participants to celebrate being God's called and favored children as they reflect on the following questions:

- How did you experience being favored by God?
- What are you willing to offer to God Who favors and loves you immensely?

They write their answers in a prayer form as their way of expressing their realizations from the session, as well as of thanking the Lord for having loved and blessed them.

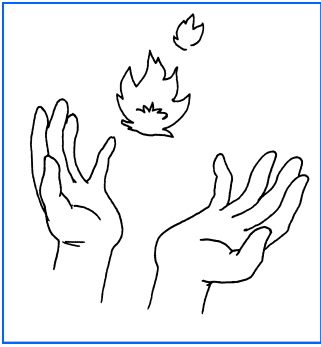
As a conclusion, the participants are invited to sing either of the following songs:

“Mary Most Holy, Mother of All”
“Here I am, the Servant of the Lord” (WYD 2019
Theme Song)

04:00 PM **Break**



 notes



Courage in the present moment

Concluding Session

NYD2018

Time frame: 04:30 to 06:30 PM

Materials needed:

- Rosary (for each participant)
- Mass kit
- Commitment Handout

Before 04:30 PM **Assembly and Preparation for the Mass**

The NYD2018 celebration culminates with the Holy Eucharist. Through it, the participants are to commit themselves to follow the example of Mary in her courageous obedience to God, as a fruit of their reflection on the theme and spirit of the NYD2018.

In preparation for the Holy Mass, the participants join in praying the Rosary. They may use the “Rosary for Vocations” which was used in the Preparatory Session.

The Sacrament of Reconciliation may also be offered at this time.

05:00 PM **Mass (Eucharistic Celebration)**

Introduction

We have chosen to be accompanied on this journey by the example and intercession of Mary, the young woman of Nazareth whom God chose as the Mother of his Son. She walked with us in the Synod on Youth, Faith and Vocational Discernment, and walks with us now in our 2019 Year of the Youth.

If last year we were guided by the words of her canticle of praise, “The Mighty One has done great things for me, and holy is His Name”, teaching us to remember the past, this NYD2018 we seek, together with her, to listen to the voice

of God who inspires courage and bestows the grace needed to respond to His call: “Do not be afraid, Mary, for you have found favor with God” (cf. WYD2018 Message of Pope Francis).

This is the message and the challenge given to us by God, favored young people! As we begin this Eucharistic celebration, let us pray that we may ever find courage in God and His love, and live in this courage as we share in the mission of Christ, following the example of Mary.

Please all stand.

INTRODUCTORY RITES

Penitential Act

P: Brethren, young people of Christ, let us acknowledge our sins, our worries and fears, our discouragements and doubts, our confusions, and so prepare ourselves to celebrate the sacred mysteries.

A brief pause for silence follows.

P: Have mercy on us, O Lord.

R: For we have sinned against You, neglecting our identity as Your beloved children.

P: Show us, O Lord, Your mercy.

R: And grant us Your salvation, the grace of following Your will in our lives.

P: May almighty God have mercy on us, forgive us our sins, and bring us to everlasting life.

R: Through courageous discernment and faithful responding to our vocation. Amen.

The Collect

THE LITURGY OF THE WORD

First Reading

Proposed readings Zep 3:14-18 / Is 7:10-14; 8-10

Responsorial Psalm

Is 12, R: The Lord is near.

Ps 40, R: Here I am, Lord; I come to do Your will.

Second Reading

Proposed readings Phil 4:4-7 / Heb 10:4-10

Gospel Acclamation

The priest/ deacon will enthrone the Bible.

Gospel

Proposed readings Lk 3:10-18 / 1: 26-38

If the NYD2018 local celebration will be held on another date where the readings other than that of the day may be used, e.g. a ferial day, then the proposed set of readings is that for the Solemnity of the Annunciation.

Homily

The homilist may use the following points from the WYD2018 Message of Pope Francis:

- *God's grace in us gives us strength*

From the certainty that God's grace is with us comes the strength to take courage in the present moment: the courage to carry forward what God asks of us here and now, in every area of our lives; courage to embrace the vocation which God reveals to us; courage to live out our faith without hiding or diminishing it.

- *With God, everything is possible!*

Yes, when we open ourselves to God's grace, the impossible becomes a reality. If God is for us, who can be against us? God's grace touches the "now" of your lives, "takes hold" of you as you are, with all your fears and limits, but it also

reveals his marvelous plans!

The Church has confidence in you, young people! For your part, place your trust in the Church, too.

- *Make use of your strength and energy to make a better change.*

To the young Mary was entrusted an important task, precisely because she was young. You young people have strength as you go through a phase of your lives where energy is not lacking. Make use of this strength and this energy to improve the world, beginning with the realities closest to you.

The Pope wants the Church to welcome you and entrust you with responsibilities to fulfill. Be prepared and open to accept these responsibilities, with the courage to bring about a positive change in the Church and in the world at large.

- *Contemplate Mary's caring, dynamic and concrete love.*

A love full of boldness and focused completely on the gift of self: a church permeated by these Marian qualities will always be a church going forth, one that goes beyond her own limits and boundaries to let the grace she has received overflow.

Contemplating Mary's love will enable us to truly become men and women of authentic charity: loving God above all else and above ourselves, and loving those with whom we share our daily life.

Allowing ourselves to be touched by Mary's love, we grow in loving others, especially those who may seem hardly lovable in themselves. Moreover, we express our love in dedicated service towards the weakest and poorest, and thus, transforming our lives and filling our hearts with joy.

As additional content, the homilist may also add examples from the lives of young saints (e.g. St. Pedro Calungsod, St. Nunzio Sulprizio, etc.) who embraced their vocation and shared courageously in the mission of Christ.

A question for reflection: My dear young people, how are you challenged to courageously share in the mission of Christ?

At this point, the homilist instructs the assembly to answer the above question through a commitment prayer, expressing what each one is willing to courageously share in the mission of Christ as:

1. A young person
2. A member of one's family
3. A participant in the community
4. A builder of one's local church (parish/ diocese)

The handout of the commitment prayer is provided for them (cf. p. 38).

Prayers of the Faithful

P: Lord, You called us all like Mary, in her humility, to do Your will. We offer our intentions through her intercession, seeking the divine grace to be courageous in following You.

*In every petition, we pray:
Through Mary's intercession, Lord, hear our prayer.*

1. Let us pray for Pope Francis, Successor of St. Peter, called by the Lord to confirm the brethren in the faith. May he be always sustained by prayer and fortified by grace in the mission of announcing and teaching the Gospel of salvation. Let us pray to the Lord.

2. Let us pray for our government leaders. May they boldly attest to true service, courageously denounce the ills of society, and legislate laws for the common good. Let us pray to the Lord.

3. Let us pray for all those who suffer, the poor, the sick, the physically challenged, those in prison, and especially our brothers and sisters who are victims of calamities. May they not lose hope but experience the consoling love of God. Let us pray to the Lord.

4. Let us pray for all the departed, among them friends, relatives, those who have helped us in one way or another, and especially young people who generously shared their gifts and talents to reach out to their fellow youth. May the Lord grant them His mercy and eternal life. Let us pray to the Lord.

P: Father, as we have offered all the desires of our hearts, may Mary be our guiding star, as we receive Your redeeming

grace. Make us worthy to be Your followers until Your kingdom is accepted by all. We make our prayer through Christ our Lord.

R: Amen.

EUCCHARISTIC LITURGY

Preparation of Gifts

Invitation to Prayer

THE COMMUNION RITES

THE CONCLUDING RITES

Commitment Rite

This commissioning of the youth enables us to understand how God loves us. God is telling us not to be afraid and to share courageously in the mission of Christ. He gave us Mary, our example and model of a true disciple of His Son, Jesus Christ. We celebrate our faith and embrace our identity as God's beloved, and we seek guidance to discern prayerfully our own vocation. After going through this day, we are now invited to offer to God our personal response of commitment.

The Commentator/ Facilitator instructs the participants to hold their personal commitments.

*For every commitment-prayer, let our response be:
We are not afraid, for we have found favor with God.*

We offer to You, O Lord, our commitment as young people... (brief silence)

We commit ourselves to You.

R: We are not afraid, for we have found favor with God.

We offer to You, O Lord, our commitment as members of our families... (brief silence)

We commit ourselves to You.

R: We are not afraid, for we have found favor with God.

We offer to You, O Lord, our commitment as participants in our communities... (brief silence)

We commit ourselves to You.

R: We are not afraid, for we have found favor with God.

We offer to You, O Lord, our commitment as builders of our local churches... (brief silence)

We commit ourselves to You.

R: We are not afraid, for we have found favor with God.

Solemn Blessing

P: The Lord be with you.

R: And with your spirit.

P: Bow down your heads and pray for God's blessing.

May Your heavenly favor, O Lord, we pray, increase in number the people subject to You and make them always obedient to Your commands.

R: Amen.

Bestow the grace of Your kindness upon Your supplicant people, O Lord, that, formed by You, their Creator, and restored by You, their Sustainer, through Your constant action they may be saved.

R: Amen.

Turn Your people to You with all their heart, O Lord, we pray, for You protect even those who go astray, but when they serve You with undivided heart, You sustain them with still greater care.

R: Amen.

My beloved young people, may you be continually touched and moved by the voice of God, and that you may willfully and wholeheartedly discern His voice through prayer.

I bless you:

"Do not be afraid, for you have found favor with God."

R: "I am the servant of the Lord.

May it be done to me according to Your word."

P: And may almighty God bless you, the Father, and the Son, + and the Holy Spirit.

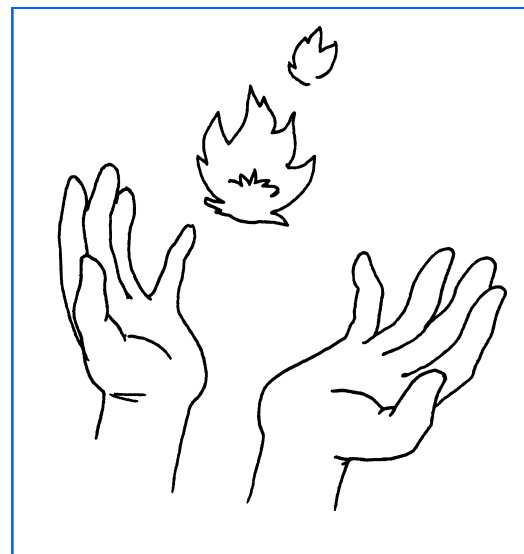
R: Amen.

P: The Mass is ended. Without fear, full of courage go in the favor of our God and in the peace of Christ.

R: Thanks be to God.

06:30 PM onwards Vocation Festival

The Organizers may want to continue the festive celebration after the Holy Eucharist with a Vocation Festival, where young people will not only praise and worship the Lord through songs and dances, but they will also hear testimonies of their fellow youth who courageously responded to Christ's call to love and mission, e.g. a lay missionary, a young married couple, youth who are undergoing formation to priestly or consecrated life, and the like.





For each delegation

After the NYD2018 experience, the Delegation Heads are expected to meet their own delegations for a Post-NYD gathering (i.e. those who led the groups of young people in the NYD2018 celebration; for example, if the celebration was held at the diocesan level, then the groups which participated, coming from parishes, are asked to gather again as a parish delegation).

This post-NYD2018 gathering aims to be a venue where each one in the delegation can share their reflections and learnings as well as their personal commitment as:

1. a young person
2. a member of one's family
3. a member of the community
4. a member of the local church (e.g. parish/diocese)

The Delegation Head leads the participants in consolidating their responses to each of their commitment, for documentation and sharing to the organizers.

Then, they celebrate the fruits of their experience of the NYD2018 by praying as a community.

The Delegation Head encourages the participants to actualize their commitments as their humble and joyful yes to the call of mission, like our Blessed Mother.

For the NYD2018 local celebration organizers

Those who organized a local celebration of the NYD2018 (e.g. a diocesan youth council, a local unit of an FNYO member-organization, a parish youth ministry, etc.) are expected to coordinate with the delegations that attended the celebration they organized, to gather their consolidated commitment responses.

These commitment responses will be included in the NYD2018 Report Form which the diocesan youth councils and FNYO member-organizations will send to the CBCP-ECY.

All Organizing Teams of any local celebration of this NYD2018 (whether for a diocese, or a parish, or youth group, or in any other setting) are kindly requested to accomplish a report about their implementation of the program, preferably within a month after the celebration.

The form for this report will be sent to all diocesan youth ministry offices and FNYO member-organizations before 2018 December 16; it will also be available by request from secretariat@cbcpcy.ph.

Aside from this, it is hoped that the diocese/organization accompanies their NYD2018 participants in realizing their commitment; of courageously saying yes to mission as God's favored ones, like our Blessed Mother, as the journey of faith continues, and especially in view of the next national gathering of young people: the national celebration of the NYD2019 in the Archdiocese of Cebu, taking place within the 2019 Year of the Youth.

References and Resources

New American Bible, Revised Edition (NABRE)

Catechism of the Catholic Church

http://www.vatican.va/archive/ccc_css/archive/catechism/p122a3p2.htm

Message of Pope Francis for the 33rd World Youth Day 2018

<https://press.vatican.va/content/salastampa/en/bollettino/pubblico/2018/02/22/180222a.html>

Message of Pope Francis for the 2018 World Day of Prayer for Vocations

https://w2.vatican.va/content/francesco/en/messages/vocations/documents/papa-francesco_20171203_55-messaggio-giornata-mondiale-vocazioni.html

Message of Pope Francis for the World Day of Prayer for Vocations 2015

https://w2.vatican.va/content/francesco/en/messages/vocations/documents/papa-francesco_20150329_52-messaggio-giornata-mondiale-vocazioni.html

Letter of the Holy Father John Paul II to All Consecrated Persons Belonging to Religious Communities and Secular Institutes on the Occasion of the Marian Year 1988

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http://www.vatican.va/roman_curia/synod/documents/rc_synod_doc_20170113_documento-preparatorio-xv_en.html

KA-LAKBAY: Directory for Catholic Youth Ministry in the Philippines, CBCP-Episcopal Commission on Youth

Rosary for Vocations – Guide

[http://gods-call.com/docs/SpiritualMotherhood/Rosary for Vocations13.pdf](http://gods-call.com/docs/SpiritualMotherhood/Rosary%20for%20Vocations13.pdf)

March of the Unqualified – AVP

<https://www.youtube.com/watch?v=QnoPluENS-I>



Appendix 1 **What is the National Youth Day?**

What is the National Youth Day

The National Youth Day (NYD) is an event where the Philippine Church expresses, in very concrete ways, her great love for the young. This love resounds in other Youth Days (such as Diocesan Youth Days, Parish Youth Days, and the like). It is an occasion offered for young people to celebrate and deepen their faith, and a special moment of coming together as one body, united in a journey towards intimacy with Christ.

In 1986, the Catholic Bishops' Conference of the Philippines (CBCP), as a way of concretizing its preferential apostolate for the youth, approved the annual celebration of the NYD every December 16, the first day of the Misa de Gallo or Simbang Gabi.

The NYD is celebrated annually in the dioceses and organizations on the 16th of December (or on any day near it). The Episcopal Commission on Youth (ECY) prepares the NYD formation program and proposes activities for its celebration. Adaptation of the formation program to suit the local context depends largely on the creativity and possibilities of each diocese or organization. The NYD is also celebrated through a national gathering. It is usually on a date near December 16, and lasts for around three days. When celebrated this way, the local host of the celebration collaborates with the ECY in the planning and execution of the NYD events. The NYD activities are centered on the theme offered by the Holy Father for the yearly celebration of the World Youth Day (WYD).

National Youth Day 2018

Last 2017, the NYD was observed through both a national and local celebration: the former, on November 06-10, in the Archdiocese of Zamboanga, while the latter, on December 16.

The NYD2018 will be celebrated through a local celebration on December 16 (or on any date near it).

This year's local celebration will be focusing on the theme "Do not be afraid, Mary, for you have found favor with God" [Lk 1:30], the theme also of the WYD2018. The NYD2018 will take place as the Philippine Catholic Church ushers in the celebration of the 2019 Year of the Youth, which begins on the 1st Sunday of Advent (and ends on the Solemnity of Christ the King in 2019).

The NYD2018 also hopes to be part of the shared journey of the youth and the Church, which will find its next highlight in the big ecclesial youth gathering of the national celebration of the NYD2019 in the Archdiocese of Cebu on April 23-28.

Appendix 2 The Journey of the NYD

The Journey of the National Youth Day

The first NYD celebration was in 1986, on the first day of the Simbang Gabi, which is December 16.

From 1987 to 1990, NYD celebrations at the national level were held in Manila. From 1991 to 1997, the NYD was celebrated locally in the different parishes and dioceses.

For the period 1997 to 1999, themes were centered on the annual preparatory celebrations for the Great Jubilee Year 2000. In 1999, the ECY Chairman, Most Rev. Rolando J. Tria-Tirona, OCD, DD, then Bishop of Malolos, revived the celebration of the NYD at the national level by hosting the NYD that year in his own diocese.

Below are the hosts and themes of past national celebrations of the NYD (beginning in the Year 2000, the NYD started to take as its theme the WYD theme of that year):

1998 December 13-15, Diocese of Malolos

The Youth, Sharing the Father's Love with His Lowly People

1999 December 10-12, Archdiocese of Manila

Rejoice, the Lord is with you! [cf. Lk 1:28]

2000 December 01-03, Diocese of Balanga

The Word became a human being, and, full of grace and truth, lived among us. [Jn 1:14]

2001 November 30-December 02, Archdiocese of Lipa

If anyone wishes to come after Me, he must deny himself, take up his cross daily, and follow Me. [Lk 9:23]

2002 November 28-December 01, Archdiocese of Palo

You are the salt of the earth... You are the light of world. [Mt 5:13-14]

2004 November 25-28, Diocese of Bacolod

We wish to see Jesus! [Jn 12:21]

2006 November 08-12, Archdiocese of Davao

Your word is a lamp to my feet and a light to my path. [Ps 119:105]

2011 November 14-19, Federation of National Youth Organizations

Planted and built up in Jesus Christ, firm in the faith. [cf. Col 2:7]

2015 November 11-15, Archdiocese of Tuguegarao

Blessed are the pure in heart, for they shall see God. [Mt 5:8]

2017 November 10-14, Archdiocese of Zamboanga

The Mighty One has done great things for me, and holy is His Name. [Lk 1:49]

For 2018, the NYD will be observed through local celebrations (in the particular churches, parishes, youth organizations, etc.), following the theme of the WYD2018:

Do not be afraid, Mary, for you have found favor with God. [Lk 1:30]

For 2019, the NYD will be celebrated at the national level on April 23-28 in the Archdiocese of Cebu, and again at the local levels on December 16:

I am the servant of the Lord. May it be done to me according to your word. [Lk 1:38]

Appendix 3 Preparatory Session: Homework

Let this one week of preparation for the NYD2018 be your time to practice Pope Francis' invitation to **listen, discern** and **live** through the following:

LISTEN Listen to God's Word: Each day, devote 10-20 minutes (even more, if you want to dare yourself!) of your personal time with Jesus as you read and reflect on the day's Gospel reading.

This can be a helpful way for you to strengthen your prayer life, enabling you to become more attentive to His message to you as expressed by His living word.

You may want to do this upon waking up, or by paying a visit to the Blessed Sacrament at your convenient time during the day.

DISCERN Be more discerning of God's will for you: As fruit of your prayer and reflection, write on your journal the stirrings of your heart. What is the message you have received from Jesus? How are you challenged to do this?

Let the fruits of your reflection guide you in understanding what God wants from you at this point in your life. Bring them with a trusted adult (priest, confessor, spiritual director, religious sister, and the like).

LIVE Like Mary, live your everyday with God: Live each day more conscious of God's loving and abiding presence in your life. As you spend each day at school or work, in your parish church and at home, treasure in your heart the message you have received from the Lord, for it is the vocation and mission that He wants you to live and bear fruit in your life. Witness how living your vocation each day takes you a step closer to Him!

As additional homework that will help you on your spiritual preparation:

- Ask Our Lady's accompaniment and intercession as you pray the Rosary every night before going to sleep, lifting up the following intentions in prayer:
 - Day 1 - For the Holy Father and the universal Church
 - Day 2 - For the fidelity of priests and consecrated women and men
 - Day 3 - For the perseverance of those being formed for the priestly ministry and consecrated life
 - Day 4 - For preparedness of heart and spirit of couples preparing for marriage
 - Day 5 - For faithfulness of husbands and wives in their married vocation
 - Day 6 - For young people to be more attentive to and discerning of God's plan for them
 - Day 7 - For my readiness and courage to follow God's plan for me
- Strive to have a pure heart like Mary as you allow yourself to be reconciled with God through the Sacrament of Confession. Let the fullness of God's grace flow into you as you receive His mercy and compassion in this Sacrament of healing.
- Inspire and bless your fellow youth as you post on social media your spiritual journey in this 7-day preparation, using the following hashtags: #NYD2018 #FavoredByGod #CourageousLikeMary
- Remember to bring your journal when you come to the NYD2018 celebration!

Appendix 4 **Concluding Session: Personal Commitment**

What are you willing to courageously share in the mission of Christ as...

Ano ang niloloob mong maibahagi nang may lakas ng loob sa misyon ni Kristo bilang isang...

... as a young person?

... as a member of my family?

... as a participant in my community?

... as a builder of my local church (parish/ diocese)?

Appendix 5 Chants and Songs Used

Diyos ang bukal ng buhay (Tu sei sorgente viva)

$\text{♩} = 78$

Diyos ang bu - kal ng bu - hay, ang a - poy at pag - ma - ma - hal.

' O, ha - li - na, ha - li - na, Diyos Es - pi - ri - tu San - to!

The musical score consists of two systems. Each system has a vocal line on a treble clef staff and a piano accompaniment line on a bass clef staff. The key signature has one flat (B-flat) and the time signature is common time (C). The tempo is marked as quarter note = 78. The lyrics are written below the vocal line.

Magnificat (canon)

$\text{♩} = 96$

Ma-gni-fi-cat, ma-gni-fi-cat, ma-gni-fi-cat a-ni-ma me - a Do-mi-num.

Ma - gni - fi - cat, ma - gni - fi - cat, ma - gni - fi - cat a - ni - ma me - a!

The musical score consists of two systems. Each system has a vocal line on a treble clef staff. The key signature has one sharp (F-sharp) and the time signature is common time (C). The tempo is marked as quarter note = 96. The lyrics are written below the vocal line. Circled numbers 1, 2, 3, and 4 are placed above the first four measures of the first system.

Sing out my soul. Sing out my soul. Sing out and glo-ri-fy the Lord who sets us free. Sing out my soul. Sing out my soul. Sing out and glo-ri-fy the Lord God!

Ang puso ko'y nagpupuri, nagpupuri sa Panginoong ating Diyos!
Ang puso ko'y nagpupuri, nagpupuri sa Panginoon!

“Mary Most Holy, Mother of All” (lyric video)—<https://www.youtube.com/watch?v=SLIa6FWUYIE>

“Ang Puso Ko’y Nagpupuri” (lyric video)—<https://www.youtube.com/watch?v=AtJcruZxVgE>

“Here I Am, the Servant of the Lord” WYD2019 Theme Song (lyric video)—
https://www.youtube.com/watch?v=EXM_M4fEmak

*... Then the angel said to her,
"Do not be afraid, Mary,
for you have found
favor with God.
Behold, you will conceive*



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*“I am the servant of the Lord.
May it be done to me according to your word.”*

[Lk 1:38]



Bai! kuyog ta sa

**NATIONAL
YOUTH DAY
2019**

Archdiocese of Cebu
April 23-28, 2019
Cebu City, Philippines



National Youth Day 2016

*“Do not be afraid, Mary,
for you have found favor with God.”*

[Lk 1:30]



Filipino Youth in Mission:
Beloved. Gifted. Empowered

2019 Year of the Youth Theme



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