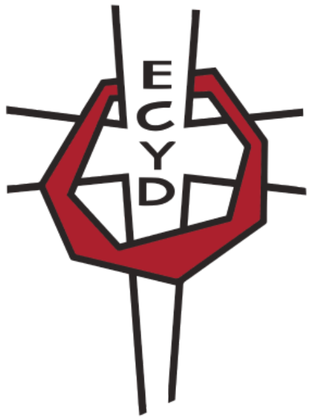
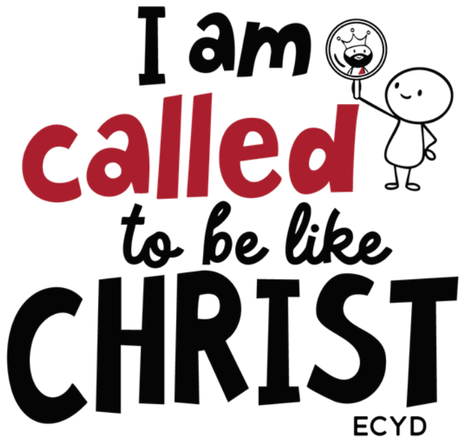




ANNUAL FORMATION PROGRAM

FORMATION

25. 1.The aim of Christian formation is **to be conformed to the image of Christ** (Cf. Romans 8:29).9 In ECYD, formation is understood as a **path of encounters** which bring adolescents to know, accept and master themselves; to discover in Christ the full meaning of their lives, and to develop their leadership as apostles.
    2.This formation takes into account **all the dimensions of the person**, the specific needs of adolescents, the context in which they live, the truths of the faith and ECYD spirit.

26. ECYD has established some activities that are especially helpful for formation, integration and encounters with God:
    1.Regular meetings: these are foundational to ECYD's everyday life and are designed to promote formation, apostolic action and greater identification with the spirituality of ECYD.
    2.Retreats: these are places to learn to pray, moments that favor encounter with God and personal spiritual growth.
    3.Courses, camps or conventions: these extended activities help the ECYD Adolescent to go deeper in formation and apostolate, favoring integration within ECYD and allowing adolescents from different cities and countries to meet each other. - ECYD Statutes

PRINCIPLES FOR ECYD FORMATION PROGRAM

1.The formation given in ECYD **corresponds to its identity and mission**. Therefore, ECYD seeks to offer a spiritual, human and apostolic formation – according to its style – that allows each adolescent to discover in Christ the full meaning of their life and develop their leadership as an apostle. (Cf. ECYD Statutes #1, 3 and 25).

2.Formation is understood as a **series of encounters**, which brings the adolescents to know, accept and master themselves. It is a gradual path, and the final goal is the adolescent being conformed to the image of Christ.

3.Formation takes place **through life in ECYD**, that is to say, it happens through prayer and sacramental life, team life, apostolate, formation activities, and accompaniment (Cf. ECYD Statutes #19). These elements are closely interrelated.

STEP 1: INPUT FOR PROGRAM

1.**Goal of formation: “I am called to be like Christ” How are we helping our ECYD kids to be more like Christ?**

2.What are the **needs of my kids as adolescents** (you can refer to the 10 needs of the adolescent)?

3.What do my kids **need as Christians** (refer to the Catechism of the Catholic Church, liturgical seasons, living of their prayer and sacramental life, social teaching of the Church, virtue formation)?

4.What do my kids **need as ECYD members**(5 loves, Kingdom Building Blocks, using the patron saints, virtues by stage, prayer commitments of an ECYD member)?

5.Are there experiences that would help my kids feel a **part of the broader ECYD family** (using the national theme, national conventions, regional conventions, international conventions)?

6.What are the experiences, content, and accompaniment that will help my ECYD kids meet these needs?

STEP 2: DETERMINE KEY FORMATION GOALS



- Based off the needs you see in your kids determine a few formation goals.

- These goals should be:
  - Simple - expressible in a sentence
  - Unifying - able to shape talks, small groups, retreats, activities
  - Measurable in behavior - not just feelings
  - Realistic - approriate to their maturity level

- Examples of Goals:
  - Weak: “grow in virtue”
  - Strong: “By end of year, members will have a consistent personal prayer habit and take leadership in at least one apostolic initiative.”

STEP 3: DETERMINE THE PATHWAYS TO ACHIEVE THESE GOALS



- For each goal determine what pathways you will use in the year to achieve that goal

- These pathways should be:
  - Aligned to goal
  - Formative not just informational
  - Developmentally appropriate
  - Builds identity and belonging
  - Transformational potential
  - Include on-going reinforcement

- Examples:
  - Goal: “ECYD Members will grow in personal friendship with Christ expressed through daily prayer and apostolic initiative.”
  - **Pathways:**

Formation Talks
- Series on hearing Christ’s voice in prayer
- Workshop on how to do 10-minute daily meditation
- Testimony night with older ECYD members

Ongoing Accompaniment
- Monthly small-group check-in on prayer
- Spiritual challenge of the month
- Leadership team planning apostolate

High-Impact Experience
- Local mission day serving the poor
- Pilgrimage to a Marian shrine
- Section-led apostolic initiative (e.g., school faith event)

Retreat Theme
- “Called by Name” (identity and personal encounter with Christ)
- Extended guided prayer
- Silent reflection time
- Sacrament of Reconciliation
- Commitment moment

STEP 3: PLUG THE MEANS INTO THE CALENDAR



- This is your guide to carry your formation program - set dates and times for the pathways to accomplish your goals.

- Include times for evaluations especially after events or the end of a program cycle.

- Make requests to needed formators to help implement moments of formation (team leaders, missionaries, adult formators, priests, consecrated members...)

TYPICAL PATHWAYS OF FORMATION

Fall Club Meetings - about 15 weekly meetings

- Kick off, intro theme, team pact
- Feast of Jose Sanchez del Rio
- Advent
- Preparing for apostolate

Retreats:

- 2-4 Formation blocks
- Morning and Night Prayers
- Night Activity
- Adoration
- Mass and Confession

Spring Club Meetings - about 17 weekly meetings

- Feast of St. Agnes
- Lent
- Preparing for apostolate

Apostolate

- Preparation and Highs and Lows

TYPICAL PATHWAYS OF FORMATION

Holy Week:

- Apostolate
- 2-4 Formation blocks
- Morning and Night Prayers
- Night Activity
- Adoration
- Mass and Confession

Summer Camp

- 2-4 Formation Sessions
- Team Times
- Morning and Night Prayers
- Night Activity
- Adoration
- Mass and Confession

Other Events:

- Mother/Daughter
- Father/Son
- Mother/Son
- Father/Daughter

A TYPICAL ECYD SECTION CALENDAR

