Appendix 4: Fundamental Guidelines for an ECYD Formation Program

This appendix gives guidelines for making formation programs[1] at the territorial, local and team level.

The competent authorities and their respective functions in making ECYD formation programs are as follows:

- *GENERAL DIRECTORATE*: *Defines the fundamental guidelines of an ECYD formation program.*

- *TERRITORY/LOCALITY*[2]: *Makes the programs adapting them to the sociocultural reality of the territory and locality.*

- *TEAMS: tailor the program according to the characteristics and needs of each team.*

1. *Principles for an 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.

[1] The formation program is the ensemble of objectives, content and activities which allow ECYD Adolescents to form themselves according to ECYD's identity and mission. It should not be thought of as only a list of themes or talks.

[2] If helpful, territories can make a territorial program for use in the localities. It is not indispensable.

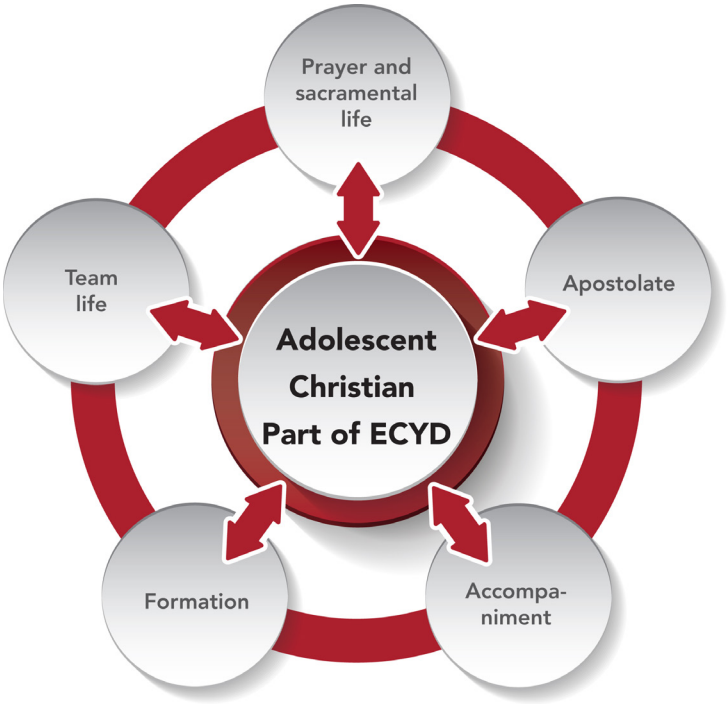
4°. Formation should take into account **the whole person,** the adolescents' specific needs and the context they live in (Cf. *ECYD Statutes* #25 §2). Formation should also be adapted to the different **ages** and to the team's situation.

2. *Fundamental Guidelines:*

Taking these principles into account, the fundamental guidelines of the formation program can be defined. These guidelines correspond to the dimensions of the identity of an ECYD member:

an ADOLESCENT, a CHRISTIAN, and part of ECYD.

These three dimensions are present **in a simultaneous and integrated way** in the adolescent's life, and therefore, should completely imbue life in ECYD.



These components imbue life in ECYD, guide its formation program and help keep in mind the final goal of all formation.

3. *Elements for Developing the Fundamental Guidelines:*

A) ADOLESCENT:

a. The adolescent

ECYD formation seeks to follow the normal maturing process of adolescence, seeing it in a positive light and as a setting out on the path of holiness.

It helps an adolescent to discover who they are and who they are called to be. ECYD formation also offers them motivations, reasons and answers for their mind, heart and will (Cf. ECYD Statutes #25).

b. The present world and its challenges

Light should be shed on the situations that adolescents encounter in their lives; and they should be provided with the tools needed to live authentically in these circumstances and to commit themselves to transforming the world according to the Gospel (Cf. ECYD Statutes #25§2).

B) CHRISTIAN[3]:

a. The truths of the faith

ECYD presents the truths of Revelation and of the Magisterium in a way that touches the adolescent's reality. It should not be primarily informational, but should help the adolescent know and live the faith with convincing authenticity (Cf. ECYD Statutes #25§2). It helps the adolescent become familiar with the teachings of the Church through a personal encounter with the living Christ.

b. Sacraments and liturgy

ECYD presents and promotes the sacraments as opportunities to encounter Jesus Christ. ECYD helps adolescents to understand the deep meaning of the sacraments and to be well prepared to receive them (Cf. ECYD Statutes #21).

c. Life in Christ

An ECYD Adolescent is called to holiness and apostolate by virtue of baptism. Therefore, they seek to clothe themselves with Jesus Christ both in their hearts and in their actions corresponding to his

[3] The term Christian is used here to emphasize the following of Christ, understanding that ECYD is a Catholic association (Cf. *ECYD Statutes* #1). This outline follows the outline used in the Catechism of the Catholic Church.

love and allowing themselves to be transformed by his grace (Cf. ECYD Statutes #7 and 10§1). Witnessing to and proclaiming the Gospel is fruit of a fully Christian life.

When presenting Catholic moral teaching, the following of Jesus Christ, "the way, the truth and the life" (John 14:6,) is emphasized, avoiding moralism or dogmatism.

d. Christian prayer

Prayer is presented as a conversation with Christ and a means to foster friendship with him. ECYD helps adolescents find time to be united to God in an atmosphere of interior silence, and to turn to him in the different circumstances of their life. It reminds them of the primacy of grace and the importance of living united to God in order to truly bear fruit in the mission (Cf. ECYD Statutes #20 and 22).

C) PART OF ECYD:

a. ECYD spirituality

ECYD should be presented as a lifestyle and a personal invitation from Christ to be his friends and apostles, in accordance with the characteristics of Regnum Christi spirituality adapted to the adolescents' reality (Cf. ECYD Statutes #1 and 5-8).

b. The five loves of an ECYD member

The loves of an ECYD member should be fostered as a response to the experience of being loved, in such a way that they first discover and accept love in their lives, and thus want to correspond in turn (Cf. ECYD Statutes #9).

c. ECYD virtues

ECYD proposes some virtues to the adolescents as part of its lifestyle. It explains why these virtues are important and gives concrete ways to foster them in their daily life as they contemplate how Christ lived them (Cf. ECYD Statutes #10).

d. ECYD mission

ECYD motivates adolescents to collaborate generously and enthusiastically in the mission of Christ and the Church. It helps them form the heart of an apostle, teaching them to prize self-giving to Christ for the salvation of each person. Apostolate formation is also practical, promoting initiative and the concrete living of the mission. (Cf. ECYD Statutes #3, 29 and 30).