

# RISE CORE TEAM

MAKE A DIFFERENCE IN ONE LIFE TODAY

RISE



# WHAT IS RISE?

Rise is our middle school youth group night where our goal is to lead all youth into a personal relationship with Jesus Christ so that they know His unconditional love for them.

## What we do:

Before Rise begins, we meet in the Youth Room to hang out and catch up with each other. This is a great time for students to visit with their friends and meet new people. This is a great time for Core Team members to find out more about the students

and their lives. We start with large group which has some sort of upfront or large group game, a time for praise and worship and a teaching. After the teaching, students connect in small groups (based on grade and gender) to talk about the teaching and how to apply it to their lives. We break into smaller groups to help build community and to make sure no child slips through the cracks. If each person focuses on his/her own small group, every child has one adult making sure they understand the information and are not ignored or isolated.



# WHAT DOES A CORE TEAM MEMBER DO?

Essentially, a Core Team member helps us to accomplish our mission statement broken down into the four main points below:

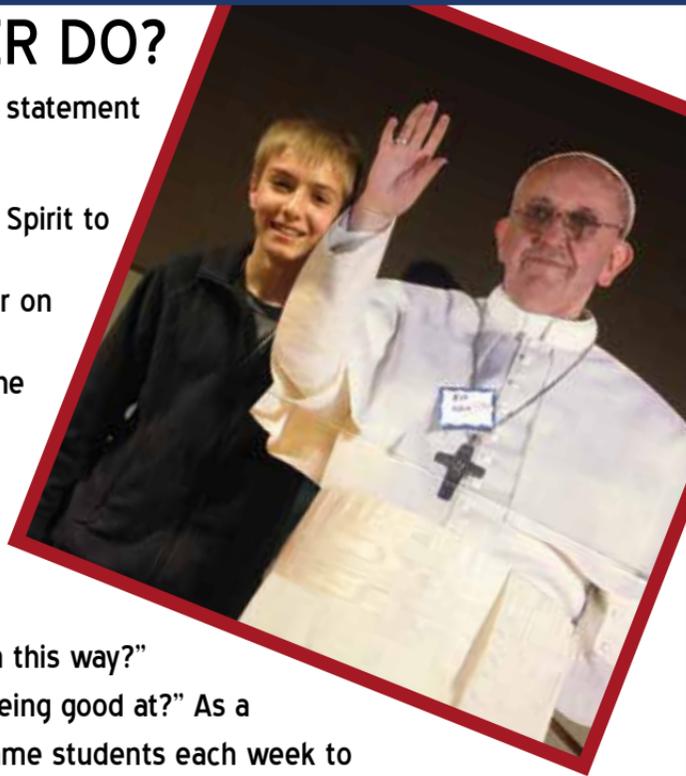
- Open the hearts of middle school students, allowing the Holy Spirit to transform them into authentic lifelong disciples.
- Build a family of believers who encourage and spur each other on to heaven.
- Equip them to become full, active, conscious participants in the sacramental life of the Catholic Church.
- Empower them to become leaders, witnessing the Father's love to the ends of the earth.

Accomplishing these four objectives is a tall order. We can accomplish all of these through the method explained in this booklet.

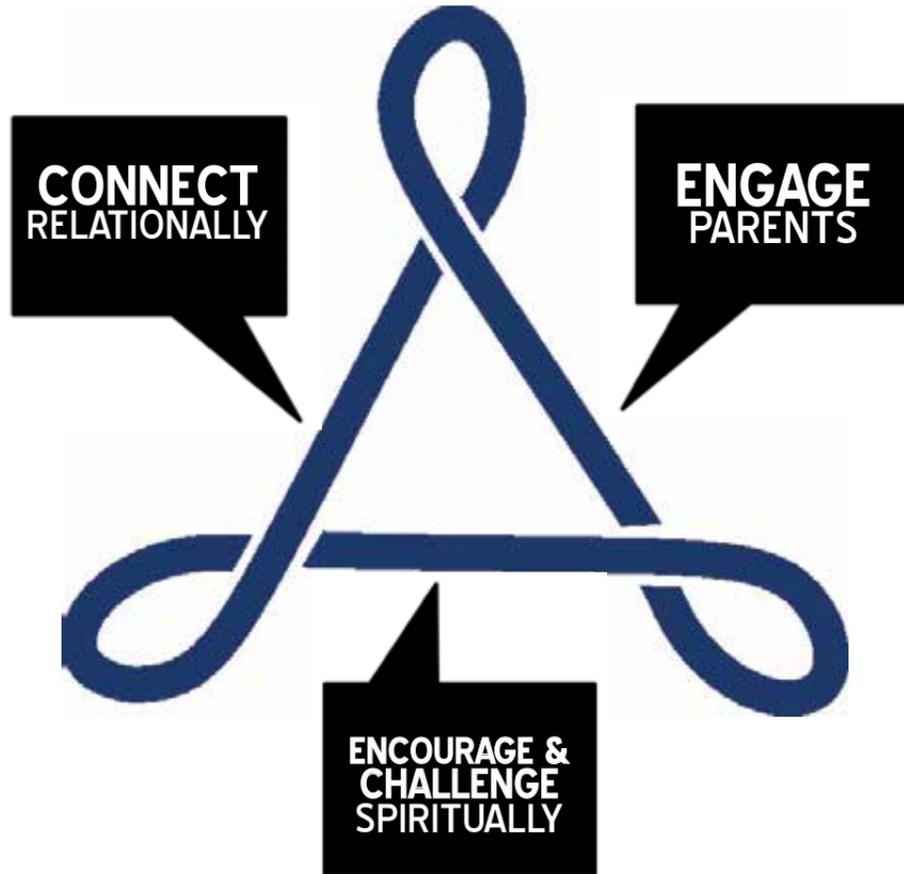
As you read, ask yourself questions like "Is God calling me to serve in this way?"

"Would I enjoy doing this?" and "Is this something I can see myself being good at?" As a

Core Team member, you will be given a specific small group of the same students each week to run for the year.



# CORE TEAM MEMBER STRATEGY



# CONNECT RELATIONALLY

Relational ministry is the way Jesus ministered to the people. Jesus gave Himself to His 12 disciples. He ate with them, taught them, learned about their interests and became part of their lives. We listen to and mentor teens, accept them for who they are, and walk with them in this journey toward Christ. Students learn through relationships and are more likely to open up and ask questions to an adult they trust. Learning in community, being loved and valued, and having a great time all happen when Core Team members **connect relationally**

with the students in their small group. We will give them love and time to grow real, authentic relationships.

What does this look like at Rise?

- Hang out with the students before the night begins and talk with them about life.
  - Learn names and seek out your small group to ask them about life and their week.
  - Be on the lookout for any students sitting alone and introduce them to other students.
- Play the games with them, don't be a spectator - be yourself! Also, sing during praise and worship.
- Sit with them during the teaching. Help with crowd control and set a good example.
- Connect personally by asking about their families and listening to them talk about extracurricular activities.



# ENCOURAGE AND CHALLENGE SPIRITUALLY

We teach and introduce students to God and walk with them on the journey of becoming a fully active Catholic. Along the way, we encourage them on in their own individual spiritual growth. They need Jesus, and we can serve them and their families best by **encouraging and challenging** them spiritually. Challenge the students to pray, listen and continue learning about their Catholic faith. This is only beginning for middle school students since they do not have the capacity or maturity of an adult. We hope to see each student beginning to own their faith, not just accepting the faith of their parents, and secondly, beginning to join God in His mission to serve and love others.



What does this look like at Rise?

- Pray and sing during praise and worship and listen to the talk.
- Facilitate discussion during small group to help students learn and apply the message. Ask questions like:
  - What did the presenter say? What one part of the talk did you find cool/interesting/intriguing?
  - What does this mean for us? How can we apply this to our lives?
  - What does that practically look like? What are we going to do this week to put this into action?
- Pray as a small group and pray for them daily (Seriously, we want you to pray for them by name every day!).
- Look for individual opportunities to encourage and challenge a student personally.

# ENGAGE PARENTS

As Catholics, we know that parents are the primary catechists of their children. They are also the primary spiritual influences on them. We want to do everything we can to partner with parents to help them in this difficult journey of raising teens. They are the most influential people in the lives of these students and we are here to help them in the spiritual and human formation of their children. It takes a village to raise a child, so we work to **engage parents**.

What does this look like?

- Introduce yourself to the parents of your small group students. You can meet their family before/after Mass, random chance run-ins at the store, etc.
- Encourage your students to continue conversations with their parents about information we cover in Rise.
- Encourage communication and relationship with parents. Support parents and don't make them the bad guy.
- Brag to the parents about their child.
- Keep parents informed if your group is planning something outside of Rise, make sure students check in with their parents to ask permission to attend.
- Communicate via e-mail, phone, texting, social media, etc. However you can connect with them!



# WHO CAN BE ON CORE TEAM? YOU!

Maybe as you read through this your heart started racing and you thought, "Sign me up!" Some of you might have felt differently, have some more questions or wonder if you really could do this. We know **you can.**

**Here's why:** there is not just one type of Core Team member. For some reason, people often think we are only looking for the cool, young, trendsetting, hip leader. Yet really we want adults who love God and like middle school teens. Think about it - it could be anyone.

Grandparents, single dads, football players, stay-at-home moms, engineers, teachers, computer analysts, Aggie fans, Texans' fans, circus performers, empty nesters, parents of teens, lawyers, baristas, sales reps, bikers, gardeners, high school students, readers, golfers.... You get the point.

If you love God and like middle school teens, you are on your way to being a great Core Team member at Rise because.... **YOU'RE NOT IN THIS ALONE.** It's true that we are asking for a big commitment, but we believe middle school students deserve our best. Don't you agree? We want the best for our students and for their leaders. The next couple pages will briefly explain how we help.



# HOW AM I EQUIPPED TO LEAD?

**Small Group Talk Sheet:** this is a tool we provide each week to help you lead your small group. It will give you an outline of the night and the information we'll be covering a week in advance so you'll be able to prepare for your small group time and look up extra information if you feel weak on the subject.

**Core Team Retreat:** We host a retreat for you in August! This will be a great weekend where you will hear information on where we're going and have time to prepare yourself to serve. We cannot give what we don't have. This should be an inspiring weekend that will get you ready for the next year of Rise.

**Community:** You will meet many other adults who are currently doing the same things you are. Please use each other to grow! We all have different gifts, talents and strengths to share. Through sharing our joys and struggles with each other, we're able to learn and develop together.

**Core Team Meetings:** We meet for half an hour after each night to talk about how the night went and to go over the next week.



# WHAT ELSE SHOULD I KNOW?

**Retreats/Events:** We ask Core Team members to participate in at least one retreat during the year and strongly encourage you to attend summer events. We use our retreats and events to build community. God does amazing things in the lives of the teens when they are away from their normal routines.



**Service and Small Group Events:** We highly encourage your small group to hang out twice a year outside of Rise. Every student is in extracurricular activities so this is an easy way to support each other by getting everyone together to make memories. Service work is also an excellent way to bond as a group and challenge individuals spiritually. A small group service project during Lent is an excellent idea.

**Investment:** With any activity you participate in, we get out what we put into it. It's very important for you to come each week because the students expect to see you there. Be ready to share in the ups and downs of a relationship. These are preteens and they don't always share how excited they are to have you as a small group leader. Oftentimes, they appear to be apathetic because they're still trying to feel you out and decide if you are authentic.

**Discernment:** We're here to help you discern where your gifts would fit best. You are not in this alone! Know that we are praying for you and God is going to do incredible things with your life whether that means joining Core Team or not. We desire His will above all else.

# NOW WHAT?

Thank you for reading through this booklet. Hopefully it helped paint a great picture of Rise and the importance of the Core Team members. Here is what you need to do now:

- Pray and ask God if this is something He may be calling you to do.
- Visit Rise. Contact one of the youth ministers and let us know you'd like to visit. We'll walk you through the night and let you observe what we're doing.
- Fill out an application. You'll get this when you visit.
- Schedule an interview. It will only take about half an hour and it just might be the best half hour of your week.



Thank you again for your interest in serving as a Core Team member for Rise. We can't wait to see what God does in and through you and our middle school students this year. Please contact us with any questions you might have.

We look forward to connecting with you soon!

*Rachel and Lauren*

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